

N.Y.B.L. Podcast Ep 166 (Should I Stay or Should I Go KATE ANTHONY)

[00:00:00] **Rebecca Zung:** [00:01:00] Welcome to another episode of Negotiate Your Best Life. I'm Rebecca Zung and I'm super excited to welcome back Kate Anthony, who I have spoken with a few times before. I. Always love having Kate here with me. She is such a huge, huge wealth of information and a huge, huge, huge supporter of people who are going through transition, and I just absolutely love having conversations with her because she really, really knows.

[00:01:42] Stuff when it comes to helping people, helping women helping, but helping people in general through transition and, and in toxic situations. And really, her niche is so specifically around, [00:02:00] Should you stay or should you go when it comes to making that difficult decision? And she's got some, uh, uh, an incredible, um, background when it comes to neuroscience and.

[00:02:16] uh, I, I'm just going to let her, um, go into, um, her background on all of this, but she is the host of the Divorce Survival Guide podcast, which is a New York Times recommended podcast. It's an absolutely incredible podcast. Uh, and, um, she's got coaching tools, she's got programs. And thank you Kate, for being back here with us.

[00:02:39] **KATE ANTHONY:** Thank you so much for having me, Rebecca. It's always such a pleasure to talk to you and, uh, get into all this nitty gritty. Thank you. Yeah.

[00:02:48] **Rebecca Zung:** So tell us a little bit about your background for those who haven't listened before or who haven't had the benefit of listening to your podcast. . [00:03:00]

[00:03:01] **KATE ANTHONY:** So I, uh, I have been divorced myself since, um, 20, uh, God, 2009.

[00:03:08] And so, um, I'm primarily a divorce coach. I primarily focus my work on helping, um, women make the decision should I stay or should I go, um, and then also help them through their divorce, but also my tools. I am trained, I'm certified. As an individual coach. As a relationship coach, I was actually, um, trained in, uh, relationship systems coaching, uh, which also had a

whole, you know, focus on workplace negotiations and, uh, assist, uh, you know, the, the systems work in workplace environments as well.

[00:03:45] um, and, um, you know, a bunch of other stuff, . So, um, and, and really, like you said, I mean this is a decision that is not just relevant, uh, for people in marriage, [00:04:00] people in business at their workplaces. There, there's just, there're al there's always a toxic relationship that we need to examine, um, through the lens.

[00:04:09] Should I continue to put myself through this, um, difficulty, um, this difficult situation, this heartache, heartbreak, um, or should I get out? And there's, and I, I've actually been in two very, very toxic, uh, work environments where I had to make this very difficult decision as well. Um, and. , you know, the answers are pretty much the same , right?

[00:04:37] I think the process ends up being, uh, the same where you're having to weigh the, you know, it's not just pros and cons. It's, it's what is the impact gonna be on my life, um, versus, uh, if I leave right? And, and what is it gonna be if I stay?

[00:04:57] **Rebecca Zung:** Yeah. You know? And, and you've [00:05:00] certainly dealt with your share of

[00:05:02] **KATE ANTHONY:** narciss.

[00:05:03] Oh yeah, absolutely. Absolutely. Well, you know, the, I think certainly one of the toxic, uh, work environments was a hundred percent, uh, and a, a violent, uh, sort of a, I would say violent abuser. She wasn't physically violent, but she was emotionally violent. Um, I ended up in the hospital, uh, in that, in that case.

[00:05:22] Um, and yeah, I was married to one. I deal with this all day, every day. , um, as, as so many of us do. Rebecca, I mean, , you know? Yeah. It's, uh, well, it's a good

[00:05:36] **Rebecca Zung:** problem. Yeah. So, I mean, tell us about your experience with Narcissist. I mean, I love mm-hmm. to have people here. Other people's experiences with narcissists because I think it's important for people to hear from people who have gotten out on the other [00:06:00] side and Yeah.

[00:06:01] Are talking about it and you know, I mean, cuz that's one of the things that I think people have really. , um, identified with me, you know,

especially the, because I've been pretty vulnerable and, you know, honest in sharing my experiences and the fact that here I am, I'm an attorney and you know, I'm supposed to be, you know, strong and all this other stuff and I've, you know, been pretty honest about the fact.

[00:06:31] Hey, they don't attach themselves to you because you have so little value. They attach themselves to you because you have so much. Mm-hmm. and you know, but even though you can be all of those things, they can flatten you. Yeah. They can, you know, I was like, you know, brought back all these feelings of being bullied and I, you know, I felt like I.

[00:06:55] going absolutely crazy. I was like nauseous. I felt like I [00:07:00] was, and I was waking up in the middle of the night. I was like obsessing about it. I mean, I literally was, you know, So almost flattened by, you know, truly. Yeah, sure, sure. I talk, I talk about it in a very open way, and I think people very much identify with that.

[00:07:24] And so, yeah, I, I would love for you to talk about it because I think it helps people to see. people talking about it and then, you know, identifying, oh my God, that is me. And maybe I can get out on the other side. Maybe

[00:07:39] **KATE ANTHONY:** I can actually, yeah. . Yeah. Well, you know, my story, I think the, you know, the most prevalent and, uh, relationship that, that I've, that I experienced was with my ex-husband, but it certainly isn't the only one.

[00:07:52] Um, and you know, ultimately the common denominator is me that I am, I end up or have, have a history of [00:08:00] ending up with these people, which also comes from my childhood. Um, and my. , um, all of that, you know, childhood wounding, all of that stuff, right? Oh yeah, of course. But y you know, yeah. And I, and so I, you know, I think that most of us come by it really naturally, and that we are trying, there's an unconscious need for us to try to, um, Get closure from a ch from a past relationship.

[00:08:28] And so we recognize, we unconsciously recognize these people in our lives, um, who dis, you know, display the same types of, um, you know, personality traits or behaviors that we recognize. . Right? And, and unconsciously we go, oh, okay, let me, let me attach myself to this person because when they change themselves for me, it will feel like my mother finally loving me.

[00:08:55] right? Or whatever. And it never works out that way. And it is an unconscious [00:09:00] thing that we do. It is not conscious, cuz it sounds. Completely insane. If Right. If that was a conscious thing we did, that would be insane. Um, but it's not, it's our unconscious trying to work something out

[00:09:13] **Rebecca Zung:** and it's our own core wounds.

[00:09:16] **KATE ANTHONY:** Yeah. Yeah. So we, so, you know, in my case with my ex-husband, you know, one of the things. about many narcissists is that they're really, really good at it. They, you know, they are. , charismatic. They are intelligent, they're funny. They're the life of the party. They reel you in. You are the one they've never known anyone better, prettier.

[00:09:47] Sexier, smarter, more efficient, whatever it is. Um, and so there's this building up, um, period that. That is then ripped [00:10:00] away and then you're constantly chasing, right? You're constantly like trying to get, trying to get that back. Mm-hmm. and you know, they don't wear signs, they're not, um, and as you said, they certainly don't choose, you know, meek compliant easy targets cuz there's no fun in that.

[00:10:24] Um, and. You know, they, they attach themselves to some incredibly intelligent, wonderful, vibrant people, so, you

[00:10:35] **Rebecca Zung:** know. Well, because they don't want the clearance rack, right.

[00:10:39] **KATE ANTHONY:** They want to . Right. Exactly.

[00:10:42] **Rebecca Zung:** Exactly. It's no fun high supply stuff. They want the good

[00:10:47] **KATE ANTHONY:** stuff. Well, and because, yeah, and because they derive their sense of self.

[00:10:54] because you know what the narcissist is, is this terribly wounded person with this horrible, gaping [00:11:00] hole in their ego that never developed. And so they are constantly trying to get their sense of self, you know, formed and derived out of somebody else. And so they're not gonna try and get their sense of self from somebody who is meek compliant, you know, not all that fabulous.

[00:11:21] They're gonna, they. what we have. .

[00:11:25] **Rebecca Zung:** And so, and what everybody else thinks is gonna be great too, because they want it to look good. They want it

[00:11:32] **KATE ANTHONY:** on their arm, right? That's right. That's right. That's right. And so, you know, unfortunately what, what they do is they sort of stick their, you know, their IV needle or whatever, their siphon into us, and then they siphon all of our goodness and strength out of us.

[00:11:49] And then when we're like, Completely at a loss and we have nothing left, then we get discarded because we're, you know, [00:12:00] because now we're no longer all of the things that, that we legitimately were and that they, uh, wanted to attach themselves to. They have. Basically destroyed that in us. Um, and then we are not good enough and we are, and, and throughout the journey we're not good enough.

[00:12:20] We are right because. , it is not our hole to fill. We actually are not capable of filling it for them. And as the relationship goes on and it becomes apparent that we're not filling it for them, they get angry at us and they let us know all of the ways in which we are not measuring up. And then we try to do it better.

[00:12:41] We try to give more. We think we can just, if we just adjust this, but it's a moving target. because it's a, it's an unfillable void. It's not ours to fill. Right. And it's, it's devastating. And, you know, the, the, the, the thing that happens to us is [00:13:00] that we lose all of that awesomeness and we become a shell of ourselves.

[00:13:05] And so it's usually when we're the shell that we start going, I can't do this anymore. Like, I literally have nothing left. and, and then you're trying to grasp for some strength that has been ripped away from you. And that's why, why it is so hard to decide to leave. It's why it is so hard to leave. Um, and throughout this process, I think what's important for people to notice, you know, and to know is that like they don't tend to be Machiavellian.

[00:13:39] They're. You know, horrific. It, it's, it's so subtle, right? I, I remember looking on the, you know, the domestic violence, uh, website about like, what is emotional abuse. This is early, early on 10, you know, 12, 13 years ago. Cuz I was trying to [00:14:00] wrap my brain around it and, and it was so over. Like they tell you you're not good enough.

[00:14:07] They tell you that you are. You know that you can't survive without them. You and it's, so few of them say those things so overtly, right? Yeah. It's,

[00:14:19] **Rebecca Zung:** plus it's not, it's not bad all the time. Of course not. There are times that it's great because that's right. to being that they, they, you know, they love bomb, right?

[00:14:34] Yeah. They, they future fake, because once they start to sense you pulling away mm-hmm. , then they go back to, oh, you'll, you'll see things are gonna be amazing again. Mm-hmm. , you know? Right. They go back to that. Yeah. And so That's right. That's the confusing part, because if it. Horrible all the time. It would be so much

[00:14:59] **KATE ANTHONY:** [00:15:00] easier.

[00:15:00] Well, it would be obvious, right? And then the thing is, is that once it gets to the, to the future, faking and the apologies and the love bombing. That's what you want. Like you're in a, you're in a constant state of chasing after the good. That was the beginning, which by the way was, was love bombing. It was fake.

[00:15:22] It wasn't real, but it was this whole fantasy that they were portraying to you and you got sucked up into for through no fault of your own. you and so and so. You just, you know, they always say, you know, why does she, why does she stay? She stays because she doesn't want the relationship to end. She just wants the abuse to stop.

[00:15:43] Right? And so why do we stay in, you know, in toxic, you know, workplaces in all, you know, toxic relationships of any form because. There is something good to grasp onto, right? Because when it comes around, that cycle just keeps coming around [00:16:00] over and over and over again, and you, and you keep getting a glimpse of that, and you're like, yeah, yeah, yeah, yeah, yeah.

[00:16:03] That's the thing that I want. Why can't we just have that? And then they're like, no, no, no. We totally can. We totally can. Everything's gonna be fine. And you're like, okay, great.[00:17:00] [00:18:00]

[00:18:41] Right.

[00:18:42] **Rebecca Zung:** Or a lot of times they'll say, well, it was because of my horrible childhood. Mm-hmm. , or it was because I had a horrible time at work. Mm-hmm. , and you know what I'm going through at work right now, or it's, you know, because of this, that, and the other thing. And you [00:19:00] wouldn't leave me right now

[00:19:01] **KATE ANTHONY:** because Oh, right.

[00:19:02] They're, yeah. I love that one. But I'm an addict. I'm a, you know, I'm a, I. Sex addict, or I'm a Right. All of the, all of the things. I'm a, I'm an addict. I, I don't, you can't leave me at the, at, you know, the worst time of my life I'm gonna go into rehab. You can't, you wouldn't possibly leave me now. Right.

[00:19:18] **Rebecca Zung:** I mean, you know that it was because of my horrible childhood.

[00:19:22] **KATE ANTHONY:** Right, right. You're just triggering now. Now you're just like rubbing salt in my wounds. You can't do that. .

[00:19:30] **Rebecca Zung:** Right. So it's the guilt. And then, you know, they're, they're the victim. They're the victim,

[00:19:35] **KATE ANTHONY:** now they're the victim. Mm-hmm. . Yep. And we, that's, we call that davo, right? That's when deny attack, reverse victim and offender.

[00:19:45] Mm-hmm. . Yeah. , that's that. And it's a, you know, it's a classic and common tactic of abusers and narcissists. So, yep. It's, and you know, once you start to recognize and understand these things, it's literally like, oh [00:20:00] my God, , you know, you can see it. You and I knows this process because we've seen it on a grand scale with, you know, thousands of people.

[00:20:08] Um, but when it's your only experience and it's your life experience and you, and it's, it's your one experience, it can be very, Uh, it, it, it feels isolating. It's terrifying. Um, and you don't, you don't understand what's happening.

[00:20:23] **Rebecca Zung:** Well, and it's the person that you love, and it's the person that you've been with for 15 years and the person that you've had children with, and you know, all of those things.

[00:20:31] **KATE ANTHONY:** Right? Right. Absolutely. Absolutely. Yep. And, and again, like you said, you don't. , it's a relationship to end. You just want the abuse to stop.

[00:20:44] **Rebecca Zung:** Right. Or, or, and you, and, and a lot of times you think this is gonna help them. I'll, if I can just get them into therapy's, if I can just, that's right. Get them into marriage counseling.

[00:20:54] Or if I could just get them into, you know, this thing or whatever it is, [00:21:00] then that's gonna be the thing that helps. Yes. Or you know, Right. Yeah. I mean, so that goes into, you know, your, should I stay or should I go,

[00:21:09] **KATE ANTHONY:** right? Yes. Yes. And so, you know, when I, what, you know, what I said earlier was that, you know, you sort of get to this place of being a shell and you actually don't have.

[00:21:19] You know, much of a sense of self anymore, and then you're trying to make this decision from this sort of empty, vacant place where your, your strength and your power has just been completely depleted. Um, what the first thing. That you wanna do, um, moving into like, how do we solve this problem? Right. Um, and well, the first thing that I do with my clients, and the very first thing I do is, is the, is the personal work because it's really easy to wanna focus on the other person all the time.

[00:21:52] And they're doing this, and they're doing that. And how do I deal with this and how do I deal with that? And the fact of the matter is that, you know, [00:22:00] you have no power and no control over the other person whatsoever. ever. And, um, and so, and you know, and the narcissist, here's that, the hardest truth of all is that narcis, and I'm sure you talk about this all the time, they don't change.

[00:22:17] Mm-hmm. , they can't. And the thing is, it's not just that they don't, it's that they can't, right. They're actually psychologically incapable. Um, and that's a real No. That doesn't mean that they can't, um, change behaviors. It doesn't mean that they. have some awareness about themselves and actually make, make different choices.

[00:22:39] Right. That is possible. Um, but you know, from a psychological standpoint, they actually can't, they can't, they aren't able to fill that hole. Yeah. And

[00:22:53] **Rebecca Zung:** the way I always explain it too is, you know, you can train them [00:23:00] to. Know what to do in certain situations.

[00:23:05] **KATE ANTHONY:** Exactly, exactly. But there's

[00:23:08] **Rebecca Zung:** a difference between knowing what to do in certain situations and actually having

[00:23:12] **KATE ANTHONY:** empathy.

[00:23:13] That's right. That's right. That's right. You know? And do

[00:23:16] **Rebecca Zung:** you really want to be with a person that knows. what motions to take ?

[00:23:24] **KATE ANTHONY:** Yeah. From like a cognitive, be cognitive behavior standpoint as opposed to like actual real empathy and actually caring. I mean, right, exactly. And it's, that's a hard listen, that's a hard pill to swallow.

[00:23:37] It's a really hard thing. Um, you know, for people to wrap their, their heads around. Um, you know, it's really difficult and, um, and it's painful. , it's really painful. Um, but because you can't really make an impact on the other person, um, the first [00:24:00] thing that I want people to do is focus on themselves, right?

[00:24:03] Because the first job at hand is to rebuild yourself, to be that person that you once were, right. To take that, those sort of internal muscles that have gone completely slack and have lost all of their, you know, vibrancy and start retraining them. Um, and you know, that takes a, that takes a while. It takes something and it takes a lot of work.

[00:24:33] But you know, your job is to sort of get to become that person again that would look at this relationship and go. No way. No way.

[00:24:44] **Rebecca Zung:** And by the way, this would be the same process, I would guess I'm gonna say. Mm-hmm. , if you're thinking about leaving a job. Absolutely. If you're thinking about leaving a, a business partnership mm-hmm.

[00:24:56] **KATE ANTHONY:** A hundred percent. A hundred percent. And I did it with my job situation. You know, [00:25:00] this was when I was in my, maybe I was. 29 30 and beginning of my career. And it was a very prestigious job, very prestigious job in my, in the field that I was in at the time. And I, um, it was like, You know, I was on top of the world.

[00:25:19] And so as this job became more and more toxic and my boss was really toxic, it was so toxic. By the way, the biggest red flag was with the day that I started. Everyone else on the team was, were making bets on how long I'd last. Hmm. Because she'd had so many assist I was an assistant to, but I ended up doing the entire job.

[00:25:41] Um, and that was part of the, you know, she just stopped showing up . Oh. And she was getting all the accolades while I was like 24 7, um, in the

office and, and you know, working myself to the bone, to the point where the people were, the staff were coming to my office and bringing me food
[00:26:00] cuz I was losing so much weight.

[00:26:01] They were like, please eat, please eat. And then I ended up, Hospital. Um, but exactly as I got over that hump and I, I started doing more and more personal development work and understanding and learning boundaries and saying like, oh no, actually I'm not gonna be answering my pager pagers back then. I'm not gonna be, you know, using my pager and calling you back, um, at nine o'clock at night and really starting to learn about boundaries and how to set them.

[00:26:30] And eventually, I. this, this no longer, this glove no longer fit my hand. My hand had changed size and shape and it, this, this glove no longer fit. And I, you know, and I was like, oh, oh. This doesn't work. And then I, you know, was able to apply for other jobs and I got another job and I, you know, left this one.

[00:26:53] And, you know, with, in, in, I didn't go down in a blaze of glory. Like I really, really wanted to a number of [00:27:00] times. I was able to maintain my own integrity. , um, and finish out this, this job by giving my two weeks notice. And, you know, and, and, and being the longest lasting assistant that she had had for a while.

[00:27:15] No

[00:27:16] **Rebecca Zung:** watch. The rest of 'em ended up like in a closet somewhere or something.

[00:27:21] **KATE ANTHONY:** I mean, really They did. They did. I mean, they just, or, or actually they were, , they were stronger than I was going into it. Um, they were less codependent and within two weeks they were like, uh, are you crazy? And they left , you know, like, for better or worse, I stuck it out.

[00:27:43] Um, which was probably insanity. Mm-hmm. , but, you know.

[00:27:48] **Rebecca Zung:** Okay. So focus

[00:27:50] **KATE ANTHONY:** on you. Yes, that's right. Focus on, focus on yourself first, rebuild your sense of self. Um, and then you can [00:28:00] start to look at the behaviors of the other. And then you can start to learn about this

stuff. Learning about narcissism, learning about toxic abuse, learning about, and I think this is, listen, we're we're talking about this stuff now.

[00:28:15] Back when I was going through it, nobody was talking about it. Nobody had named it. You have, I mean, all you have to do, I mean, I think Narcissist has one of the biggest SEO hits, you know, of anything, certainly on my website. Right? Like it's an SEO goldmine and for a reason. .

[00:28:31] **Rebecca Zung:** Yeah. I mean, I can tell you that even when I was practicing law, I mean, I moved out here five years ago and I had merged my practice with these two other guys at the time.

[00:28:43] Mm-hmm. and you know, so at the time that I stopped practicing full-time, The word narcissist was just starting to pop up. Mm-hmm. . Mm-hmm. . You know, we were kind of [00:29:00] using it, but you know, it was sort of like we were sort of giving it the eye roll. I, I mean, it was like everybody's a narcissist,

[00:29:07] **KATE ANTHONY:** whatever.

[00:29:07] Everybody's divorcing a narcissist, right? Mm-hmm. . Yeah. I mean, but

[00:29:10] **Rebecca Zung:** you know, all the wives think their husbands controlling and all the husbands think their wives are crazy and whatever. I mean, you know, and even now, I will tell you, 99% of the lawyers and the judges do not understand what a narcissist is, and they don't care.

[00:29:28] **KATE ANTHONY:** That's right. I

[00:29:29] **Rebecca Zung:** mean, so no, it, it, it doesn't matter. Yeah. I mean, as far as they're concerned, . Um, and so it's, it's still a word that in the court system, in the judicial system, in the, it's the whatever. Well, I mean,

[00:29:46] **KATE ANTHONY:** even domestic violence judges are not required to have any training in domestic violence. So, I mean, narcissism forget, but even if you don't have, um, you know, bruises around your neck, , uh, you [00:30:00] know, they, and even if you do well, they never hit the kids.

[00:30:03] So, you know, they can still have 50 50 custody, like it's in it's insanity. So, I mean, le you know, nevermind narcissism, domestic violence,

they don't even understand, or, I mean, they have no training in it. They're not required to have any training in it, and they don't want it.

[00:30:18] **Rebecca Zung:** Right. So, I mean, you know, I just tell people that you don't need to use the.

[00:30:24] just

[00:30:25] **KATE ANTHONY:** Yes. Focus on the behaviors. Right.

[00:30:27] **Rebecca Zung:** Focus on the behaviors and use the statute because that's what they care about. That's what they care about. They care. Right. The law. They care about the law. Mm-hmm. , so, you know, but going back to should you stay or should you go mm-hmm. in these toxic relationships.

[00:30:46] Yeah. You know? How does somebody then come to the decision? I mean, yeah.

[00:30:54] **KATE ANTHONY:** In my experience and opinion. , it becomes obvious [00:31:00] the more work you do. Now, the worst thing in the world anyone wants to hear is when you know, you'll know. Um, because that's what someone told me when I was trying to decide whether to leave my marriage.

[00:31:10] I was like, how do you know? And this guy was like, when, you know, you'll know. And I'm like, that's not that. The whole point is, I don't know. But first of all, if you're asking that question, you actually already do know, because people who are in happy relationships and people who are in happy workplace environments are not asking the question.

[00:31:29] So if you're asking the question, you do already know. And there's a part of you that needs permission and understanding about what's happening, which is why, you know, we wanna strengthen yourself and then we wanna move into really understanding what's happening. Um, and then, you know, knowing that. You know, and again, there are some pros and cons, which I, I hate to use, but it's like, if you're in a workplace, you know, are you gonna go down a blaze of glory and one day just like, you know, throw at, you know, your papers in the air and storm [00:32:00] out when you've got kids in private school?

[00:32:01] Like, probably, maybe that's not a good idea. Hmm. Um, you know, So taking, starting to take smaller steps, um, you know, doing that work on yourself so that you can, so that you actually have the perspective to be able to

say, okay, how can I be strategic about this? Right. The pros and cons of like, okay, if I do leave this job or this marriage, am I gonna be able to support myself?

[00:32:27] Am I going to be able to find something with, uh, you know, that gives me, um, you know, some measure income? Or do I need that? Um, do I have a buffer? Right? So you do wanna be strategic in a way that, um, That sort of surrounds cocoons you a little bit, um, because going down in a blaze of glory, while that way may feel really amazing in the moment, is probably not gonna serve you in the long run.

[00:32:57] Right, right. Um, I ended up getting a [00:33:00] great reference out of that woman who abused the crap out of me, um, so that I could get that next job, which was equally, if not more prestigious than the one before. So, and you said

[00:33:12] **Rebecca Zung:** thank you very much.

[00:33:13] **KATE ANTHONY:** I said thank you, and I left and I took two weeks , and I was so happy.

[00:33:21] **Rebecca Zung:** I actually ended up dedicating my book to my narcissists. Hmm. Yeah. Well, because if it hadn't been for them, I wouldn't be doing what I'm doing now.

[00:33:33] **KATE ANTHONY:** That's right. That's right. Yeah. Absolutely. Yes. Absolutely. I mean, I, you know, and I've, because my, because I co-parent with my ex-husband, I, we have forged actually a very solid co-parenting relationship and, and a good friendship.

[00:33:47] And you know, that's sometimes, that's, sometimes it happens that way. It's taken 15

[00:33:54] **Rebecca Zung:** years, by the way. Look what you're doing. Look what you're doing for a living. Yeah. Oh sure. What you doing this? Look how many. [00:34:00] Thousands and thousands of people you've helped.

[00:34:02] **KATE ANTHONY:** That's right. That's right. Through your I wouldn't podcast through your programs.

[00:34:06] Mm-hmm. . Yeah. It would not have happened without him. So I'm very, very grateful to him. And I wouldn't have the amazing human being that

we're raising together. Yeah. Who's just an awesome, awesome, awesome human. Exactly.

[00:34:20] **Rebecca Zung:** And speaking of programs, why don't you tell us about your.

[00:34:24] **KATE ANTHONY:** Uh, well, I have a few, but my, I have my, I have a couple of online programs, so I have a, should I stay or should I go online program, which, you know, people can join at any time.

[00:34:33] Um, but then I have a coaching, uh, a group coaching program, uh, called Grit and Grace, and it's really, it's wonderful because, you know, if you're listening to this and you kind of know that you're not alone, because obviously people are talking about this. The, the beauty of being in a group coaching program is that every week you're on a Zoom call with a bunch of, a bunch of people, a bunch of women.

[00:34:59] It's for [00:35:00] women only. Um, who get it, who get it. They're experiencing it, and the healing in that alone is, You know, tremendous. Um, now you do get a lot more than just that in the program. Um, but the community, you know, especially for women, women were meant to be in community. We were meant to go through, through things together.

[00:35:22] Um, and we have developed this world in which we are siloed from each other and, you know, it's just not the way we're meant to be. And so that, that aspect. Community together is just, it's so, it's beautiful. Um, and you get me coaching you, you get access to all of my online programs so that you can really dig in and do that work on your own, and then you come together for these amazing conversations.

[00:35:48] **Rebecca Zung:** Yeah. So go check it out. Check out her podcast, check out her programs. Go follow her. Um, and you're on Instagram too? What's your

[00:35:57] **KATE ANTHONY:** handle? I am on Instagram. It's at the [00:36:00] Divorce Survival Guide and it's the Divorce Survival Guide podcast wherever you listen. And uh, my website is Kate Anthony dot. Yeah, so

[00:36:10] **Rebecca Zung:** go check her out and go follow her.

[00:36:12] She's amazing. And thank you, Kate. You, I really, really, um, think that you're fantastic. I'm a huge fan. Well back at you, babe. Thank you. Yeah.

So make sure you go check out all of her stuff and go follow her. All right? So thank you.[00:37:00]