



Surviving Post Separation Abuse

& YOUR HIGH CONFLICT CO-PARENT

Day 4: **Thursday, April 20th**

Stopping the Back and Forth Because They Are Not Going to Change

Liz G. Bailey

[00:00:00]

Sybil: Welcome everyone to this expert interview, virtual summit, all on surviving post separation abuse and a high conflict co-parent. Our goal really is to offer you tangible, actionable strategies so that you can communicate, parent, regulate, and really mitigate. All the things that come in the aftermath of an abusive relationship.

I'm Sybil Cummin. I'm a licensed professional counselor. I am the creator of the Rising Beyond Community, rising Beyond Power and Control in The Rising Beyond Podcast. And today I have Liz Bailey with me, and we're really gonna look at like, what are all the things that we wish we would've known before we left, to deal with this post separation abuse and our high conflict co-parent now. Like what could we have known?

Liz is a mother, published [00:01:00] author, speech language pathologist and podcast host who thrives at the intersection of compassion and humor. Known for saying some off the wall stuff without a filter. Me too. That's my girl, all to create a transformative experience for her audiences.

She's got a master's degree in communication and she is a survivor of domestic violence. So she really knows what it means to use your voice to protect yourself and those you love. After bravely leaving an abusive marriage, she has triumphed over her life's challenges by seeing the bigger picture and raising herself through spiritual growth.

Now is a champion for women and an advocate for stopping domestic violence. Liz shares her life experiences on stage at events, on podcast, here with me in this expert interview series. Liz, thank you so much for being here with us today.

Liz Bailey: Hello, thank you so much for having me.

Sybil: Yeah. So have you heard like the, why didn't you tell me? That this was gonna, it's gonna be like, or if I would've known.

Liz Bailey: You [00:02:00] know, I, it's very hard to hear that because, you didn't know, and I know that you're trying so hard to leave and get your bearings that thinking about the after, honestly it's not even top of mind. If I had someone to maybe tell me like, Hey, you're doing so good. You are gonna get through this, and then once you land on your feet, I'll be there for the second part. That you're not expecting yet. So like that would've been really helpful. I had a really interesting window into what was going to happen because my ex-husband very craftily kept his first ex-wife and me apart the whole time. So I had a narrative of her and thought I knew who she was. And at one point I reached out to her and I was like, somebody else has gotta know like what I'm going through. And so we kind of cultivated this secret relationship and [00:03:00] then she was very integral and helpful emotionally in me getting out I just didn't feel alone. Mm-hmm. But, while I was married to him, I saw their fights about their kid and about money and about all that. I was the wife in it and I just kind of stayed quiet. But some part of me was taking notes, you know? Yes. And then when I was out of it, I saw so much of that same stuff that she went through going on with me.

And they're still fighting. I mean, they're still in it. So what I saw then and know now is that co-parenting with someone like that who views a relationship transactionally and as a power dynamic, a skewed, imbalanced power dynamic just because you leave the house, just cuz you signed a piece of paper.

Just because your finances aren't together anymore, it does not mean that they don't want that power over you and are willing to engage in a fight with you to [00:04:00] seek that out. Because the conflict does something for them. It feels, powerful even when they're not winning, or even when I feel like, man, I'm just gonna ignore this crap.

I know that there's a reason. We all have a reason, right? For why we do what we do and we're trying to meet some kind of need, cuz sometimes that needs really fucked up and has nothing to do with me. But I see him wounded child, you know, seeking love and, and, and attention, blah, blah, blah.

I don't care. I'm not your mom, and you're not seven or eight anymore, so time to go to therapy.

Sybil: No, and I so appreciate that because when they're out of it, they still get hooked and triggered and pulled in and like, so I would love, like what are some

of the things you either tell yourself, or were mindset shifts that allowed you to be like, nope.

Liz Bailey: Yeah, no, that's a good question. And I have a couple of thoughts on this. The [00:05:00] first thing is, you know, everyone gray rocking or yellow rocking or whatever is all the rocks. All the rocks. I get it. And when I first heard of that I was like, okay, that kind of makes sense.

But then when I started implementing, like really just kind of ignoring, there was a part of me that was like, I don't like being ignored, so this is really mean behavior, Like this is really hurtful. And I had the person I was ignoring saying, why are you punishing me like this? And I had to remember, I'm not engaging, I'm not ignoring you, but there's nothing to talk about right now.

We're talking about a pickup or a drop off. We're talking about a payment to the school, we're talking about whatever, but all of the unnecessary comments that you are throwing in at the end. That are very purposefully targeted at my vulnerabilities that I told you when we were married. Don't need to be commented on.

And every time I respond I give you another opening to say something else, and so the back and forth continues. So one thing that I said to myself that pretty much works, [00:06:00] oh, I don't wanna say all the time, no absolutes. A good portion of the time is this, I never won an argument with him before, I'm not about to start now.

There is nothing that I could say. That is so enlightening and insightful that he would go, oh my God, you're right. I have been treating you A, B, and C. I do need help, blah, blah, blah, whatever. Totally not worth it. Not my problem, not my responsibility. What is my responsibility is my peace. So whenever I wanna say something that I feel like is standing up for myself, or I have a good point, I just remember, it's not gonna change your mind, and that's not what I'm trying to do anymore.

Being mindful of your own peace. That's what you need to be in as much control of as you can since control is an illusion.

Sybil: Yes, yes. Yeah. And even with that, I know we've actually been talking about the some in the Rising Beyond Community of - it is almost scarier when there's [00:07:00] peace. When there's quiet, when there's the lull, because it's like, when is the other shoe gonna drop?

And so what I guess have you noticed for you, or other people that you know you've worked with, have helped like tolerate the lack of chaos and the lack of that hypervigilance?

Liz Bailey: Yeah, good question. I think a lot of it, and you said it earlier, I use the word and like I do this hand gesture a lot.

Unhooking. We're unhooking, we've been identifying with that partner's, partner or a person who's been abused, we've had an identity with this negative part. And so when we start finding our own peace, we're also having to let go of that identity and that can feel scary and we can feel a little lost.

Who am I if I'm not fighting with him? Who am I if I'm not taking the high road every time and then having a cry about it?

I think it is remembering that the cycle that they are in, they will [00:08:00] likely always be in, and we have stepped out. And so, I know for me, if I say something and I don't get a response, I'm like, oh, that was, that was weird. Like, okay, I have to, again, I am minding my own business. I am minding my peace.

I am minding my responses, my reactions and all of that. And at the end of the day you cannot control them. You can control how you keep yourself safe and sane.

So, I think a way to sort of combat that change in identifying with a former self and the discomfort of waiting for that shoe to drop is just living your life as intentionally as you can.

Knowing that when, if, if, or when that shoe drops, which likely some shit will happen. You've done it before and you can do it again. You're only stronger now as every day goes by and you're not having to deal with that shit, and you're able to get more [00:09:00] inside your own body, heal your own trauma, love yourself and your family, and your current circumstances just a little bit more than yesterday.

When that happens, you're that much more prepared.

Sybil: Yeah, so it's like looking back of like, I, was able to deal with X, Y, and Z. I'm here. I'm okay, my kids are okay. A, B and C is coming at some point. I can take what I learned from X, Y, and Z and put it with A, B, C, right?

Liz Bailey: One thing I'll say, and maybe you were gonna ask us at one point is to really monitor the rabbit hole of, why did I marry him? Why did we stay together? Why did I let him do this to me? Why? Why? Why? Why am I still having to deal with this? Because they're just unhelpful thoughts and conversations. That's just like the trash in your head that wants you to feel bad.

And so I think when you're waiting for the other shoe to drop, finding something to be proud of yourself about instead of [00:10:00] shaming ourselves, I mean, if you left or in the process of leaving that's a big deal.

I had somebody reach out to me on my website after I posted about an article about post separation abuse, and she said, thank you so much for posting this, I am 15 years out and I am, I'm still getting threatened with court and blah, blah, blah, blah, blah. So I think setting an expectation for yourself that you're gonna deal with that person, especially when there are kids involved. And so trying to change what is, is gonna drive you crazy.

Sybil: Yeah, we talk about like the rabbit hole of trying to understand a narcissist behavior, why they do what they do. And I'm like, that is some Alice Wonderlands stuff, that if you don't work that way as a human being, you can understand it, like cognitively, you can like understand like I'm a therapist and I know how to diagnose this and this is what it is, right? But you can't from this human perspective embody why they do what they do or how they do what they do cuz it's [00:11:00] so harmful to people. And so it's not even really that helpful to like go there at all.

Liz Bailey: I had a therapist put it to me this way once and it was immensely helpful. She was like, when I was trying, I was like, I don't understand, like why would this, and I would never do that and I couldn't, whatever. Going down there, she said, you're trying to compare humanity, his humanity to yours. They're, they're not the same.

You're not operating on this on a level field here. And it just kind of provided some perspective for me and also permission to not have to figure it. To not have to know the answer to why, to know that we're operating, you know, neurobiologically, and emotionally and mentally and whatever, like from just different places.

They we're different before. They're different now and they're gonna be different in the future, so doesn't matter why.

Sybil: Yeah, and I really like that, like you're trying to compare different humanities. Like there isn't a way to compare. You're, [00:12:00] there's just not like, you wouldn't do that.

Liz Bailey: Right, right baseline I wouldn't do that baseline. You would, we are not starting from the same spot.

Sybil: Yeah, I really like that because it is, it's like, that is, you know, the late nights when you can't sleep and something, does trigger you and you, whatever it is that is one of the rabbit holes, you can go, go down.

And then, yeah, that, that shame factor of like, I am a smart, educated, you know, come from a good family. You know, you can have all these things and you don't fit the stereotypical misconception of who is a victim of domestic violence or narcissistic abuse and that that why'ing yourself like I should've and could've and would've is just harmful to you. Like there is not a thing helpful about those thoughts.

Liz Bailey: Right, and you know, I, you said it there. I think that [00:13:00] as a society we like to put things in boxes so that we can wrap our heads around them, so, we have figured out what does a victim look like? What does a perfect victim look like? Oh, you look like you would be a victim of that.

But what's really happening is it's happening around us more often than most people think or care to dive into, or ask questions about, because again, socially in good company, we do not ask those questions, you know? We don't dive deep. If we see something, we don't say something about it we just say, oh, that's a personal matter, but our intuition is talking to us and it's important to listen to because most of the victims, victim survivors, however you wanna put it, don't look like what I guess society would have you think they should look like. Not only does that exclude a lot of people that need help but don't look like they need help.

But it also puts a lot of extra bias on people who look other, but probably don't need help [00:14:00] cuz they're fine. So it's really just fucking with the racial, you know, racial and gender and and economic gaps and issues we have in this country anyway.

Sybil: Yeah, and there is this idea of like, if that is what a victim of domestic violence looks like, I couldn't possibly. My friend couldn't possibly. My coworker couldn't possibly. Because it's really yucky to think, Wow, one in

four. I mean, if I'm in a restaurant right, with 20 people, five will be victims of survivors of domestic violence.

Liz Bailey: Right. And victim is a dirty word because people don't like to be identified as that.

They don't like to be called it. And it, I almost said, bet your bottom dollar, cause I sound like an old lady. Your abuser will say, oh, you're just a victim. Or, why are you always a victim? Or you are not a victim. So I, in my experience, I got that word thrown at me, even though I [00:15:00] didn't even say that out loud because it felt bad.

I don't wanna be a victim, but here you are telling me, "stop being a victim". Or, "are you just always going to be a victim" again using this word against me. And, and so I think that there's something about wrapping our minds around what does that mean? What does it look like? What does it feel like?

How do I identify with that word and how can I feel protected if somebody's lobbing it at me?

Sybil: Yes. Yeah, and that is so hard because language is so important, right? Like in general, you know, how the media titles their stories. Or, you know, what we think of as domestic violence.

Right, even that language there's domestic violence, there's intimate partner violence, there's narcissistic abuse, and people have like a lot of feelings about these words. So I actually get some poo-pooing on me because I use the term narcissistic abuse. [00:16:00] And I, when I was, it was like the cool kids term for a minute, and I didn't quite, you know, understand it.

And, and then it was like, you know what? I need to meet people where they're at, right? Like, I need to meet people where they're at. And so if they are not going to subscribe to being a victim of domestic violence, okay. They still need help, and they still need what I can offer in knowing this, right? That we can all offer.

And so if I can meet them where they're at and they subscribe to that term narcissistic abuse. Doesn't hurt me. Right, right, right. And so it's like meeting people if they don't like the term victim, if they don't like the term survivor. We've talked a lot in my community recently about like, what does it actually mean to be thriving?

Like there's idea of like what thriving looks like. And it's all language. It's all language.

Liz Bailey: Yeah, I agree. And I think that, [00:17:00] words are a code that we've all ascribed meaning to, and then there's different variations. So, I kind of love and hate the word thrive because I think that I very much am thriving right now.

But that does not mean things are easy. It doesn't mean things weren't hard. It doesn't mean that I don't still have flashbacks and get triggered and all of that stuff. I love myself and my life and everything so much more. And, and so I think it's really, instead of throwing these sort of buzzwords around, really talking about what does that mean for you, does it mean something for you?

Does it resonate with you? And if so, how? I just think, again, it's about community. A whole group of people can be thriving in totally different ways, all coming from similar traumatic experiences. And I think it's just about opening up and being able to listen. If somebody doesn't wanna be called a victim, don't call 'em a victim.

So yeah, it's just listening.

Sybil: Yeah, listening. And as you were talking, I was thinking something that's so important in my world and that I teach a lot [00:18:00] when I'm working with other mental health professionals when I'm teaching them is all about autonomy. And so even with this, right, like if you are living with an abusive partner, what is taken is your autonomy.

That's what's taken from you. And so even with allowing whatever language resonates with somebody that is giving them autonomy. And so it's like really important. So if you're listening and you're a mental health professional or an advocate or attorney, or whatever it might be, offering autonomy to your clients is one of the most important things you can do because when they start to regain autonomy is when they start to heal.

I think that's really important. And the other thing that is literally like what I talk about all the time too, is community. Community, finding people that understand, you don't have to defend yourself every minute, because some of these [00:19:00] stories are unbelievable. If you have never been around this and someone starts telling you like, oh, we were divorced four years ago and we're still in court. Every other month, that seems stupid.

And so being around community that is willing to believe you, that understands, and if they're not, if they don't fully understand, but they're willing to listen and be curious and understand, that goes such a long way in your healing process.

Liz Bailey: I would very much like to, you know, second that because I feel like most people that love us, wanna believe us, don't want us to be hurt, want us to be healthy, happy, safe, all that stuff. And so they're our allies in a lot of ways, right? But unintentionally, usually they ask really shitty questions or none at all.

So, yeah, I think when you are in [00:20:00] the position of being a supporter of somebody in or coming out of, or post separation abuse. Like this is not about you. And if you have a judgment, maybe hold it. Maybe ask a question around what you're thinking or feeling. Maybe ask, do you need me to talk to you right now? Or just give you a hug?

Because sometimes we don't wanna be talked to. Yeah, sometimes I don't need to be told that what I did was wrong or wasn't wrong. Even if you're coming from a place of love that doesn't really excuse the fact that it's hurtful and that, like you said, it kind of takes away the agency that I've been working really hard to gain back.

And if I'm coming to you with this story, it's because you're a safe space. If I'm coming to you with this fear or rant or whatever I'm going through, you know, I've given some thought. I personally, and I think this is a place that all of us humans can grow, is the person I'm gonna go to the well I should be dipping out of right now.[00:21:00]

Do they have capacity? Are they somebody I can ask? Hey, do you have a minute? I've got a hard thing to talk about. And then if you say yes, I do listen to them and attempt to not judge. It's hard. We're humans. We judge. We judge everything. Everybody all the time. But just try.

Sybil: Yeah, and so when you do, cuz I think this would be really helpful for people, especially if they're kind of early on and they're learning how to set boundaries.

They're starting to see that they have worth Right, we can't really set boundaries well if we don't believe we are worth them, right?

What have you found to be really helpful to say to those friends and family? That they really are kind of a safe place and they say these harmful things.

Liz Bailey: I would say start small and with the, the safest people you can think of. The people that you know, they love you the most and they show you that the [00:22:00] most and, I would just start with them, ask questions to them. Hey, do you have time or space or mental energy to hear what I have to say?

Hey, I wanna tell you something, but I don't wanna, I don't want any advice. I just want you to listen. Start small and safe and just ask a question. You don't have to ask permission, but I would see what it feels like to tell somebody what you need and watch them react in a way that maybe you haven't ever had.

Watch them go, okay, I'm here to listen. That sparks something. It starts to grow this new pathways in your heart and mind that you can start walking. Oh my gosh. I asked for what I needed and I didn't get like, physically or emotionally kicked around, like I didn't know that was a thing right? So start small, start safe.

And when that feeling comes and you feel that safety and that love and that connection or whatever it is you needed in that moment and milk it, like feel that power in you and then have the courage to try it again another time, even if it's with [00:23:00] that same friend or family.

Sybil: Yeah. Yeah. It's like dipping your toe in the water. Don't cannonball. This is not your time to cannonball, anywhere. Right? And so, yeah, dipping your toe in the water, noticing their reactions. I think one way to do this where it, it, cuz I get asked a lot of times like, oh, setting boundaries feels mean or, doing that piece, especially if you come from that fawning trauma response. Mm-hmm. It can feel really mean to do this, but if you can look at everything as just data. Like what did I learn about this interaction? What did I learn about this interaction? What, and you know, it's like very anti-sexy.

Liz Bailey: Right. Right.

Sybil: It's like I'm looking at this relationship in this way, but it's going to teach you to pick things out.

And give you that awareness, of, and it's not just about the other person. It's like, how did I feel like I talked to this person? The data isn't just how they responded. It's like how did I respond?

Liz Bailey: Yeah. I love that. I [00:24:00] think as emotional creatures, we are so reactive to our emotions and they are the truth in that moment, and then we act on them and then we do and say things we wish we hadn't. And so practicing

the getting data points, I think it's scary. But like you said, dip your toe in it. I have a story, at one time I was talking to an old friend of mine and he said something that I didn't love and my initial reaction was, I'm just gonna respond back, like lol, hehehe. You know, I, I'm gonna take this as a compliment, instead of like, shut him down because poor him. And then I was like, no, I'm not, oh my God, I'm so scared. And I had this whole mental dialogue and I was like, I'm gonna tell him that made me feel uncomfortable. You know, I'm feeling triggered by that, blah, blah, blah, blah, blah.

And at the end of the day, whatever happens is information for me to move forward on. And I had this whole conversation with myself and it was wonderful. He was like, I am so sorry. Thank you so much for being vulnerable with me . And it went swimmingly. Is it always gonna be like that? No, some people are gonna be like, fuck [00:25:00] you, you're too sensitive.

Or you know, you could compliment or some shitty old, you know sexist trope, right? But sometimes people wanna learn. You'll see that they're, they're seekers of, of knowledge too. And then you guys have this beautiful back and forth that's like, okay, I was really scared to tell you that, and this was a response I got.

So again, not only noticing that sometimes, sometimes giving the people the benefit of the doubt is a good thing, but also how did you feel inside? And is that a feeling you can look for again? Now you have a baseline, right? Go back to that word a lot. Like, ooh, that felt good. I want to recreate that again.

And I wanna have boundaries that, that, you know, and self-love and self-respect. I don't wanna have to just get quiet and get timid and get small, because that's what we did. Standing up, setting a boundary, saying what you need is taking up space and using a voice that has been squashed.

Sybil: Yeah, and it's gonna take time to find your voice.

Liz Bailey: Oh God, yes. That's why I said practice in little safe spaces. That was a friend of [00:26:00] mine in California, so if I'd never seen him again, it wasn't like he was down the road.

Sybil: Yeah, and that giving yourself grace with finding your voice, because guess what it may be that you've never had the voice you want to have.

Right, so maybe you've been conditioned to smile and just nod and not say the thing. And then you feel bad about yourself cuz you didn't say the thing. So maybe you've never used your voice in that way.

So you're gonna just try it out?

Liz Bailey: Yeah. I mean, that's I think a lot of times I know, even though I didn't grow up in an abusive household by any stretch, but I often ask myself, how did I land here? How did I get here? And it's like, it didn't have to just come from mom and dad. You know, we are we are conditioned by society. And females are told to sit pretty, be quiet and don't be rude. Talking back to somebody is rude. Telling them that your angry is rude. Setting a boundary and saying, I don't like to be talked to you like that is rude. Shh. Yes.

And so we carry that with us into our relationships and it takes [00:27:00] intention and effort to turn that around and practice and it takes fucking up and getting hurt. Like, like it's not always easy. It's very often not easy, but it gets easier.

Sybil: Yeah, and I will say that you get really good at identifying who you want your people to be. Like who do you want in your inner circle of support, because, you will start noticing like, I feel this way around this person.

I feel that way around that person. This person, I thought they were gonna be in there close with me, but they consistently say these hurtful things and I've told them, or I, you know, and guess what? You get to like, Yeah. Knock 'em outta your circle. They don't, they don't have to stay in your circle.

Liz Bailey: Right, and you said something I think is really important. You start feeling like, oh, I noticed this person, I noticed this. I think when you were in survival mode. You shut that part off. The feeling part. So, things are just kind of numb and muted and bouncing [00:28:00] off.

And then when you get to a safe space where you can start exploring boundaries and you know, this kind of stuff that we're talking about you, that space opens back up and you can start actually tuning into those feelings that have been muted.

And so I think that's a really powerful thing that we have as humans is that inside is telling us, your gut is telling you.

Sybil: You start listening like, Hey, you actually know. Yeah, you have good knowledge here that I can, I can listen to and learn from.

Liz Bailey: And I don't have to shut you down anymore.

Sybil: Mm-hmm.

Yeah. It can be your best bestest friend, your, your best like barometer or measuring stick for relationships in the future.

Liz Bailey: Right. Absolutely.

Sybil: That's your best barometer. So yeah, in closing, you know, as we're kind of wrapping up, if you had to choose your top, you know, these are maybe the best things to focus on if you are finding yourself in post-separation abuse. You didn't really know this was gonna be like, you were like, [00:29:00] oh my gosh, I left thinking that I would no longer be abused and now it's a different monster.

What are some of those, those things that people can kind of take with them?

Liz Bailey: Very good question. First of all, and this is a much broader conversation that maybe we can have someday. You know, obviously abuse is a lot of things. And people who have not been slapped around or touched physically don't consider themselves being abused.

So like you are included in people who need help and healing. And in my particular instance, I'm not in harm's way right now, but there are so much other stuff happening, financial abuse and mental and emotional and, and manipulation and threatening and all this other stuff, and so I think just understanding and maybe helping your, your people understand like, I'm still in an abusive relationship. I'm just not married anymore. I'm just not living with this person anymore. So I think just a softening around, "wait, I left, why am I still here"? Because [00:30:00] having shame on yourself for "still being in it", if you will, is, is not helpful to yourself.

So I think giving a little bit of grace and then having the people around you understand, yeah, I'm still very much in an abusive relationship. I just have a lot more autonomy and space and time to make a more informed choice than I did before, but I'm, you know, yeah, shit is still real hard.

So if I come to you and need you, it's because I'm still deep in it. So a short answer, just give yourself some love, some soft space inside. Does that make sense?

Sybil: Yeah, and as you were talking, I was thinking also a way to kind of explain to others, because sometimes it's like, I don't know how to explain this.

It's like domestic violence or relationship abuse, or whatever you wanna call it. Narcissistic abuse, whatever you [00:31:00] call it. Is about power and control. And just because you left doesn't mean they don't want that. They still want that and they're gonna try different ways to get it right.

Liz Bailey: That's exactly right.

And I think that, again, because we are conditioned and the idea of domestic violence is molded by TV and movies and news the, all this other stuff, the stuff that happens in the legal system and financially and everything else, doesn't have a light shown on it. So, again, even the people that love you the most are still subscribing to what they think abuse is.

And so it's up to you to say like, no, this is a power and control thing. And I left them powerless, which means they're real mad at me. And just because I personally, am not in physical danger in this moment, A. Doesn't mean that I don't fear that for myself and my kids more often than I tell people because I still don't wanna burden people.

But I also am in fear of other things. So that [00:32:00] living and fear is scary. Watching behind your back, you know, it's just asking for, for extra hugs, whether they're physical or mental hugs. Like, I'm still in a hard thing, so please just meet me where I'm at.

Sybil: Yeah, and I think, with everything we've talked about, and I say it fairly often, but it's like I have heard from people, it's just one of the most lonely experiences is being in post-separation abuse because, there aren't really,

there are, there are, but there's less resources and like advocacy and people to sit with you and stay with you in that process so it can feel really lonely. And if you haven't identified that this is post-separation abuse, you don't really know who to ask to be your support people, but that you are not alone.

You are not alone by a mile. There's unfortunately, there's so much of it. And so finding your community in [00:33:00] whatever that looks like. It could just be

close family and friends that are just gonna love on you when you need it. It could be finding a group, finding a community, reading.

Doing the things to know that you're not alone. Cuz that's something that we talked about and we both really believe in is like, community will help you heal. Safe people will help you heal.

Liz Bailey: I totally agree. And I think finding material or saying like, Hey, I'm part of this group, or, you know, I've been talking about this in therapy. Maybe you can come with me.

Just like, bring the people that are into your world because they were there to help you out. And then maybe they think their work is done and because it's not as acute, it doesn't feel as urgent. So they're not there as readily.

And I will say be mindful of your people. You don't wanna burn them out. They're allowed to take space from you and your problems too. So, think about who you can reach out to maybe write stuff to yourself one day, talk to your therapist. I don't know, do [00:34:00] other things, but we want them to be mindful and there for you. And as a person who's gone through this and is, I try to be mindful of the people that are helping me still.

Sybil: Yeah absolutely. And that there are other places you can go, right? There are those places. And so that's one reason why I'm like even just doing this, this summit, this virtual summit is like, you are not alone. There are hundreds of people listening to this interview right now because you're not alone.

So there are your people out there. There is the information, there is a support out there.

So Liz, thank you so much for joining us. I'm so excited that we are connected and you know, that we really get to share our expertise, our passion, our knowledge with people that really need that.

Liz Bailey: I am so glad that you invited me.

This is such a, a joy. It's, and it's such a testament of turning something really shitty into something really helpful and good. So [00:35:00] thank you so much.

Sybil: Yeah, you're so welcome. And thank you all for being with us for this summit. I hope that you are just gaining lots of knowledge and tips and strategies to help you on your way.

So make sure you, you know, check out tomorrow, the next interview that it will be in your inbox.