



Season 3, Episode 45 - Transcript

Losing Everything in Divorce?

Nicole:

Hey friends. So we've been chatting, just all about starting over this new relationship, my business, all these things and this particular chat, it's chock full of goodness. So the first thing I wanted to tell you is that I'm really, really excited to let you know that my book pre-sale, and all the details, are coming really soon. When I say really soon, by the time you hear this, within the next like, probably two weeks after that, my book is going to be available for sale on Amazon. It's going to be released this fall of 2023 but I wanted to let you know with intentionality, it's really important that we get strong presale numbers. I know people will try to pretend or cover over it or be like, oh, yeah, this is for that. No, like presale is important because if we're able to sell a lot publisher places more orders for books to be printed, and the book actually becomes more accessible.

So I know that as a community, we are able to do this together. I wrote this book for both of us. And you've been with me during this entire journey, all the chats that we've had so far, all the conversations we've had in the DMs on social media, I am telling you all of this is in the book. As a matter of fact, in the acknowledgments of this book, I talk about you in detail. Not just with thanks, but an awareness of the prayers, the hope, the support, the details, the medications, the recommendations, the parenting advice, all the things we've had to go through together to get through every single chapter of this story, I acknowledge in this book, because it is such a combination of everything you've been through. So I'm really excited. The book is a transformational memoir. It's everything we've been talking about here in full color. I say that because there are so many things that are better honored through words on a page where I can paint the full story where I can take you into the moment where I can tell you things that, frankly, I haven't been able to say in so many other ways, with the time and the reflection, I've really been able to put it down on the page.

And if you've ever found any strength or power from our chats that we have here, for things you've seen on social or the TV show, I just want you to know that this book is a natural

extension of that relationship. And I want to thank you for helping carry me you know, through prayer and support to even finish this process. It has been a journey and also helping me pick the cover. So many of you have been helping me choose the right photos to us on social. So I'm grateful for that as well. And all of this is coming together, you know, we did it, it's here, the moment is on and we're kind of running to the races.

So it's my goal, you know, to be able to say that a regular person like me, just like y'all, ginger ale drinking, Target parking lot, movie listening, hiding in the garage from my kids type of person was able to get a New York Times bestseller, you know that I am no one fancy, but I'm able to do fancy things, if I have the right people behind me and a God that I serve. And so I'm hoping that we're able to do this together. And all that's required is for you to go grab a copy of the book. So more to come on all those details, you can find out more on Instagram and in the show notes.

So, friends for this chat, I want to talk to you about something that I really was struggling with this week. I'm going to be really, really transparent, divorce is so so so hard, because it completely levels. I mean, it is like a bomb being dropped on a building, it flattens out so many aspects of your life. Now if you consider that life is something where you are building constantly, you're building a home, you're building relationships, you're building children, you're building businesses, you know, and you started off as like a parking lot, right? With a basic foundation. Well your vision is never for that for everything you've built to disappear. Your vision is that it'll continue to grow and it'll expand and it'll scale and widen.

And so when you go through a divorce or when a divorce is, you know, put upon you or enters into your world. Just imagine that returning to a parking lot status again, and there may be some structures or maybe some outlines and certainly you absolutely know how to build because he did it before but it is a shift because you didn't expect it. You know, you did not expect to be leveled and that grief continuously comes to you and I've talked about that plenty but what I want to talk to you about now is a new chapter in sort of tools that I'm using to not just get through, but to rebuild. And the thing that I've been focusing on this week actually came through therapy and I talk about this extensively in my book, because this is transformative wherever you are, if you are in a season of starting over, if you are in a season of hardship, if you are in a season of new careers, new baby, new relationship, this is so incredibly powerful.

What I want you to know, and what I am reminding myself every single day, because let's show how the truth these chats are also for me is that you have got to stop focusing on what you don't have, when you run into a problem. One of the biggest lies that worry and anxiety wants us to believe is that there isn't a solution. Because nothing feeds and allows worry and anxiety to continue them thinking that you are fresh out of options, that you don't have any choices, that you are stuck in a corner and that you cannot move forward. And I want you to know that there are always always more choices.

And if you find yourself saying to yourself, how can I move forward? How can I transition? How can I move on and you are cycling around, well, this person has this or I'm not this or I'm not pretty or I lack money or I don't have access to this town, this place, this thing, this teaching, this training? Well, you're buying into what is unfortunately reaffirmed by society, which is that you're not enough and that you always lack. Friend, I want you to know that you lack nothing. Nothing is missing with you. I want to tell you how I came to this, in the past week.

So when you're going through divorce, when I tell you, it doesn't matter how much money you have or don't have, you're gonna spend all of it girl, okay, it is unbelievable. The amount of expenses I feel like I don't write a check for anything that is under \$5,000 anymore. I mean, it is absurd. Because you know, they say more money, more problems, the more stuff you owe, the more checks you can write. And it has been twofold. And you know, this is important, on one end, it has been baffling to me the sheer quantities of money that I'm able to spend maintaining two households as the sole worker, the sole breadwinner, you know, taking care of my kids, you know, as a solo mom, like all of that. But it's also been impressive to me the way God has provided. Y'all I have not lacked, I have not lacked Lord, I have not God is deeply good because every single day that goes by and I only look at that day, I never need anything in that day, a roof over my head, food in my fridge, kids are good and covered, bills are paid, you know, I am doing it.

So you know, sometimes you gotta clap for own selves. You know what I mean? And I'm clapping for myself and saying, like, girl you are, you're making it. I don't know what 510 years is gonna bring. But what I do know is today, tomorrow, and the day after that I am covered. And I am blessed. And I'm grateful for that. But I also want you to know that it doesn't mean that I'm exempt from having moments of worry and anxiety about what the future will hold. I want to be able to do and have and be everything that I know God has called me to be. I want to be successful, I want to be impactful, I want to leave a legacy, I've already done so much in my life that I'm deeply proud of. But you better believe that I still have high expectations for myself, because I want you to know this for yourself too. Everything you've accomplished thus far, is only an example of how far you can go.

There's no way that God brought you to where you are right now to be done with you. He ain't done with you yet. You know, so if you're telling me that you've already accomplished having the best selling book, or you've already accomplished having two or three kids, or you've already accomplished having the career and then transitioning into motherhood, if you've already accomplished certain things, then what that means is there's so much more ahead of you. It's not over yet. So in knowing that, you know, on one hand, I'm crazy excited about the future, particularly because having made some of the shifts and transitions in my life, I am living a more honest, authentic, real life with the same work ethic and drive and so much more knowledge that I've acquired over the years. But on the other side, that awareness of one uncertainty, gosh, what is the world going to bring? Because certainly didn't think I was getting divorced. Certainly didn't think a pandemic was happening. Am I going to be prepared for tomorrow, right? There's that anxiety, but then also the worry of, Can I do it all again? Can I build it bigger and better?

You know, can I not let down, I'm trying to get teary about it, but can I not let down these people who have been with me and stayed with me and supported me and lifted me. I mean truly when I tell you I feel like we've done it together. I don't want to let you down and when I think about that I'm like it just the weight of it sometimes can be so daunting it can, it can be overwhelming. And you end up sitting in that worry.

And, you know, I want you to know, the God that is here today is the God that's going to be there tomorrow, the person who got you through yesterday and brought you to today is still going to be there tomorrow to get you through that as well. And when I find myself focusing on what I don't have, because divorce is a shifting of, of losing a lot of what you had, you know, I don't have, I mean, the weirdest things will happen where I will be in the kitchen, looking for a certain spatula, and I'll realize that special was in my old house. I'm trying not to get choked up about it. But it's true. You know, there's the grief and that loss that goes along with it. And it seems like such a silly, small thing but it's these two a million tiny reminders of change and transition and things not being where they are or, you know, even though I'm years out, you know, from ever sleeping in my previous home, some days I wake up, and I'm not aware, I'm like, Oh, right. You know, I'm not in this home, I'm in California, I'm in this home, and this is my life.

And the blessing is when I think about my current life, and I remember all of that I'm really happy. But it doesn't mean that after 12 years of waking up in one life that I forgotten what that was like, and when I tell you friend, in answering that worry, you know about money, like will I have enough? Will I be enough? I just have to remind myself, well, what do I have to make money? And has that ever gone anywhere? What do I have to get to tomorrow? And has that gone anywhere? And what new things have I acquired that I didn't have before that can help me get where I want to be?

So when I think about what do I have that hasn't gone anywhere, it's my work ethic. I've always been a worker and the worker. And it doesn't mean I want to work anywhere near as hard as I did before my previous relationship, I literally almost worked myself to death. My numbers were dangerous, and I was carrying the load of two people and it wasn't healthy, you know, the mental load is exhausting and it can be hard to quantify all the things I did. But it was hard. And so I don't want to have to work that hard again. But I can tell you that I know, I know how to work. And I know I'm smart and I'm capable and just evidenced by so many of the things that I've done thus far since that time.

You know, I'm really able, you know, I'm able and that's something that I hold on to and when I think about what I've acquired since, you know, I have a partner who is so supportive. I tell you, our relationship is not perfect. I'm not naive. I mean, we had a disagreement just yesterday, you know, about paying enough attention to me, it feels funny to laugh about now, but I mean, because this is fresh, you know, and I hope he doesn't mind me sharing this but last night, we had, you know, a great night, you know, we went out with some friends and we had so many laughs It was great. And then we get home and I'm like, Okay, we're around a bunch of people

kind of want to unwind. The kids are, you know, in bed, everything's good. Let's just kind of catch up. And I was like, hey, I need your attention. And I turn around and he's on his phone. And I'm like, Hey, I was just talking to he's like, no, no, no, I was paying attention. I'm like, there's no way that you were paying attention to what I was saying, in addition to being on your phone. And ladies, you know, we can tell if they're paying attention paying attention, if they're just giving me the like, oh, man, that's crazy. You know, they're not listening to you, you know? And so it was like, I was like, Look, I know, you're not listening. He's like, Yeah, I am, you know, I'm paying attention. I, like you think I'm not, but I am. And I was like, I'm not going to do this thing, where we're gonna pretend like it is what it is. And like you weren't paying attention to that's cool, just say that you needed a moment to like, respond to a text or whatever else, and we can move on. So we have this whole thing that went back and forth. And I hate when I tell you, I know that I'm so in love, because I hate having disagreements, I literally will be looking at him while we're having a disagreement. Like, why are you so fine, you look so good. And I'm so mad at you, but you look so good. But I am mad right now. Like trying to coach myself back into my anger, you know, because I'm like, I'm like, and I love you so much. I'm so angry that we're having this argument also, because I love you, it's like there's a weird thing. And so that's beautiful. But at the same time also, like I don't have to deal with this, like, which is almost a dangerous part of having been divorced, you realize that you don't have to be anywhere you don't want to be. And you're also very aware that you can do it all over again, if you have to. I mean, it's almost a scary empowerment that doesn't allow you to tolerate anything, and also makes you a little gun shy about staying anything too long that you shouldn't be in.

So, you know, there's that element of like, oh, I don't want to do this, or I don't have to do this or whatever else. And so, you know, we're going through it. But of course, you know, we sit down, we talk it through because one of our things, as you've heard in previous chats is you know, we're not going to break up over this, you know, like this is not breakup worthy. So we're gonna figure it out and we did, and by morning, you know, we're all kissy and lovey, and we're feeling really good and everything. And I will see y'all I almost lost my train of thought for a second because I was just talking like this is I'm so giddy. I'm so in love. It's so cheesy.

But the point of what I was saying was that I have this person in my life now, but I did not have before, that helps me move through difficult moments, in a way that doesn't allow me to escape the learning, but also allows me to, to practice, you know, being my best self. I am growing every day in this new partnership that I did not have before. On top of that, I also have a partner who is so wildly supportive. I mean, in a way where I didn't even realize, sometimes when I say and articulate my dreams, and when I've articulated them in previous partnerships, I felt crazy. I felt, I felt alone, I felt like a lunatic. I felt like it was outlandish. I'm with a partner who's like, who looks at me with a certainty, where it's like, if I can't believe myself, I certainly can believe him. Because he's saying everything like it's fact. When I tell him, I'm doing everything in my power to be a New York Times bestseller, because I need my kids to see it happen. So I try not to get you know, choked up about it. But it's, that's how passionately I feel, you know, I need my three daughters to know that you can without compromising your values without compromising who you are, while working hard, you can go from having \$24 in your bank account, you can be a

mom, you can do all the things and you can still achieve heights that were reserved for people that never looked like us or lived like us, you know, and he looks at me and he's like, like, maybe, of course, like you're preaching to the choir, you know, like, I mean, it's unbelievable.

And so when I look at what sometimes feels like my life being leveled into a parking lot, I remember that I'm not just building it back with the same tools I had the first time, I'm building it back with, you know, I already have the plan. And I already have the grid, and I have the resources, and I have the tool. But I also have the encouragement and the energy and the lift and the partner. And I'm not building alone. And I realized that in the moment when worry strikes, and I feel like it's not going to be enough or I'm not going to come up with enough or that I'm going to fall short or that I'm always falling behind. I have to remember that the truth is that nothing is missing. Not a single thing, that if I instead focus and I make my prayer very intentional, and I give this to you, no matter whether you're a believer or not, you know, this mindset, this prayer that I articulate, which is God, I know the options are here. I know the opportunities are here, Lord, I know that you would not put me in any situation financially, emotionally, mentally, physically, where I would lack. So whatever it is that I need, Lord, make it visible to me. Make it, call it out to me, who is the person? Who do I need to see, who do I need to call? Where do I need to work? Where do I need to show up? What do I need to pour into? It's here already, Lord, make it visible to me, help me see it, because I know that it's here.

And since I've started approaching my problems with that energy of Lord, reveal, you know, let me see this thing that I need to see. Because I know that I have everything I need to get ahead. It has. I mean, I tell you, I don't go an hour without an opportunity presenting itself. I don't go an hour without me thinking of oh my gosh, I haven't talked about this thing or oh my goodness, I haven't called this person or oh my goodness, maybe I could write about this. Or maybe I could serve this way. And every single time I see fruits from that labor. And so friend, when you are in those moments where it just feels overwhelming, where you're like, I'm not hitting my goals, or my kids need something more or I don't know about this job or I just I feel like I lack or I'm not enough, I need another degree or I need, you know, a nanny or I need this or I need that, I just want you to possibly, if you can for just a brief moment, shift into thinking and wondering, maybe the thing I need is in front of me and I just need to look in a different space. Maybe I need to realize that I don't, I don't lack anything, you know, and so what can I use with what I have today to get what I need to get to tomorrow? Because friend, you deserve. You deserve. And no matter what society tries to tell you about how we lack in our weight, lack in our looks, lack in our money, lack in our homes, lack in our lifestyle, friend, nothing is missing with you. You are absolutely complete as you are and everything you have today will get you exactly where you deserve to be.