

Aileen (00:00)

Hi Julie, how are you?

Julie (00:01)

I'm good. How are you?

Aileen (00:03)

I'm good actually, because you know And you'll remember this when you lived here. It is starting to get lighter here in the evenings. And it just feels... ~ Yeah. Yeah. I know because it got so dark, obviously, you know, until the 21st of December, but now we're here and it's getting lighter. I'm so excited. I love it.

Julie (00:06)

What? Yes. my goodness. Isn't that the best feeling when the winter starts to cut? You see the term, right? Like it's just on the horizon that actually winter is gonna end at some point.

Yeah, that is so exciting. And you know what I'm actually excited about? The school holidays are going to end. Can you believe? ~ Can you believe? It's a lot.

Aileen (00:32)

Over you.

I'm so excited for you. That's a long... You, I mean,

I do... So, you left this climate, I get it, but to get these long summers over with our that's a lot, with Christmas going on.

Julie (00:48)

I know. Yeah. It is night.

Yeah. Can you remember back in what, I guess it was November when I was facing that going, my goodness, the kids are off. Cause they, got off on like the 5th of December or something like that. And then it was like, my gosh, it's like eight weeks until it's a lot, but you know what? It's actually been okay. Cause we were away for that three weeks. think get it, taking that chunk out.

Aileen (00:58)

Yes.

How was it? It was a long, long break. God, that's a lot. I mean...

that's lovely. That

helps. Break out.

Julie (01:15)
over Christmas, New

Year and the weather. mean, you know, it's been, it is great. It's great having had the summer. It's just a shame it comes at Christmas because you have everything it's want. It's a bit like when you have a birthday at Christmas, you know, those poor people who have a birthday at Christmas and they're like, but you everything at once.

Aileen (01:20)
I know.

Yeah, yes. I feel, so it sounds nice,

but I feel for them, mine's, we're definitely more spread out. I know in Spain, Amelia used to have 10 weeks holiday. And in the summer, but not over the winter, obviously, in the summer, because it's so hot there in summer. You get bright days in the winter, but I think it's two weeks, three weeks, normal, not like yours.

Julie (01:40)
in the summer.

Yeah, yeah, yeah.

Yeah, but

would she have had that long 10 weeks when she hit high school? whole school thing or was that because she

Aileen (01:55)
Yeah, was the thing,

she was in an international school, so I think it was that. I don't know about the local school, but I know some people in the States, okay, it wasn't over your winter, but they 14 weeks holiday. I mean, what do you do with your for 14 weeks? Yeah, so you should feel grateful.

Julie (02:00)
Yeah.

That's That is crazy. I mean, do you know what? It is, I should feel great for you. Exactly.

What am I talking about? No, it's, know what? It is lovely because I sort of think, cause they're little. Okay. They're not little. They're 13 and 14, but enough to actually hang out with us. And I think it's nice to have had that long stretch with them just hanging out because that's not going to happen. You know, like it will disappear. Cause I see my nephews now.

Aileen (02:21)

Yeah. Yeah.

Julie (02:34)

working and they've just got the two weeks off over Christmas or one week, you know? And so it is nice. I've just got to lean into that whole gratitude, I think.

Aileen (02:38)

Yeah, that's true.

Oh,

I like that gratitude. Yeah, we need to be good. I need to be better with my gratitude. Anyway, speaking of gratitude, I'm not sure this is gratitude, but I thought we won't talk about gratitude, some people will. I think it'd be good today if we talk about breakups because honestly, they have shaped so much of who we are.

Julie (02:48)

Yeah, exactly.

Julie (00:00)

~ that's so true. Actually, I was speaking to a friend about that on Friday. So she's just gone through a breakup very recently and it's so defining. And I think anyone who's been through one knows that feeling. That's like, you're so disorientated. The flaws you're trying to sort of emerge from as a without relationship and that other person. And it's, yeah, it's a tough process.

Aileen (00:26)

It is a tough process and at the time it really feels like it's the end of the world. But the thing that I've noticed after a few, well over the years I suppose, that there's a pattern. So for myself, because I've had quite a few relationships, it's probably around the three month mark after the relationship ends that I know something's going to change and I just put myself three months ahead. Because I've had experience, it's not the first one.

And then I start to feel lighter and I feel more myself again. And it's like I can just, yeah, really relax and exhale and I'll be okay.

Julie (01:04)

I think it is time, that is the thing, but I could never, even though I went through a load of breakups, I could never remember that right in the moment. Because at the beginning, which is, I was always just so in the moment and it's just crippling. And you can't imagine ever feeling any

different to that. Because I was just so sunk by it. But I mean, you are right, there comes a, there does come a point always where the pain starts to lessen. And not because

the relationship didn't matter or you weren't as heartbroken, but I think you just can't stay in crisis forever. So you do begin to start moving to a different stage.

Aileen (01:39)

I like that you can't stay in crisis forever but I was so obsessive with my relationships. I thought there was like fatal attraction almost.

Julie (01:45)

I was obsessive, so obsessive. my gosh. was awful. That's, that's

why I couldn't cope. And I could, know the three month thing, but I could never remember that in the moment because I was just, ~ my gosh, I was obsessive. Yeah. Yeah.

Aileen (02:01)

Yeah, no it is completely crippling but

you know what there's always growth that comes from every relationship whether it's been a brilliant relationship or it's been a terrible one I've definitely learned something from every single one I can remember them all I've left relationships even when I was still in love or overstayed in some toxic ones and had some extremely loving ones I had my heart broken even in my 40s

Julie (02:31)

Yeah, it's a lot.

Aileen (02:32)

But you do learn

something.

Julie (02:34)

I think you do. Yeah. You do absolutely learn something from everyone. Cause I've, as same as you, I've had quite a lot of heartbreaks and not in my forties. Thank goodness. I've had a lot over the years. And I, as I've said before, I was terrible. Like I think it was the worst person at breakups ever. Cause I just literally collapsed. Like I couldn't function. And I just think my self-worth was so low that the rejection just floored me. And even if I did the breaking up, like it wasn't as

dramatic if I did the breaking up, because although there was one in my late teens that I left, as I knew I had to, but that was really tough. And I think that's the thing about it. It just makes you so raw because you've been living in this paradigm for so long and the boundaries of who you are

blur with who you are as a couple. And then you add into that all of the various lacks and insecurities that we have.

And I think you just left really vulnerable. And I think we get caught up in also blaming ourselves or analyzing ad nauseam. my gosh. I was terrible at that. I should have done this differently. Why didn't I see that all the time? But I think if you look at why it didn't work and also why you feel so floored by it, like, as I say, for me, the rejection just made me feel like I was nothing because I had no internal love. And so if someone else rejected me.

Aileen (03:39)

Mm-hmm.

We all do it. We all do it.

Julie (04:01)

It was like that then defined me was that rejection. And then you add that to the disorientation of just leaving a relationship anyway and being single again, because you then have to now look at who you are inherently. What's the inner authentic you like? It's a massive process and there's definitely growth in that. Cause I think every relationship teaches you so much about yourself and also about what you want in a partner.

what you can't accept and what you need in that person or the relationship in order to be the best version of yourself.

Aileen (04:33)

I wish I had known that. Oh my god, it sounds so easy. I mean, could never say never, I'm not in a relationship. I would like to think that now I've finally learnt the lesson that...

Julie (04:36)

I know, it's so hard.

Yeah,

I think you get to a point because I did the breakup I had before I met I did things so differently. I really was like, no, okay, I'm going to respect. I deserve more than this. I think you get to it. You probably will be like that because you've gone, you

Aileen (05:00)

Yep, that's great.

I mean, I had it with when I was married and that was a long time ago and then because I grew up in chaos, that didn't feel safe, so strange, but that didn't feel right for me. But if I had it again, it would definitely be like something like that. But I used to think that feeling broken after a breakup meant that I was weak. But actually just means that you really cared deeply.

Julie (05:14)

Yeah... Yeah, yeah...

Yeah.

Aileen (05:29)

He gave something, you know, real energy and that's definitely not weakness, that's humanity.

Julie (05:35)

That's not weakness at all. it's amazing. And I've had several breakups where I thought I'd never feel happy again. And it felt so awful. But to know that you loved so deeply it's something to build on and to feel good about, because actually I did hook into that thought a couple of times and it's actually, it's actually a really good point. And I think these things like that, these little things that are the things that can get you through.

And then at some point you do just realize that you feel lighter and you feel like yourself again. You might actually enjoy something you thought you'd never enjoy again. It's just some things, those tiny moments like, thinking I know how to care deeply and actually letting that land. That it means you're coming back to life again.

Aileen (06:15)

Oh yes,

yeah that's true. In that moment where you catch yourself laughing, you know, after it feels almost wrong at first because you've been so sad and so down but it's such a good sign because it means that your nervous system is finally recalibrating and you're healing without trying because you probably do try after the breakup and even maybe get in touch with them when you shouldn't.

Julie (06:28)

Yeah.

Yes, but that can hook you right back in. Yes. ~

Aileen (06:43)

But I've done that a few times. And back in, I had a bit of that. It might have gone on a wee bit longer. ~

there's been those ones. I just always know that through experience, through the decades, for me it's been the three month mark. It might be different for everyone else. I just know that I'm going to feel a lot better.

Julie (07:04)

Yeah.

I think it is the three months, but I think that's also a good point of hooking back in because sometimes you're almost feeling a bit better. It's almost like you're to the negative of that because at least that's any connections, a connection, right? So you just like, even if it's negative and you reach out to them and you think, I'll just send this little message. mean, it's just ridiculous. The amount of times I've done it, even after the two months mark, like, I might just message them. Sorry about

Aileen (07:13)

Yes. Yeah.

to dopamine.

I know, it's hard to let go.

Even after

a few years, some people might...

Julie (07:34)

~

It's so awful. my gosh. It's the worst. But you do come to a time and I think can take different timeframes, but we do start to see it for what was. And you can look back more kindly on them and on yourself and know that there's something different for you out there or something that suits you better. I think that was the thing I always found.

hard to accept was that the other person might be better without me. Like there's something that's a better fit for them out there. that just, I hated that torture. But the stupid thing is I could never see that for myself, that there was something that was better fit for Do you know? Cause it's all about, that's less self-worth, I suppose. but there is always something that can help you be the best, best version of as well. But I was just so focused on not being that for that.

Aileen (08:08)

Aww, torture!

Julie (08:29)

person because my guess, my self-worth was low, that it just the thought of it was awful. But I had my mom, as we've always said, to talk me through a breakup, ad nauseam, poor mom. She would sit up and listening to me, analyze it, dissect it. It was awful.

Aileen (08:33)

Yeah.

I love that ad nauseam is great. ~ I love it.

Aww, I think it's just lovely that you had that. I mean, you're really lucky to have had that with your mum. I could talk to my dad later in life, but not as a teenager. But definitely could, a bit, but not all night long like you did. Yeah, and...

Julie (09:00)

Yeah.

Yeah, well she had to because

I was in the different time zone as well.

Aileen (09:08)

yeah, that's true. I know what that's like navigating that one with you. Now I feel sorry for her. Need to pat her on the back when I see her. And like you said, there comes a time when you stop romanticising about that relationship or maybe stop demonising it and you start to see it clearly and then there's this wisdom that comes in and you start thinking, actually you know what, I've ignored a few red flags there

Julie (09:09)

Now you know, now you know.

Ha ha ha.

Aileen (09:35)

or I really lost myself in that one and that's not great either.

Julie (09:39)

yeah, I've done that. And it's not about regret, is it? I think it's just about awareness. Like the next time you spot those things earlier, show up differently, I think you just end up, you know yourself better.

Aileen (09:41)

Mm-hmm.

Hmm.

Yeah, and you love yourself better like you were saying. I didn't, I think that's the biggest thing. Because I used to pick my worth on whether someone adored me. And yet now I see that a breakup doesn't take your worth away. It just asks you to find it again on your own, really.

Julie (10:09)

Yeah, well, you're still the same person who's worthy of love, even if the relationship ended. I always found that hard too. And think you've learned so much for the next one. You're not starting from scratch again when broken up. You start from experience. Although I must admit, it took me a while to, I always felt like I was starting from scratch because I made the same mistakes so many times.

Aileen (10:29)

I

want to join the club, like I said, even in my forties. Oh my God, thinking back, I kept entering relationships and genuinely couldn't understand why they weren't working until that last relationship in my forties and I saw that I needed to change too. And one person who really helped me at that point was Gay Hendrix, the psychologist and relationship teacher who spent decades studying why the same patterns show up again and again in our relationships.

Julie (10:32)

Ha ha ha ha ha!

Aileen (10:58)

And what really struck me was how much he emphasizes looking inward rather than blaming outward. And I definitely had a lot of blame on some of those relationships. So his work helped me understand that without the self-love and the self-awareness, we carry the same version of ourselves into new relationship and then wonder why we keep making the same mistakes. And it was the first time I'd really heard self-love explained in a...

Julie (11:07)

Yep.

Aileen (11:25)

way that truly made sense to me. It helped me so much.

Julie (11:28)

Yeah, I remember that actually, you came across him. Yeah. And it's similar that philosophy and that approach is similar to the way Kabbalah helped me to break my cycles because that's what changed things for me. Cause the one thing that is in all of the relationships is you, that's the constant. So you need self-awareness to understand what the patterns are. We need to be honest about ourselves and really think about that and what you're taking into each relationship. Like my teacher always says to ask the question,

Aileen (11:30)

Yeah.

Julie (11:57)

why is this in my movie? What do I need to learn to change the narrative? How do need to change to make different choices? Because we're often making choices out of fear or lack. We reactively get into the relationship because of old patterns instead of proactively trying to change and help yourself grow and attract a different movie next time. If you don't make changes, you'll continue to have relationships that break And I think to anyone listening,

Aileen (11:59)

Mm-hmm.

Julie (12:24)

right now he's in the thick of it, you have to believe us when we say that the feeling won't last. And I would never have believed that if anyone had told me right in the thick of it, definitely. But you're still you will wake up one morning and realize you didn't think about that person straight away. I think that's the start of getting back to yourself.

Aileen (12:43)

I love that. You used to say that to me as well. Why is this in your movie? That's right. You've taken me right back a decade nearly. Hello, that's a brilliant way. It's such a good reminder, isn't it? I heartbreak's kind of hurt like hell. It feels like your heart's been splitting too. But it's also proof that you can feel deeply and love deeply and eventually you will do it again. I even just be with a friend, who knows? But just differently this time.

Julie (12:49)

Yeah, I remember going through that. Why is this in my movie? Yeah.

Aileen (13:12)

you'll become wiser, calmer, with a little more self-respect and a lot more self-worth.

Julie (13:18)

Yeah, absolutely. But you do have to really be honest and take the opportunity to let it be growth, I think. So if that's you right now, just keep doing the small things, eat, rest, walk, talk to a friend listens, you don't need to rush the healing because it is happening. It's time.

Aileen (13:36)

Yeah, you'll be okay. Absolutely. If we're okay, you will be, us.

Julie (13:41)

Yeah, trust us. We've been there and we

promise you do come out the other side. So thanks for joining us and we'll see you next week.

Aileen (13:48)

Bye.

Julie (13:49)
Bye.