

N.Y.B.L. Podcast Ep 251 (Kate Anthony) Mix 1 V1

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[00:00:00] **Rebecca Zung:** Welcome to another episode of Negotiate Your Best Life. I'm so excited to have my friend Kate Anthony back on again. She is so much fun to talk to, plus she is a font of amazing information. Kate is the author of the brand new book, the D word making the ultimate decision about your marriage. She's the host of the critically acclaimed and New York Times recommended.

[00:00:35] podcast, the divorce survival guide and the creator of the groundbreaking online coaching program. Should I stay or should I go, which helps women make the most difficult decisions of their lives. She is really so. So brilliant. I love listening to her. I love talking to her. [00:01:00] She's got amazing coaching tools, amazing educational tools.

[00:01:05] She loves talking about neuroscience. She loves talking about doing the deep work. She is certified as a domestic violence advocate. She is a co parenting specialist. She is a high conflict divorce coach. She loves helping people. She is passionate. She loves empowering people to be their best selves. She is absolutely the real deal.

[00:01:38] And I am so excited to have you back here again, talking about your brand new book. Thank you, Kate, for joining me. Thank

[00:01:48] **Kate Anthony:** you so much, Rebecca, and thank you for that very, very lovely introduction. I appreciate you. Love talking. And,

[00:01:57] **Rebecca Zung:** uh, oh my gosh. So you've got a brand [00:02:00] new book, but let's talk about why you wanted to write your brand new book.

[00:02:06] So, you know, like you, you've kind of been doing this work for a while now. What is, what drives you? Yeah, what's the genesis of all of this? Women

[00:02:21] **Kate Anthony:** drive me. Women drive me. Women, um, Yeah, it's really it's women. It's women that I that I that I see I see so many women Not being fulfilled in their lives and their relationships being sort of constrained and

You know sort of held back from living their Lives in the most fulfilled and like juicy, wonderful ways possible, and so often that's because [00:03:00] of their relationships.

[00:03:02] Um, and I, you know, I just, I keep wanting to impress upon people that like, this is it, right? This is it. We get one shot at this. And how are you living your life? That one shot, you know, as Mary Oliver says, you know, what will you do with your one wild and precious life? You know, and if we consider it to be wild and precious, are we, are we treating it that way, right?

[00:03:32] Are we allowing ourselves to spread our wings as wide and as freely as they can be? And are we holding our ability to do that? As as precious, right? And protecting it fiercely. And for most, I think for many women, the answer is no, not at all. And, you know, women, what I, what I love to, you know, I'd love to talk about [00:04:00] is women's ability to choose, right?

[00:04:02] And our, Our ability to choose various things are, you know, on the chopping block daily out in the, uh, in the world, but like, we still have the choice, um, about what relationship we want to be in, um, and it's a radical idea, I think, for women to believe that they actually have a choice. Right. So I have women who say to me all the time, like, well, I told him I wanted a divorce and he said, no, right.

[00:04:32] I'm like, he doesn't get a choice. Right. Like he actually, if you, if you're ready and you say no, you actually get to make that choice. You get to choose. And that's radical for women who, you know, we wait for boys to ask us to dance at the school dance. We wait for, for boys to ask us on dates. We wait for men to ask us to marry them.

[00:04:55] It's always an invitation that we somehow feel obliged to [00:05:00] accept. So the idea that we get to make the choice. It's very radical and it's sort of a, uh, you know, it's, it's a, it's a hard concept for women culturally to wrap our brains around. Well, I,

[00:05:13] **Rebecca Zung:** I think it, it, it goes back to trauma and you know, there's so many different things around that, you know, I mean, and why we are pleasers and why we have leaky boundaries and we can go into all of that, you know, sure.

[00:05:29] I want to, you know, dive a little bit deeper into your backstory, though, and why you are so passionate about women and why you do what you do, because, you know, I know, you know, as you know, are my listeners, my

community are dealing with trauma and dealing with, uh, you know, difficult situations. And, you know, was there a situation in your life?

[00:05:58] Was there a [00:06:00] watershed moment in your life? Was there something in your backstory that caused you to go, you know, this is my passion. Cause you were like on Grey's Anatomy, you were on, you know, you were an actress, you kind of had like a glamour life. So what caused you to go? You know what? I really feel like I want to talk about divorce.

[00:06:17] You know,

[00:06:20] **Kate Anthony:** yeah. Um, well, you know, I don't think anybody just sort of wakes up one day and says, you know, um, but it was, I mean, you know, as with many of us, it was my own divorce. Um, and it was my own experience in a very, um, traumatic, uh, marriage. And I, look, I, I came to my marriage very honestly. I chose.

[00:06:42] Somebody who, and I, and I, and I want to preface this with my ex and I actually, we've been divorced for 15 years. We are very close friends. Now. Um, we have managed to, you know, do a lot of work over the years to forge a really good relationship, [00:07:00] but it was not all that, not always that way. And it was not always easy, but, um, Our marriage, uh, you know, I chose to marry someone who was the perfect combination of both of my parents in some of the best ways and in all of the worst ways.

[00:07:19] So, you know, um, he was, he was a narcissist. He was an addict. He, I mean, he was sober when I met him. And so I thought like, Oh, he's sober. So that's good. But like, you know, um, and, uh, and he was very abusive and it. I didn't understand what was happening. I didn't understand it. And you know, I, like I said, I've been divorced for 15 years, so I was dealing with this in 2000.

[00:07:46] You know, we got married, we were together from 98 to um, 2009, you know, and so in that period of time, we didn't have Instagram, we didn't have YouTube videos on this. We didn't have all of the, um, [00:08:00] information that we have now. Um, and it was. I didn't understand what was happening and I thought it was me because, you know, narcissists are great at making us feel that it's us.

[00:08:16] Um, and there was a, you know, a goalpost that was constantly set for me that I would just try my damndest to get to right like, okay, you're right. It's my right. I do have this sort of I do have this childhood issue and I do

have this problem with this. Let me go fix it. And I would go to therapy and I would go take some workshop and I would do this.

[00:08:37] And then I would like, you know, I sort of. What I felt like we've done my part, but then the goalposts would move, right? I still wasn't quite doing it right. I wasn't, you know, all of the things that you deal with, with narcissists. And, you know, meanwhile, I was losing myself. I was working so hard to become [00:09:00] the person that I felt that my ex husband needed me to be in order to be okay and make this marriage work that I had completely lost myself.

[00:09:13] And I, you know, we, we work so hard to be the thing that we think that they need us to be or want us to be that'll make everything okay. And there is nothing. And, and getting to that point of understanding that like, Oh, there's nothing, there's nothing I can do that will be good enough because The void is not me.

[00:09:37] It's not my void. It's his void. Um, and I didn't understand it. Um, and the, the, the watershed moment for me was when I realized that I had to leave this marriage because I had a child and, you know, I was told at that time there was, you know, the information out there was you have to stay for your kid. [00:10:00] And I was like, wait a minute.

[00:10:03] Wait a minute. What am I modeling? He was three and I just saw his whole life trajectory in front of me one day in a moment and I was like, Oh, he's going to grow up to be an abuser. He's going to grow up to choose men who women who are, um, you know, meek and, you know, codependent and, you know, have lost all their power.

[00:10:26] Uh, he's going to, uh, you know, he will, he, this is his model. Yeah. This is his model. That's all he's gonna, you know, and in that moment, I was like, Oh, no, no, I have to leave for him. And, uh, and I did, it was like this moment of absolute clarity, but it wasn't until years later that I actually began to unravel and understand what had happened because throughout my divorce, I was still like, yeah, there, it was, you know, it was 50, 50, it was both of us.

[00:10:58] And, you know, there were things that I [00:11:00] was doing that weren't great. And I, and I. And not to say that in any relationship there isn't. There, you know, there are always two people contributing, but when you're dealing with a narcissist, it is not evenly weighted, you know, at all. And I, it took years before I fully understood what it was that I was experiencing and how I, um, and I, and at that point, I just wanted to, I wanted to help other

people because I could start to see it in other relationships and go, no, it's not your fault.

[00:11:35] It's not your fault. It's not your fault. Yeah, exactly. Um, and, you know, I wanted other women to have that moment of clarity and seeing it so that so that they could go, Oh, right. It's not my fault. Oh, oh, these goalposts will keep moving. There's nothing I can do. That will be enough. [00:12:00] And, and, you know, it's that it's that tricky spot of like, I'm losing myself, right?

[00:12:05] You're losing all of your power and yourself and your strength and like your identity. And at the same time, you have to use that to like, claw your way back out. Right? And that to be able to see. that this is not your fault, right? How do you, and that's the design, right? Is to weaken you so much that you actually can't call yourself out and you can't see what's happening.

[00:12:26] You can't get the clarity. Um, and so that's what. I want, I want to help women get clarity. You know, it's, I feel like my book and I know that, you know, your work and your YouTube channel and your podcast and your books, it's all, it's, you know, very similar, right? It's like, we're holding up this sort of light to say we're shining a light on it.

[00:12:52] Like, no, no, no, no, no. Like this is this is the reality and yeah, yeah, [00:13:00] exactly

[00:13:00] **Rebecca Zung:** and it's so difficult because you've been, you know, uh, the cortisol levels in your brain and and you've got so much toxicity and so much brain fog and so much, um, trauma. And there's so much destabilization that has taken place.

[00:13:21] And, and, and this is the thing that I talk about all the time is that they are, you know, especially when you're going through a divorce is the, you know, they continue to look like the charming one. And, you know, you walk in and, and look like

[00:13:39] **Kate Anthony:** insane.

[00:13:42] **Rebecca Zung:** And and so people assume that you're the one who's crazy.

[00:13:47] Um, and while they are looking calm and composed and and it's, you

[00:13:54] **Kate Anthony:** know, yeah, I mean, if we learn anything from, uh, You know, Gabby [00:14:00] Petito. It's that. Oh, yeah, you know, victim is will often look like the crazy one because there were so destabilized. We don't we're so confused. The gaslighting is, you know, and the and as you said, the brain fog, I mean, and the.

[00:14:16] And the physical toll it takes that much cortisol, that many stress hormones coursing through your body day after day, minute after minute. Um, you know, we, we end up with autoimmune diseases, chronic illness, all sorts of stuff. Like this is a, this is a, it's not just a like mental health crisis or, or a relationship crisis.

[00:14:38] It is a, it is a, it is a physical health crisis.

[00:14:42] **Rebecca Zung:** Physical health crisis. And, and that is. Honestly, and you know, that's something that I recently just talked about the, the dopamine that goes back and forth, you know, between the love bombing and the, uh, and the devaluing, [00:15:00] that's what actually causes that trauma

[00:15:02] **Kate Anthony:** bond to, well, exactly, exactly, because we get, we get addicted to the dopamine hit and constantly seeking it and like, and they're the supply.

[00:15:12] They are the supply of the supply. They have absolute power over our, um, you know, over effects.

[00:15:22] **Rebecca Zung:** Exactly. And so you're, you become addicted to them. So between the dopamine and the cortisol, dopamine, cortisol, dopamine, cortisol, you're a mess. So destabilized, you are a hormonal mess. That's

[00:15:39] **Kate Anthony:** right. That's right.

[00:15:41] Because of them. Yes. And it's so, listen, and it's so hard, but like if, you know, and this is why some of, you know, um, what I talk about a lot. Uh, and I, and I talk about in the book a lot too, is that I don't want to focus on them and what they're doing. And, you know, is, [00:16:00] is he an, is he a narcissist? He's just an asshole.

[00:16:02] Is, is it abuse? Like I focus really, how do you feel? How do you feel in this relationship? Right? Do you feel destabilized? Do you feel like you're going crazy? Do you feel like you're always Do you have brain fog? Right? Like, let's take the focus off of them because first of all, we can't control them

and we can't necessarily, um, you know, take, we can't take enough of a magnifying glass to them for it to make sense to us because it doesn't make sense.

[00:16:32] But what we can do is turn that on ourselves and, and turn, you know, you put down the magnifying glass and pick up the mirror, as they say, and really look at like, how does, how do I feel in this relationship? And, you know, often the narcissist or the abuser will say, you know, well, you know, You just feel that way because you're fucked up.

[00:16:53] Um, and I, you know, ask yourself, have you ever felt like this in any other relationship? [00:17:00] Have you, right? And sometimes the answer is yes, because we tend to choose, right? Um, I will say that the person I became in my marriage, I had never been that person. I'd never felt that way. I may have been in like messed up relationships and other narcissists and addicts and all of the things right because that was my history and that was my trauma and I had never felt like this and I'd never felt like that since so there's there is some there's information there.

[00:17:32] Right? Um, you know, and I also look at the other people, you know, I asked my people to look at the other person, like, have all of their relationships been like this? Because usually the answer is yes, like they have like a trail of destruction behind them. It's not you, right?

[00:17:52] **Rebecca Zung:** Right. And so when you're asking yourself that, and you think, okay, what's the first step, [00:18:00] right?

[00:18:01] Okay. And now you think, okay, yeah. I do probably have to get out of this thing, but it scares the crap out of

[00:18:11] **Kate Anthony:** me. Sure. It is. It's terrifying because they have, they have made you believe that they are your air and water. And, you know, um, you know, in, in, in overt or covert ways, usually more covert, like you're kind of, you don't have anything without them, they've taken away your sense of self and self esteem.

[00:18:35] So the first thing that needs to be done is that you've got to get into. You know, trauma therapy, but whatever you do, whoever you work with, whether it's a coach, whether it's a therapist, it has to be with someone who understands narcissistic abuse totally and is trained in very

[00:18:55] **Rebecca Zung:** rare,

[00:18:55] **Kate Anthony:** very rare. And [00:19:00] so you really want to make sure that, you know, because, you know, this is what, you know, the sort of the legacy of couples therapy, right?

[00:19:06] Is that like, Oh, we're going to take a neutral stance and it's both parties and blah, blah, blah, blah, blah. And abuse is not a relationship issue. It's not a communication problem. It's an abuser problem. Um, so you need to, to, and I, and I outlined the work that I do with my clients in my book about really reconnecting with self.

[00:19:28] because we have lost it. We have completely lost our capital S self. And so there are steps that you can take. There are exercises that you can do, um, that will help you reconnect with your sense of self, your capital S self. That is your authentic self. That is the, that is who you are at your core. Um, and that's really important work.

[00:19:56] And I think that's the first step, really. [00:20:00] Um, and sort of once you start to feel stronger, right, you also have to disconnect from this person as much as possible. Now, sometimes You, you're doing, you know, sometimes you need to do that work in order to recognize that, that you're in this toxic relationship, right?

[00:20:17] Because then it becomes a, wow, that doesn't fit, you know? Um, and you start to see a little bit more clearly. Um, but, you know. With this with this like the trauma bond and the dopamine rush and all of this stuff like you can't do the healing. You can't heal from the person who's traumatizing you while you're still being traumatized by them.

[00:20:42] **Rebecca Zung:** 100%. But I will say, don't feel guilty. Don't feel bad about yourself if you're still in the relationship. And that's right. Um, and you feel like, okay, I can't get out of this. What do I [00:21:00] do? I mean, what I say to people is, okay, the very first step is the very first boundary. that you can create is, and if this is all you can do, this is a really good first step, and that is You can decide today that you can be spoken to with respect.

[00:21:23] And that is a really good first step. Yeah.

[00:21:27] **Kate Anthony:** And you can't control whether they're going to speak to you with respect.

[00:21:31] **Rebecca Zung:** No, but you can decide that you don't have to stay in the room. You can, you can, you can get up and say, you know, I, What I say is

just start looking at them as if they're a third, like a, a, a child having a tantrum on the floor, start looking at them as if, you know, and start observing their behavior to them.

[00:21:53] I can see that you're upset. I can see that you're angry. Just start observing their [00:22:00] behavior to them. Put an invisible shield down around yourself and just like imagine that you have like. Teflon on that and just, you know, we can continue this conversation when you have calmed down and you, you do not have to remain in a room when somebody is.

[00:22:22] Yelling at you, screaming at you, disrespecting you, you just don't, right?

[00:22:28] **Kate Anthony:** Yeah. Yeah. And I think, you know, when I say disconnect from the person, you can disconnect from them while being in a relationship with them, you can detach yourself. And it's a really hard thing to do. Um, this is about, uh, it's about radical acceptance.

[00:22:49] It's about really accepting who this person is. And that it is who they are. It's not who you are. It's who they are [00:23:00] and that they're not going to change. They're just not. And so if you, if you accept that and you like, you know, like you said, have an invisible shield, your Teflon, you, I think that there's, there's work, there's work to be done to get to that point, right?

[00:23:14] It's not, it's not all that easy to just be like, oh, um, I am. Oh, now I'm going to disconnect from them, right? It's it. There's, there's a shift that happens and it's a very specific shift to from like trying to get them to change or trying to get yourself to change or trying to do something to fix it from that to Oh, right.

[00:23:37] This is not actually fixable. This is what it is. This is what it is to be in a relationship with this person. If I can't leave them because of finances, whatever it is, right? You don't have to leave. Um, but if you have, so if you have to stay the, the protection, the wall, the [00:24:00] boundary between like, Oh, they're just doing what they're going to do.

[00:24:03] And they're going to keep doing what they're going to do. And so I can't control that the only thing I can control is myself, which is walking myself out of the room, which is taking up my hobbies and going out, you know, three nights a week if, if that works, you know, with your, with childcare or whatever.

[00:24:21] Um, but, but having it moving to that place of accepting, oh, this actually isn't going to change. So now I'm not going to beat my head up against

against a brick wall trying to get it to change. Yeah. I don't need to do that anymore. So now I can just live my life. I can live it in the same house if it's safe for me to do so, right?

[00:24:46] But there's there, but I think it starts with that acceptance of, and really, really, really understanding that no, this isn't going to change. It's just not.[00:25:00] [00:26:00] [00:27:00] [00:28:00] [00:29:00]

[00:29:39] **Rebecca Zung:** Yeah, I mean, it's sort of like the Arya Stark of like, not today,

[00:29:44] **Kate Anthony:** you know,

[00:29:45] **Rebecca Zung:** yeah, yeah. Maybe I'm not going to leave today, but you know, not today. Are you going to be, you know, like this with me, you know, not today. Am I going to allow this, you know, it's just sort of like the [00:30:00] baby steps of it. Just, just baby steps, right.

[00:30:04] That's baby steps. And, and it be, I, and I feel like it's so much easier for, for, for people to just baby step it because it's like, oh my God, I can't leave and I can't move it. You know? And, and that way it's like, okay, but maybe someday you might. That's right.

[00:30:23] **Kate Anthony:** But,

[00:30:23] **Rebecca Zung:** but just for today.

[00:30:25] **Kate Anthony:** Right. Small, small,

[00:30:28] **Rebecca Zung:** you know, just start looking at them as if they're a toddler having a tantrum on the floor.

[00:30:33] You're going to start seeing them in a different light today. Just baby steps, baby

[00:30:39] **Kate Anthony:** steps. And, and, and taking each of those baby steps, like if you can't leave, it's okay, but you can, you can. take those baby steps so that you don't feel stuck or stagnant, right? You can do things like have a consultation with an attorney.

[00:30:56] What might things look like? You can start to [00:31:00] reconnect with the friends and family that you may have been isolated from, um, without, you know, fear of reprisal. Um, you can like, there's just, there's little baby steps that you can take that. Feel like you're getting your life back, so you don't feel stuck.

[00:31:19] **Rebecca Zung:** Yeah. Yeah. And, and, and, you know, you know what the difference is between that and the situation that you're in now is, is that you are making a choice. Because at that point, you're saying, you know what? I'm choosing today. Instead of feeling completely stuck, I'm choosing to stay today.

[00:31:47] **Kate Anthony:** Right? I'm here because I choose to.

[00:31:49] Yeah, exactly. Because that's part of my strategy. My strategy. Not because I'm stuck. Not because I'm manipulated. Not because because I have chosen. Yes. [00:32:00] Strategically, that for today, I'm in this. Yes. And I'm going to use it to my advantage or, you know, or even not to your advantage, but at least not be like, you're not going to be destroyed for another

[00:32:14] **Rebecca Zung:** day.

[00:32:14] Yes. I have a plan. I'm choosing sort of like I, you get to take back your agency and it just makes you feel better about it

[00:32:24] **Kate Anthony:** for the day. That's right. That's right. And, you know, look, there are some people for whom that this is not safe. Right? Because as soon as you start to take back aspects of your own life, um, there will be punishment.

[00:32:38] There will, right? But if it is, if it's the silent treatment or being, you know, uh, side eyed or like if it's, if it's, you know, uh, passive aggressive stuff, like that's when you get to look at them and be like, you're, you're a toddler and, you know, have a nice tantrum. I'm going out. And there are people for whom that is [00:33:00] dangerous.

[00:33:00] And if there's any danger, um, involved in this. I do not recommend it. I think it's important to say that at that point you need to seek the help of your local domestic violence shelter. Um, I also like to, people think that a shelter means they have to run away and go and stay, you know, like in made. Um, you don't.

[00:33:26] Domestic violence shelters. are full of domestic violence advocates. They will help you. They have legal aid available. They have people who can advise you in your area. So that's not just for people who are trying to flee. Um, they, they, there's a lot more that they do. Uh, so it's important to, and, and, and it's important to know that they also don't just deal with physical violence.

[00:33:53] That's financial abuse. All of the, all the kinds of abuse that go along with this, they will, they can help with. Yes, [00:34:00]

[00:34:00] **Rebecca Zung:** for sure. And I'm glad you brought that up. Both, both the fact that, you know, to go get help if you need it and also the types of help that are available for sure. And, and, you know, the thing is that narcissists are Um, you know, there has been a rest of development in the limbic system of their brain.

[00:34:23] And so, you know, it is a, narcissism is a result of trauma. And so you do have to understand that. When there is a shift in the relationship, there is going to be a shift back and you're, you know, they have conditioned you and you're basically going to be conditioning them back when you shift. And so it's, it is sort of like.

[00:34:51] If any of you out there have children, you understand that when they had, you know, when toddlers have a tantrum, what happens [00:35:00] with toddlers is, you know, they feel like, okay, if I just need to scream louder, if I just need to kick more, if I just need to, you know, uh, do this a little bit more, mommy and daddy, you're just going to give me what I want.

[00:35:12] And that's exactly what's happening with. Narcissists. So, you know, they are the worst right before they're ready to give up. I mean, that that is the truth. And and so they will act. a little bit worse and a little bit worse. Uh, when you start being different, when they start feeling a shift in the wind, that's, that's okay.

[00:35:37] That actually means that what you're doing is working. And, and, and that's actually a good sign,

[00:35:44] **Kate Anthony:** right? Like when the toddler screams and yells more and more and more is not the time that you give them the cookie. No, right. If they want the cookie and they're screaming and they're screaming and they're escalating and they're escalating and they're escalating good parenting.

[00:35:59] And I [00:36:00] listen, you know, we've all done it, right? But good parenting dictates that that's not the time that you reward the behavior. And so when the similar thing with it with a narcissist is that when they're screaming and screaming and screaming, screaming, that is not the time that we go. Okay, you're right.

[00:36:15] I'll stay. Um. you know, or I won't go out tonight or I, right. And, but again, you know, when they get, you know, they, they tend to abuse to the degree that they can. that they maintain power and control. And if they're losing power and control, that is when they escalate. And that's when it can become more dangerous.

[00:36:38] So it's, you know, it's very tricky and we have to, we do have to be careful. But also if you know that this is not a, you know, you're not in physical danger. Uh, then, yeah, like this is not the time. I talk about this all the time with people telling their spouse they want a divorce, right? I lay this out very clear, lay it out in the book.

[00:36:58] I have lots of, um, [00:37:00] information on this that, you know, this is, they're going to have a temper tantrum and it is just like a toddler where you say, I know exactly what you said. I know that this is hard for you. I understand that this is not what you want. Unfortunately, this is my final decision. Yes.

[00:37:16] **Rebecca Zung:** And I'm glad that you brought that up too, because a lot of times the threats that they make during divorce are not,

[00:37:26] **Kate Anthony:** they're not based in reality, any

[00:37:27] **Rebecca Zung:** sort of reality, sort of reality,

[00:37:31] **Kate Anthony:** right?

[00:37:32] This is why I tell women all the time. And I talk about it in the book, like go and get yourself educated. Get yourself, learn what the laws are in your state before you have this conversation, because when they say, I'm going to take the kids, you're never going to see them again, you can go, um, okay, that's not how things work, but I understand you're upset because so many women that I talked to said, well, he said, he's going to take the kids and I'm never going to get any money.[00:38:00]

[00:38:00] And I have to say, honey, that's literally not how it works. It's literally not how it works. And, you know, meanwhile, they've, they've stayed

for another five or 10 years because that's what he keeps saying. Well, that's his abuse tactic. He's abusing you into staying by lying to you. Your job now is to get informed.

[00:38:19] You need to get. information, actual legal information. Educate yourself.

[00:38:26] **Rebecca Zung:** Yeah. I mean, I just had this conversation with somebody recently who was concerned about getting certified in my certification program because they were worried that This person, the other narcissist was saying, Oh, if you get certified, then I'm going to use that against you because you can, um, I'll use that as proof that you are using that as a, [00:39:00] um, they say it was, uh, something with, um, you're using that to just.

[00:39:07] And, and, uh, and, and, uh, they wanted to use that as proof of, uh, I don't know, some sort of torch or something. And I said, you know, they actually would have to prove actual damages. And, you know, I said, You'd actually have to say something bad about her and, and which I don't think you're actually going to do.

[00:39:32] And I said, and if you actually did, then truth would actually be a defense. And, and I said, but. You then she'd actually have to prove damages. I think there's so many different layers

[00:39:46] **Kate Anthony:** to it

[00:39:47] **Rebecca Zung:** that like I said when you actually break it down to what so and what are the actual facts of of that it's it's all

[00:39:55] **Kate Anthony:** like

[00:39:56] **Rebecca Zung:** But, you know, they prey upon [00:40:00] fear.

[00:40:00] They prey upon fear.

[00:40:02] **Kate Anthony:** They do. They do. And they prey upon being the only one with information, you know, pretend information, right? They bank on us not actually knowing the truth. And the facts. And so your best defense is to actually know all the facts and information. I hear this a lot, and I'm sure you do too, with people, um, who are scared to go to therapy or go on medication.

[00:40:28] Says that if I go on medication, then I'm like, I'm scared to go on medication because then the court's gonna think I'm crazy. And I'm like, or you look like someone who is. Responsibly taking care of yourself. I was like, in today's day and age, like, you know, we're not, we're not really not going to court over someone getting on, you know, Zoloft or like, whatever it is, right?

[00:40:56] Um, we're not like, that's not judges, like, [00:41:00] literally do not care about that. In fact, it looks like you are, um, You know, but like, I don't want to go to therapy because then I'm going to look. No, go to therapy. You look good because you

[00:41:09] **Rebecca Zung:** look like someone everybody's in therapy these days. I mean, come on.

[00:41:13] **Kate Anthony:** Right? And if you're not in therapy, frankly, I think that's that's a problem. So. And also, you know, there's the like, yeah, I need to be on, on medication because I have like a clinically I'm clinically depressed from the relationship I'm in and I'm trying to get out of it, you know, I mean, there's just so many things that, you know, and the, the, you're not going to get any money and I'm going to take your kids are just huge.

[00:41:39] Yeah.

[00:41:39] **Rebecca Zung:** Yeah. Oh, I'm going to lose the house. Right. Yeah. I mean, there's so many things like that. You know, if I leave the house, then I'll lose my rights to the house. I mean, I, you know, I won't have get any money

[00:41:51] **Kate Anthony:** from, I won't get any money. It's abandonment of property. That's not what that means.

[00:41:55] **Rebecca Zung:** Right. Like, like, yeah.

[00:41:57] I mean, if your name is on the house, you still [00:42:00] get, you're having to have property.

[00:42:01] **Kate Anthony:** It's marital property period. If it's marital property, it's marital property. Exactly.

[00:42:07] **Rebecca Zung:** Yeah. I mean, you know, so, I mean, there's so many things like that, that they say and that they scare people to death. That's right. You know, so you, you, you have to just, I always say focus on what's so, focus on the facts.

[00:42:23] Right. You know, don't, don't listen to what they're saying. They want to scare you. They wanna scare you. Right. And, and so just don't listen to them. Don't listen to it. And let me tell you, this is a thing that I say all the time. You, you, you knew that they were a liar during the marriage. They're certainly not going to start telling you the truth during the divorce.

[00:42:44] **Kate Anthony:** Right? Right. Exactly. Exactly. I mean, come on, sanity, it's insanity to think that you're the person you're divorcing who has been abusing you for years and lying to you for years is going to be giving you correct legal [00:43:00] advice.

[00:43:01] **Rebecca Zung:** It's going to be to your benefit during the divorce,

[00:43:05] **Kate Anthony:** right? Not at all. Not at

[00:43:08] **Rebecca Zung:** all.

[00:43:09] I mean, they're not on your side now. They weren't on your side during the marriage. They're certainly not on your side during the divorce.

[00:43:16] **Kate Anthony:** Right, exactly, exactly. And it's, you know, but it's, it's so hard because of the gaslighting to separate, you know, because they're quote, their truth has been the truth for all these years.

[00:43:30] It's hard to, to sort of put that boundary in place in your mind to understand that like, Oh no, what they're, they're not, they have not, they have not been telling me the truth. They will not tell me the truth. Um, you know, their truth is not truth. Uh, and so in it, and it does, it feels subversive and it feels scary to like go and like have a consultation with an attorney behind their [00:44:00] back.

[00:44:00] Like, yeah, yeah, it is subversive and scary and it's also necessary.

[00:44:06] **Rebecca Zung:** Yeah. And, but you know what, on the other side of it is so much, I mean, uh, I I've helped literally, you know, through my slave program over, I think 10, 000 people now in the last three years, which is just, you know, blows my mind now at this point.

[00:44:24] And, uh, but, you know, obviously many thousands of people through my divorce practice prior to that. And, and, you know, I, and I think I have over, 40 million views on my YouTube channel now. It's crazy. But, um,

you know, so I know you've helped thousands of people through your programs and, uh, and millions of people through your podcast as well.

[00:44:52] So talk about what's on the other side. So, I mean, you know that.

[00:45:00] It is so much better. As scary as it is, as scary as it is,

[00:45:07] **Kate Anthony:** it's, it

[00:45:08] **Rebecca Zung:** is, it is, it is possible.

[00:45:12] **Kate Anthony:** Yeah, and it's scary because you've been told that you're nothing without this person. Again, overtly or covertly, right? You've lost all your power. And imagine, imagine the life that you could live when you have your power back.

[00:45:30] It's like, For many people, it's, uh, it's like unimaginable. Right? But you can, right? If you close your eyes and you imagine what your life could be like with your power back, I know you can do it. I know you see it and I know you feel it like a glimmer of it. And if you even have just a glimmer of it, that's what's possible.

[00:45:55] Like that glimmer becoming your reality, and I'm not saying like, you know, [00:46:00] look, life is still life, you know, life is still hard and life is still, you know, complicated and there's still, you know, wars and famine and all the things right, but like, to walk around every day, confident in who you are, knowing yourself.

[00:46:22] Really knowing who you are and feeling good about that. I'm not a big fan of the whole like love yourself thing because I think that that is such an extreme like leap from one to the other. Like you just have to love yourself. You know what? Fuck off. Um, I just have to know, first you have to know who you are.

[00:46:41] Just know who you are. Um, I like vanilla ice cream with rainbow sprinkles. I like the color orange. I like, right? Because we forget. We don't know. We don't know anymore. When I was in my marriage, people would be like, what's your favorite color? I don't know. What do you want for dinner?

[00:47:00] I don't know. How are you?

[00:47:04] Uh, right. To be, to be able to answer those questions confidently again, is like, it's everything. It's everything. Knowing who you are that, you know, the, the, the building blocks of self esteem. The very foundational

building block of self esteem is self knowledge. So when you, when you're able to learn who you are again, not who you think you're supposed to be because it'll, it'll make him feel better, right?

[00:47:37] Not who you're supposed to be in order to make this relationship okay, or this other person okay, but who you are, what are your values? What are your likes and dislikes? What is unique and different and exciting about you, then you start to have confidence [00:48:00] again, you

[00:48:02] **Rebecca Zung:** know, without being afraid that somebody is going to put you down because you say something or put you down because you have an idea.

[00:48:12] Yes.

[00:48:13] **Kate Anthony:** Yes. Yes. Yeah. Absolutely. I used to go to parties with my ex and just be fully self expressed, right? Because that's who I was. And then we would leave the party and I would be told all the things I did wrong and all the ways that I was, um, you know, bad and wrong and embarrassing and all of the things.

[00:48:35] And I became smaller and smaller and smaller. Now go to parties again. I'm exactly who I am. I'm fully self expressed. I have a really loud laugh and people fucking love me. Right. My friends actually like me. I choose to hang out with people who really love me, right? I may not be for everybody, but I know who I am and I'm not afraid of, of being that anymore.

[00:48:58] And that's what I want for everybody. [00:49:00] That's what I want for everybody. That's right. Yeah.

[00:49:06] **Rebecca Zung:** So I mean, I remember I had a client who she was like, she's just amazing. And, and she, you know, she got back together with her narcissistic husband who, um, you know, they were in marriage counseling and everything was going to be great.

[00:49:26] And then, um, they were leaving to go to a party and she put on this bright red lipstick and underneath his breath, he said, uh, lipstick. And right then her heart sank. Because, you know, it was like, uh, you know, you look like a whore or whatever. And you know, she just started to feel like that familiar, uh,

[00:49:55] **Kate Anthony:** right.

[00:49:56] And there it is. And there it is. And there it is. [00:50:00] Yep. And if you stay and if you go back, like just, I think. You know, look, it takes an average of seven times for someone to leave an abusive relationship, right? And so that's the average. So some people takes a lot longer. And so, you know, but staying attuned to those moments, like, oh, shit.

[00:50:21] Right.

[00:50:22] **Rebecca Zung:** There it is. There it is. One word. And then lipstick. And then it was like right back into it again. That's right. But then, you know, she ended up out of it, but thank

[00:50:37] **Kate Anthony:** God. Because it doesn't change.

[00:50:39] **Rebecca Zung:** No, no. So, um, so, uh, tell everybody about your book. The

[00:50:49] **Kate Anthony:** D word making the ultimate decision about your marriage and it'll be out.

[00:50:56] It's available for pre sale. It will be out on December [00:51:00] 26th. Um, on Boxing Day in time. for divorce month. Um, so if you have gotten through one more holiday and you're just done, this book will help guide you through the, through understanding what's happening. Um, and it is, um, you know, it's, it's really accessible, right?

[00:51:24] It's what I want this book to be is the kind of book, um, what I, what I, the way that I wrote it, I wrote it so that you can feel like. Someone, someone gets it like someone really gets it like, oh, oh, you are. I am reading the words of the feelings that I've been having for years and haven't been able to like, uh, you know, understand or process or put words to, um, so that's, that's sort of the, the, the goal of the book.

[00:51:56] Um, and. Uh, [00:52:00] yeah. And I, you know, and it's

[00:52:04] **Rebecca Zung:** everywhere that everywhere,

[00:52:07] **Kate Anthony:** everywhere. And I also, there's a page on my website, um, kateanthony. com slash D word, and that page will have ideas and ways that you can order the book that might be a little bit more surreptitious than, um, just ordering it on Amazon, which, you know, might show up in your

shared, uh, Order history, which if you're sharing an Amazon account with somebody, you probably don't want this in your order history.

[00:52:35] Um, you know, and just a reminder that that goes for Kindle and Audible too. So there isn't their audio, there's an audio version of the book that will be available, not just on Audible. So you'll have, there are just other ways to get it that are going to be safe. for you. Um, so all of that is available on my website, kateanthony.

[00:52:54] com slash D word, as well as a ton of bonuses that you can submit for. [00:53:00] All right.

[00:53:01] **Rebecca Zung:** Make sure you guys go grab those and where can they follow you? Where can they check you out as well? Social media,

[00:53:08] **Kate Anthony:** all of that. KateAnthony. com and the Divorce Survival Guide on Instagram and sometimes TikTok, but really Instagram is, is where I mostly hang out.

[00:53:19] Um, so, um, yeah, the Divorce Survival Guide and KateAnthony. com is the hub for all the things.

[00:53:27] **Rebecca Zung:** All right, and where is your podcast? What's your everywhere? Anywhere?

[00:53:31] **Kate Anthony:** All the places? Um, I don't have YouTube because I mean, it's on YouTube, but it's just audio. Um, because most people are listening on the, you know, on the, on the DL while they're walking their dog or whatever.

[00:53:43] So, but all platforms. All right, so

[00:53:46] **Rebecca Zung:** go check it out. Subscribe. Go follow her on Instagram. Go pre order her book for sure. We'll make sure that this is out in time for you guys to be able to do that. And thank you, Kate Anthony. This [00:54:00] was absolutely fantastic as always. And I know that your book is going to help So many people, so definitely go grab it.

[00:54:07] Even if you're a guy, it will help you. Her stuff is always really fantastic.

[00:54:12] **Kate Anthony:** Thanks Rebecca. Thank you so much for having me. I really, always a pleasure to talk to you.

[00:54:17] **Rebecca Zung:** Yes, you too. All right.