

Elizabeth Clair de Lune Interview

[00:00:00] Welcome to the Peaceful Empath Summit. Get off the emotional rollercoaster. Find your path to peace and feel your life transform. I'm your host, Monica Owsichek, and in this episode, we are going to be talking about getting free from the Narcissist Empath relationship heartbreak. And our guest today is Elizabeth Claire de Lune

Elizabeth helps passionate humans heal from heartbreak and call-in soulmate love through relationship re-patterning. Welcome, Elizabeth. Thank you so much for having me. Yeah, I'm so glad that you're here and. I feel like we've been hearing more and more about narcissists. Mm-hmm. I feel like it's something I hear people talking about and more in the sense of people starting to realize and kind of connect the dots and put these pieces together.

And then they relate it to their relationship. And so I'm really interested in delving into this more and really hearing what your views are about that narcissist [00:01:00] empath relationship. Yeah. So there, there is a lot around the internet these days, about narcissism, and it's actually a pretty controversial term I've noticed as well.

And I'm not sure the full reason why, uh, but I, I frame it a couple different ways. So there is of course a clinical diagnosis called narcissistic personality disorder. Unless a person is a clinical psychologist who is in a therapeutic setting with an individual, of course, , nobody can diagnose somebody else as a narcissist.

But what I mean, and what I notice about that terminology in the way that it's useful for understanding relationship dynamics, whether in my own history or with my, my clients in my community is thinking about. A narcissistic pattern of relating. [00:02:00] So I think for folks who are empathic, who identify in that way, people who identify as heart-centered, right, we relate from an authentic place of probably connection of mutual care, of genuine wellbeing for both parties.

We're honest. We are straightforward. We say what we mean, and one of the pitfalls that can happen with folks that gets them into these dynamics, these relationships with another individual who is, what I would say is patterned in a narcissistic way, has a narcissistic pattern of relating, is that there are people on the planet who do not relate with that same set of values that, that we do.

Again, the frame that I find to be helpful is, uh, somebody who has a narcissistic pattern of relating is [00:03:00] viewing everyone else in their life as, , a tool, or they're viewing them as something that they can use to achieve something that they desire. So if you are in a relationship with somebody who has this narcissistic pattern of relating, they would be.

interested in relating with you only because of what you do for them, only because of what they can extract from you. And that by extracting, I mean take from, you know, sometimes it can seem consensual, right or consensually, but a lot of times what I find is that, uh, the other person in the relationship, the more empathic person in the relationship is giving in ways that they aren't fully realizing.

So, while, you know, maybe you consented to be in that relationship, there is extraction happening that you might not be, you know, consciously realizing is going on. So, they're extracting from you love, attention, [00:04:00] sex, uh, status, right? So, in someone with this style of relating, might encourage you to get a degree.

In school might seem very encouraging of you, you know, taking time for yourself or take you on a shopping spree, but the underlying goal for them is because you having an extra degree makes them look better. And you having fashionable clothing makes them look better and, you know, they might seem to care about your feelings and emotions, but they only wanna keep you happy so that they can keep having a sexual relationship with you because that's something that they feel they need to get.

From you. And so there really are this group of people who just relate in this way. Um, and as someone who is, again, empathic, heart-centered, , more in the, the normal range of relating, it doesn't even cross their mind that other people would. Be relating in this [00:05:00] narcissistic way or in this extractive way.

And that's why it can be so hard to wake up sometimes from these relationships or to see the truth of, of the dynamic because we kind of can never imagine that other people are relating like this. And so, when I use the term, that's what I mean. It's not an intention to diagnose somebody or diagnose the whole internet or, you know, step outside of my.

Boundaries, but rather it's a way to help people get clarity in their own relationships and why they're finding themselves in relationships that are draining for them and why they're, exhausting. Why they, you know, I. work

with a lot of people who have chronic health conditions and there's no specific medical studies.

You know, and I'm not a medical doctor, but it's really interesting to see the overlap in things like autoimmune diseases and people who have experienced narcissistic abuse in their relationships. So chronically we are, [00:06:00] overriding our boundaries. Warning sign, our body's warning signal. we're overriding our body's warning signals.

We're overriding our body's limits, we're overriding, our bodies know signal. Uh, we're not listening to what's really going on there, for perhaps a variety of reasons and it, it can be really hard to see the, with clarity of the dynamic of what's going on. So that's why I find the terminology really helpful for people and kind of just.

ignore some of the banter or criticisms about it because it is a real thing. Mm-hmm, and it's, it's helpful for people to know the signs and the flags and to know how, how to identify it. Right. So much there that I wanna unpack and ask, I'm just, my mind is just going right now and I feel like we just dove right into it.

And I do want to get just a little bit of background of you. And I'd like to start with, let's just take a deep breath in and out together. Mm-hmm. and just get us grounded in this [00:07:00] space. So, let's just take a moment and if it feels good to shut your eyes and then let's just take a deep breath in and let it out.

Hmm. . . Mm-hmm. . . So, I do wanna get back into the empath stuff, and I think that was a good starting point to really understand like what does it look like? What does an empath look like? The qualities and the things that you would see, especially in a relationship. Yeah. But I also wanna hear just a little bit about, you know, as empaths, as impacts as super feelers.

Have different experiences and perspectives on that, and I really just like to know if you could just share what does being an empath mean to you? Yeah, so to me, being an empath means being, like you said, somebody who is in tune with their emotional response and the emotions of other people. I speak a lot in the language of the body and the nervous [00:08:00] system.

So, I think about an empath as somebody who perhaps has a more sensitive nervous system who. Would more easily, become dysregulated because of, uh, external stimulus from somebody else or circumstances? , I think about, I think often folks who are maybe even neuro divergent might have a tendency to

identify as being empathic, , as well, , because often neuro divergent people have more sensitive systems in that way.

And, and again, not being an expert in neuro divergence or, you know, neurobiology, that's just kind of in an informal observation as well, and a word that I like to use as well with that. A lot of my clients, a lot of my people resonate with is, codependent. So even outside of, uh, just an emotional reaction.

Way to define empath. When I think about somebody who's [00:09:00] codependent, we can think more as somebody who perhaps has an anxious attachment style we can think about in terms of attachment style, where, , it's hard to stay regulated in and of ourselves. It's hard to stay centered. It's hard to stay in what's called the window of tolerance in our nervous system.

, with when the people around us aren't regulated themselves, so we tend to become dysregulated, activated, upset, or we go into freeze or shut down more easily depending on the actions of the people around us. And so, we learn skills to over function to keep the people around us happy, right? Because if we're, if we're responding it to their internal states, uh, more sensitively, then it's gonna feel very uncomfortable, and we're gonna do often what we can to kind of fix them or help them, or [00:10:00] preemptively keep them from becoming upset or becoming dysregulated as a survival mechanism, as a caretaking mechanism for ourselves.

And so that can lead to this, to codependent behavior where we are not okay. Unless you are okay. Unless the other person is okay, as well. So that those, that term is one that I, I think is really useful for understanding I what people often, , mean by empath when they identify in that way, I feel like many people will identify with that, wanting everyone else around you to feel good before you can feel good.

And even in an unconscious way, we do this. Mm-hmm. when we're not aware. It's just mm-hmm. everyone else around. If you're not feeling good, well then what can I do? I can make other people feel good first. Yeah. And then it will make me feel good. So, yes, exactly. I can definitely relate to a lot of what you just said.

Mm-hmm. And you talk a lot about the narcissist empath relationship and is there, [00:11:00] can you share your story of how. , I know that you were in a relationship, correct? Mm-hmm. Mm-hmm. So, can you share a little bit about

that? Like how did you come about realizing that? Yeah, so they're similar to what I explained before.

It's, it's hard to see these dynamics when you're in them, uh, if you haven't had good models. So I had a moment where I kind of call it an awakening, and I, , like I just saw something I had never seen before and I couldn't unsee it. And I realized that I had only really ever had close relationships with people who had this narcissistic style of relating.

, and I realized that, you know, I'd only really ever been in relationships where my core needs didn't actually matter, where, you know, I. Didn't have a say in what happened, [00:12:00] you know, in the relationship or even practical levels, like finances, right? Just not having as much of a, a say and things like that.

Maybe it was kind of like a feigned attempt to care, right? But like when I really came down to it, I was sort of the second-class citizen of the relationship and it's hard to see because there is the illusion of. there, but once the thing that I saw, and I couldn't unsee was that the illusion of care was only there to manage me and to control me and to keep me happy so that I didn't wake up.

So I didn't see, I didn't realize what was happening. , I had become very isolated as well. , , and that was something that took years to undo once I, you know, changed the pattern of, of my relating and got out and dedicated myself to learning better patterns of relating and healing. , and I just, like I said before, it was true for my story too.

I, I never imagined that [00:13:00] some people relate that way, relate in a narcissistic, narcissistically, patterned way, in that narcissistic pattern. , I thought everybody was honest. . , and I realized that there were actually just a mountain of lies that I, I assumed were true because I don't lie in those ways and I never would've thought that somebody would.

, and so it was kind of like this glimmer of truth kind of came through and then the whole foundation came tumbling down and I realized the level of of illusion. And deception that the relationship was built on, and that that had been my whole, all my patterns, all my patterns of relating were built on that.

And I really dedicated myself to healing after that. And that's what started me down this path, of, of a career, of helping other people. Re-pattern their relationships of heal from narcissistic abuse of, you [00:14:00] know, finding, I

think a lot of my people, this is true for me too. Like we, we wanna know love, we wanna know what love feels like in a healthy, supportive relationship.

And it's absolutely possible. And I wanted to figure out how to do that for myself. So I spent years doing that, after that it was sort of, my wake up call, and I think a lot of, a lot of people who are empaths have a similar wake up call, there was an article going around for a long time around that, that time of awakening for me called like the narcissist empath, the narcissist and the empath.

I think it was just called that. I think it was, some, some major kind of pop, article platform or something. And yeah, that, that was a - It was, it was a big, wake up call for myself, and I think a lot of people during those years. So, you talk about this awakening and this illusion of care. Can you [00:15:00] share a little bit more?

What did that awakening look like? You said it was something that you saw and couldn't unsee, and it's almost like something you felt and couldn't not feel anymore either. Mm-hmm, yeah, that's a great question. It was, the experience was like, I. Was seeing the relationship one particular way, right? Say like, rose colored glasses.

And I had a, I had a, the way I was relating was feeling like, all the problems in the relationship were my fault. It's because I was too broken. I was wounded internally and perpetually because I, there's something wrong with. and I just needed to be more spiritual, to be honest, is kind of the framework I was using at the time.

So, I just needed to be more spiritual. I needed to do, better, right? I was really internalizing all of it. And then there was a moment when I realized [00:16:00] how many lies were in the relationship that I could see clearly. Suddenly it was it was sudden. It was a, a moment, it was a, a realization of a bold-faced lie that I never would've assumed was a lie that I kind of opened up.

It opened up this kind of crack in my perception of the relationship. Cause I'd never even thought that, that people would lie like that. And so it changed completely how I viewed the relationship and, I realized in that moment, you know, that there was something I, I couldn't stay, that there was no potential here for health, that there was this shaky foundation.

And I, that's, that's the kind of [00:17:00] thing that lit a fire under me to get. To get moving, to kind of find the truth, to connect to myself, to connect to my

body, to, to heal, yeah, I was just realizing in that moment that I had been blaming myself for everything and viewing myself as broken, but I had just been lied to.

When you talk about that moment, you mentioned spiritual, like searching more, opening up to spirituality, do you think that's what helped you get some of that clarity? Do you feel like the whole time that you were in this relationship, were you seeking that and then something shifted and you started seeking that and then that's when the awakening happened.

Do you see a relation there, or not necessarily? No, not necessarily. Spirituality was actually used to keep me in the relationship, and it's something that I, I see a lot actually, and I. I'm not sure I, I talk, too [00:18:00] much about it in some of my materials or classes Exactly. But it definitely comes up, with clients or when it's relevant.

But I absolutely think, spirituality can be a tool of control and manipulation. And that was the case for me, uh, as well. And I realized that what I had thought was spiritual at the time, uh, just wasn't, just didn't follow basic spiritual principles, again, it was just a way to keep. in the relationship because it made me feel like I didn't have really a choice about whether to stay.

Because if it's a spiritual mission, if it's a spiritual purpose, if it's a spiritually driven thing, right, that's something I'm gonna wanna go for. That's something that's like gonna sound so great and I don't wanna like fail, you know, it connects it to something bigger. But it, you know, that was one of the lies that got uncovered eventually in my eyes that I could see that that wasn't true.

Right. And then you were saying, so you had this awakening and it lit a fire. [00:19:00] So what happened there? Did, cuz I can imagine like having that realization. And then you were talking about feeling safe or not safe. Once you have that realization, like oh, mm-hmm, somebody isn't being honest and someone is lying.

Mm-hmm. And depending on how long you're in that relationship, was it something that you like, were, done, move on, or what happened next? Yes. Yeah, it was, it just became, I feel like I woke up when I woke up more into my body. I. My philosophy is really a, a body-based, body mind connected philosophy.

There were parts of me that I was alienated from, parts of my, maybe intuition you would call it, right, working with working with the body a lot and

sensations in the body. I know there's a lot of wisdom that's [00:20:00] stored there that got me connected to. Like a deeper part of me that had been, I think just, asleep, for lack of a better word, or offline, for lack of a better word, maybe cuz it wasn't safe to wake up.

It wasn't safe to be present. It wasn't. Or maybe I just repressed it from, you know, ex bad experiences that had happened to me early on. I'm not sure what, but it, became the. It's like I, I connected really clearly to the knowledge of there is absolutely no way I can stay here. And I, I personally didn't waiver.

I know often a lot of people do, and I completely understand and respect that because these are very addictive relationships. Um, they. Created that way intentionally or not by the narcissistic partner, they [00:21:00] create intentionally an addiction or perhaps it's just their pattern of relating naturally doesn't, it might not be intentional.

Uh, but it, it makes the relationships very addictive and it's very common for people to get sucked back in, to get hoovered sometimes. Sometimes it's called get hoovered back in into the relationship. But something about the way it was for me where I was just, I think, much more connected to myself.

And again, because I had been really cut off from my body now I was in my body, I could feel how much pain I was in. I was very averse to staying stain, it is a complicated process, sometimes, you know, because there's shared, shared things between you, , that need to be dissolved and resolved. And so it took, a number of months, I was certain, right. But the logistics of it took. several months. , several months after [00:22:00] having an intense relationship does sound like it was a pretty quick decision and mm-hmm.

I can see how, especially being an empath and wanting to help and please that you can be, like you said, hoovered back in relatively easily. Yeah, yeah, exactly. And, and, not Feel like you deserve anything better sometimes, or not feel like you deserve to, you know, have your own place or right. This, these are things I frequently work with people on.

Right? It takes a lot of bravery. It takes a lot of, again, foundational safety and security because the first thing you have to do is make, make big, scary moves, right? Like often on a very pragmatic level related to money in job and housing, the legal system, right? I support a lot of my clients in navigating the legal system and children.

And, you have to make, you have to make big moves right away. And so, you know, working, [00:23:00] working to, to create that sense of safety and security is, is pretty foundational, right? So, In the beginning you were describing the whole narcissist and path relationship and you were talking about how a narcissist can be viewed as giving and they want you to succeed and they want you to be happy, and you can do the shopping spree and probably go on the trips.

What are the signs that we miss at the beginning of a relationship? Because there are people that, Sincerely, do those things, right? Yeah. Mm-hmm. they sincerely want you to succeed and support you and, mm-hmm, so what, what are those signs that Yeah. In the beginning that we, we may be missing?

Yeah. So, the, that's a great question. It can be hard to identify when we haven't had good models of healthy relationships, when we haven't [00:24:00] felt genuine care. Right. So, a lot of this goes back to caregivers, often, you know, I'm working, I'm working with clients around romantic, you know, adult relationships.

But we work on, childhood stuff often, naturally comes up in sessions. Our child work, I think every single person I've ever worked with, right? We go there because it's about the way our, uh, our attachment system works, the patterns that we're used to in attachment and what love is supposed to feel like.

And we've learned one pattern of what love is supposed to feel like. And if we haven't learned healthy love, we haven't learned safe attachment and secure attachment, we will interpret someone who is unsafe or inconsistent as what love is supposed to feel like. So, the, a couple of signs that we miss are, Confusing love bombing with [00:25:00] affection.

So love bombing is, a term that means, you know, , what it sounds like over indulgence of affection and intention and attention in a very fast-paced way, making very fast commitments and declarations of wanting to get married and have a baby like two weeks into the relationship. Right? Very fast and, If you are somebody who is empathic or who carries attachment trauma, attachment wounding, maybe abandonment, wounding, maybe you had a parent who was alcoholic or a parent who left, right.

It can feel so secure and so relieving to have somebody who is, feels like they're there to save you. That is the red flag, right? Is being in a relationship where one person is saving the other, or it, it might even change, right? [00:26:00] They're coming white horse to save you, right? Our, our dominant cultural narrative

really promotes this is love and it's just not, we can, and as the empath in the relationship, we can also be the savior.

Right. I, that's so common. Like, if I just love them enough, I can fix them. I, I've, I'm so good at love. Like this is really common I think for people who are empathic. Right? I'm, I love so much of, I can just love, love them enough and then they'll be better, that is also that savior. that savior model, right?

And that's a part of the drama triangle, right? Where one person is a savior, another person is the persecutor, another person's the victim. And you know, narcissists love to like move us around there. Sometimes we're saving them, sometimes we're like the worst person in the world. How, why are we doing this and that to them?

, right. And so they're usually the victim or the savior? No, usually we're the persecutor, or the savior. Right. So, and what [00:27:00] love bombing does is it creates, and that addiction, right, it creates even just neurochemically, right? It creates oxytocin, it creates dopamine. And it can make a relationship where there are a lot of highs and lows where it's like these big romantic gestures or big declarations of love.

And on the other side you get kind of the crash, right? Of the, the, the, the chaos, the, the breakdown, the big emotions, the explosive reactions sometimes. That, that is the addictive quality because when we get to those lows with them, we could slip back into the same patterns that brought us there, which is like, I just need to be better.

I need to fix myself. I need to do better. I need to be more spiritual. I need to work on myself. I need to love them better. And uh, it just is creating an addiction pattern. So again, relationships should not have every relationship is gonna have bumps. Right? But we're talking about like [00:28:00] very extreme highs and lows, very.

Fast affection, that is not taking the time to genuinely get to know you as a person and get to genuinely assess your match as, as people in the world. Do you want the same things? Do you have the same dreams? I think looking too, as if you do discuss those things, looking for inconsistencies in their answers, because if it is somebody who's more inclined to lying, they will say that their dreams match yours.

but you can see that they have other times that they're talking about it or other actions that they're taking that shows that their dreams do not match yours. And

that creates a cognitive dissonance in us. And that's the other kind of red flag that I would mention is, when we feel that cognitive dissonance when we're like, wait, I thought they said that this was what they wanted, but then now they just like swooped in and told me, it was like, what was I even talking about?

they never said that. Or like, where [00:29:00] did I get that crazy idea that we would ever be able to do that or live that kind of life, right? , that doesn't like make sense to the human brain. It's not consistent. And that will create discomfort in our bodies. So, the other, the other thing that we miss is being connected to our bodies and listening to the signs.

Knowing what a no feels like in our body, , and also being willing to. . Sometimes we know what a no feels like, but maybe not on a fully conscious level. And what also happens is if we don't have the, the fundamental somatic body-based safety and security of knowing that our needs get to be met, we will actually sacrifice.

We'll, we will, even though we know it's a no, we'll, we'll say yes anyway. We'll bypass our no, because we are so hungry for love and attention and affection that we will fill up with unhealthy things we'll fill up with poison, right? Food, we're like, well, it's food. Even though it's like mildly [00:30:00] poison is better than nothing.

At least I'm not starving today, even if it's gonna kill me in the long run, and there are ways to know in your body. with, the level of stress you have. It's so common when you're in these relationships, you feel like I'm, that you're losing your mind. I feel like I'm losing my mind. I feel like I'm, like, that's extremely common.

And it's because of the cognitive dissonance that is being created because a lot of it is based on lies that are intended to manipulate or coerce, your body will know. Your mind will know. Uh, and I know I mentioned earlier, sometimes there's like an autoimmune correlation, like these things where like your body is literally rebelling against you.

, and we're kind of just not listening from chronically overriding those signals. And again, it's, I also wanna say, you know, it's, it's like I feel nothing but you know, kindness towards. Towards the body, my body, or whoever's body, right. That this is how it reacts because our body's just trying to keep us safe, [00:31:00] right?

We're just, our body's just trying to get us as much affection. Our body knows like we need to survive somehow. And if like this person is gonna provide for us in this way, like this is the best. This keeps me surviving today. Right? and there is a wisdom to that. And we can still readjust, right? When we realize what's happening, we can still learn to, you know, make different choices, be in different patterns.

Yeah. So, yeah. Did that answer, I know it went down kind of a, a, a, a long-winded way there, but I'm happy to follow up if there's more clarification. No, I feel like that was really good and just really relating back to the body and just the huge disconnect that happens and it happens in so many things, not just in narcissistic relationships.

It's such a self-preservation, self-protection thing. Yeah. That humans do. Mm-hmm. . . So, what are some core shifts that a person has to make to release their attraction to narcissists? Do you find that [00:32:00] the people that you work with, is it typically this awakening? Like one day they see it, one day they don't?

Or is, can it be this slow, gradual awareness? Yeah. I think for most people it's actually slow and gradual. It's kind of a grieving process, right? And so, I work with the grief often with people. Any, any relationship breakdown has grief. But it's hard to look at that. It's hard. It's hard to look at and to realize, especially if you've had a very long relationship with a person.

, it's even difficult to talk about trauma on the internet. You know, it's hard. People don't wanna talk. They don't wanna look at that so much. And that's true for our own lives because, we, we make it mean things about ourselves, right? If we already have that existing pattern of internalizing and self-blaming, we, it's so common.

The thing that keeps people stuck [00:33:00] is, is feeling like it's their fault that they are in this type of relationship. People will even say that to them. Parents are, you know, people that, that is a big, that guilt. In that shame of even being in this situation in the first place, it takes time to process that.

And, you know, that's, that's why also when I work with people, it's never a requisite that they are like out of their relationship for us to work together. never. Right? Because it's a different process for everybody what that unwinding looks like. And usually it's like there are stages of acceptance and denial and anger and, you know, bargaining and, well, maybe he's not so bad.

Well, he is not there. Well, people who are way worse, he's not such a bad narcissist. Right. And there's, right. You, it's really follows those, those stages of grief. So the, the pieces that people, there's, there's a a six stage, [00:34:00], framework that I take take all of my clients through. And the fir the two that I wanted to mention, the first is the most foundational one, which is, working on safety and security.

Because if we know what safety and security feels like on a foundational level, or even if we just know that we deserve safety and security and we can work to what does it feel like in my body to be safe, then eventually likely you won't be able to stand being in a relationship that doesn't have it anymore.

Right. Okay. Right. Then you also feel safe enough to start to make those practical moves to to start to get free and to make those choices. Scary. It's can be scary to let go. It's actually one of the most difficult, just informally talking with other practitioners and colleagues, narcissistic relationships are extremely difficult [00:35:00] sometimes to get free from because of that, cuz of that fear that it brings up.

So, yeah, adding in those levels of safety help make that a little bit easier. So you feel like that's probably the first. I don't wanna say step, but I feel like there's levels of awareness, right? If it's, yeah. Not that aha light bulb moment, and it's a gradual thing. It's almost like this building up of safety and security.

Mm-hmm. and, you know, we are running out of time and I know we can just keep on talking. I still have all these questions, and I feel like we're gonna have to do a follow up here, and you have a free gift for everybody, which I think is in line with what you were just describing .

Can you share what your free resource is for everybody. Yeah. So the free resource I'd love to offer is, a masterclass on boundaries, because that's the second piece, right? Everybody goes in a different order. The process is, is slightly different for everybody, but boundaries is really foundational.

And so what I [00:36:00] was, uh, I think would make the biggest difference for everybody as a, as a freestanding thing is this masterclass, because I teach the. The four skills or competencies of boundaries, and I walk you through what those are and I have you discern which you need to work on. And then we have a little bit, little practice, a little bit of drop in embodiment practice around feeling the boundary.

And so it gives you that experiential component of what that might be like. And boundaries are something that is crucial, crucial anytime you are dealing with, any sort of narcissistic patterns or people who are patterned in that way because, they hate, uh, boundaries. Because if you have boundaries, they cannot extract from you.

And it's also the piece where you can help you realize where, where maybe you are overgiving or overstepping your own boundaries and you can learn to kind of hang back and pull back. So, yeah, I think it'll, it'll make a big difference for folks. So, what is [00:37:00] one piece of a advice you could give to someone if they feel like.

they might be in a narcissistic relationship. And again, that relationship could be with a partner or even a friend, or a coworker or a family member. Right? Yeah. So, if somebody is feeling like, wait a minute, maybe their gradual awareness is happening right now. Mm-hmm. . Mm-hmm. . What would be that one piece of advice you have?

Yeah. Hmm. I, I think it would still be to get clear on your boundaries that you need to have with that person, right? Because you might not be able, especially if it's a coworker or a boss or any, even, something like that, you can't necessarily just completely cut that person off, or it's a co-parent. You can't completely cut that person off, but you can get clearer at what your boundaries are, and you can get much, much, much.

Better about the boundaries that you have. And it is possible to learn to have boundaries in a way that [00:38:00] keep you regulated, safe, and contained. And they can rage and rage and they can do their stuff and they can try all they want, and it's like it doesn't, it doesn't touch you. , so that power is in your hands and boundaries are, are really important.

It's kind of like, frankly, it's kind of corny to be like boundaries, but they are very important, they are very important. Definitely we have physical boundaries, but our energetic boundaries and. You kept coming back to mm-hmm. for our bodies too, right? Mm-hmm. like sinking into our bodies and how we feel, feel that can be those signs that maybe our boundaries are being crossed.

Yeah, exactly. And we get so cut off from that. And even the trauma of the relationship trauma cuts us off from our bodies. Mm-hmm. . And so, it's learning to, to find that and feel that and to, and to know it and to embody it at those deep levels. Cuz that's what, that's what makes it effective. Right. Well,

Elizabeth, I wanna thank you so much for all the wisdom and [00:39:00] sharing your story. I know it can get vulnerable, but I appreciate you going there, to help others because this can be something that. it's difficult to face and to, to admit to and to look at.

And so to give us that space to talk about it. And thank you for taking the time. . Yeah. Thank you for having me. And thank you for hosting the summit. It's really important topics and I think we all need to, to share our stories and to be with each other, in this human journey.

And that's how we get through. So thank you for doing this. Agreed? Yes. Thank you. Okay, everybody. Now don't forget to head over to the speaker interview page and grab all your free resources from the speakers, and that's where you're gonna find Elizabeth's boundaries like a boss masterclass. All right. Thank you for listening.