

00:00:00 - Jerry Dugan

I just want to let you know up front, this episode is going to take some discussion around trauma, healing from silent wounds and so on. So there may be some content here that could emotionally trigger you, and I just want you to know that up front. Here we go. Are you a leader who strives to create a life worth living in your faith, family and career? Then you're in the right place. Well, welcome to beyond the Rut, the podcast that shares encouraging stories and practical tools to help pull you out of your rut into a life worth living. Beyond the rut. I'm your host Jerry Dugan, and in this episode we're going to be joined by speaker, coach, and host of the Victorious Souls podcast, Danielle Bernock. We're going to talk specifically about what it means to be the silently wounded from traumas that were experienced growing up or in young adulthood or even later in life. What does that mean to be silently wounded? What is the impact on relationships? What is the importance and impact of fatherhood, a positive presence of fatherhood in the home, and so much more. So we're going to be talking about those things. So sit back, relax, grab a notebook and a pen, because here we go. All right. Hey, Danielle, thanks for calling in. How are you doing?

00:01:18 - Danielle Bernock

I'm doing great. Can't wait to get talking.

00:01:20 - Jerry Dugan

I know. Well, I mean, we've already been talking for a while. We recorded yesterday for your show, Victoria's Souls. And then we were just shooting the breeze for the past 15 minutes and I was like, wait. Oh, yeah, we got to record. So I'm glad we finally hit record and started doing this. And where are you calling in from anyway? I forgot to ask.

00:01:39 - Danielle Bernock

Michigan.

00:01:39 - Jerry Dugan

Michigan?

00:01:40 - Danielle Bernock

Metro Detroit. Aerial.

00:01:41 - Jerry Dugan

Oh, man, I've got a good friend from that area. I mean, she's a lot younger, so I won't ask, like, hey, do you know so and so? I'll just tell her to listen to the episode. Like, hey, this is another Michiganite Michigan night.

00:01:53 - Danielle Bernock

Michigander, Michigander.

00:01:55 - Jerry Dugan

Oh, that is cool. That is cool. I'm going to start calling her that from now on. Hey, Michigander. No, because she'll unfriend me. Anyway, that's not important. What is important so you're the

host of a show, Victoria's Souls. The thing I love about that show is that you have your guests share the trials they've overcome, the hardships they've overcome in life, and you don't do it just to have everybody come together and have this woe is me powwow. You have us come together to show that there's a light at the end of the tunnel, that there's hope, that there is a way to navigate whatever trouble we're facing or have faced. And I love that because so many of us go through that in life. We get hit with a trauma, maybe early in life. We develop these habits that sometimes they help us move forward in life. And a lot of times they help us stay in a comfort zone or what we think is a safe, comfortable shire like Hobbitville. I don't know why Lord of the Rings got in there, but it did. But a quote that you shared with me was that you help the invisible get seen so that the silently wounded can lead and pursue their God given greatness or something to that effect. So tell us a little bit about what that means and what led you to that. I'm just being lazy and asking you the two big questions right now off the bat. So what does it mean, though, to be silently wounded? Let's start there.

00:03:20 - Danielle Bernock

Oh, thanks for asking that. It's so important. Silently wounded is what happens to the majority of people who suffer trauma because they have dismissed it. They don't know they have it. It was just their life. And so they were wounded, and it just kind of went by, and the silent wounding took place. They didn't understand it. They didn't pay attention to it. They didn't know it was leaving a mark on them. It was just their life. So they were just silently wounded, which is why I want to make the invisible scene. I want to bring to light that thing that they didn't see, that left that mark that they don't recognize. They're just like, I always have trouble with this, or I have trouble in all my relationships. I can't seem to stay in a relationship, or I go from relationship to relationship to relationship. I mean, humans have relationship problems, but when you have trauma, it exacerbates it to a very large extent with coping mechanisms that are unhealthy but also due to attachment issues because we're supposed to attach with others. We're relational beings, but when we have trauma, it affects that. We get anxious about them. We get aggressive about them. We get protective about them. And when we do both, oh, I need you. Go away. Oh, I need you. Go away. And people are like, what is going on?

00:04:40 - Jerry Dugan

It's like, what are you, a cat?

00:04:44 - Danielle Bernock

I'd never heard that before. That's hilarious.

00:04:46 - Jerry Dugan

Well, we have three cats, and there's one that's attached to me. She always wants me within 5ft of her, and she meows for my attention. She comes up to me, but not right up to me. But the moment I reach out to pet her, hold her, she's like, Get off. Get off. No, I just want you there. And I'm like, man who hurt you? I think I said that once to my cat, but we adopted her as a kitten, so she was a baby baby. That's just her temperament. But something that comes to mind, though, hearing you talk about the invisible wounds, that you may not even be aware they're there. I attended a Christian marriage retreat. My wife and I went a number of times called Weekend to Remember, and on the last day of this four day event. It starts like, on a Wednesday night.

Thursday ends on a Sunday. That would be the four days, Jerry. On the last day, you start off in two separate rooms. So the wives are in one room and the husbands are in another. And the speakers split up as well. So the male speakers are in one room and the women's speakers are in the other talking to the wives. And there's a question that comes up during the men's side. I don't know what goes on the women's side, but on the men's side, the speaker will at some point ask us to reflect on what was our relationship like with our father and to think about that and write it down in one word.

00:06:12 - Danielle Bernock
One word?

00:06:13 - Jerry Dugan
One word. Yeah. And then you just shout it out. Like, once you got to this point and we're talking about, like 100 to 200 men in the room, we don't know each other unless we invited each other to the thing. But the speaker would ask what came to mind when you thought about your father? And you hear the initial responses supportive, provider, loving, caring, those kinds of things. And you can hear it in the voice that they were proud to say these things. Like, that man taught me how to be a better husband. A better man taught me how to be who I am. But then the pained responses come out and it almost felt like this is the first time these guys are thinking about this. Some of these guys are choking back tears. Some of them are just angry that they had to think about this. And they'll say words like, ahole, jerk, abusive, absent, unreliable, a liar. And you're just like, wow. And you hear the pain coming out. And the speaker would go on to unpack that for us without making anybody unpack their actual pain. We'll just share that a lot of us may not have had the best father figure in our lives, and we picked up on those bad behaviors and may have brought those into our marriages. So let's now start thinking about how those connect together. Where have you seen the pain of your father get emulated in your marriage? And then you just start hearing men cry and break down. And I'm thinking, oh, man. And then of course, I'm being empathetic and I start crying, and I'm like, wow, how could these guys not have a dad like mine or a dad like so and so's? And it breaks my heart to hear that. And I think it's these guys addressing those past traumas for the first time. But I think, have you seen folks, like, the impact on their lives when they're not addressing their past traumas? What does it look like when they're not addressing these so many things?

00:08:12 - Danielle Bernock
I have an assessment on my website that's 32 questions long, so I can't go through all of those things because trauma is personal and how one person reacts won't be how another person reacts. It depends on how that wound is affecting them because that's what trauma is. It's a wound. It's a wound that happens on the inside of a human. That trauma exposure. What they've been through is what happened on the outside of them. That's the situation. The know what happened with you, with your dad.

00:08:42 - Jerry Dugan
Danielle's referring to my interview on her show.

00:08:45 - Danielle Bernock

It seems to me that didn't leave much of a mark in a negative way, but that was a huge trauma exposure. And two people can go through the exact same thing and come through completely differently. So that's why it's difficult to say too quickly. How do you see this? There are side effects. There are ways. It leaks out of us with anger issues, pervasive, fear, sleep problems, eating disorders, relational problems, holding down a job. There's many, many of the side effects and it depends what kind of trauma also because there's all different kinds of trauma. I had multiple different kinds myself. I discovered one that I didn't know the name of. It when my counselor helped me heal. And that's called childhood emotional neglect. When a child grows up without their emotional needs being met enough, that word is important in that sentence, enough. Because there's no perfect parent. But we have a certain amount and there's give and take because we're humans and people fail. But if you're met enough, you've had enough of your needs met, then you know how to operate your emotions and you feel like a part of things and you can develop secure attachments or maybe you just have a little bit of attachment issues and healing them is not as difficult because it's not as crippling to you. It's like, how crippling is that wound? Because trauma is an invisible wound on the inside of a human in the brain and the body and the soul and the spirit that you can't see. And traumatized people tend to blame themselves for that wound, which is why I am careful to say it is involuntary. You can't will yourself to not be traumatized. It's not possible. But we feel like we should be able to and that's when the shoulds come. I should should and I constantly say, stop shoulding on yourself. We have to see the truth. There's no shame in that. People have capabilities. Some people are more stoic. Some people are more sensitive. I'm more sensitive. But I was raised very stoic so I can tap into both of those after being healed from my trauma. So I can take that now on the other side. Whereas before it was just like a big stick beating me over the head. Trauma is personal, so that's a little bit of how it affects people, but it really is quite personal and everyone is different.

00:11:14 - Jerry Dugan

Yeah, it's like despite the statistical trends that may be seen when you get down to the individual person. It doesn't mean they fit these buckets perfectly. Somebody might struggle with alcohol, for example, but somebody else in the same situation may not. And the degree that they're struggling with in addiction or a negative coping situation, I totally see it. That's what I'm trying to get at. I see what you're saying. There we go, land this plane, Jerry landed. And so it is important, though, because we were talking about behaviors that for somebody who winds up creating behaviors that are positive, this may really go unnoticed. That why are you striving to be better than you were yesterday? You're always improving. You're striving to have healthier relationships. You're striving to have your own emotions understood better and managed better. But then we have those who don't pick up on that and they take on that negative coping. And I guess where I'm trying to.

00:12:20 - Danielle Bernock

Go, negative coping is a normal response to trauma. Yeah, that's a normal response to an abnormal thing that happened to you. And to answer the thing of a seemingly positive response, there's a thing called trauma drive, which is it appears to be a good thing, but it's still trauma driven. When a person, they're suffering trauma and that trauma drives them to do a certain

they have to succeed, they have to excel. Their book has to be a bestseller. They have to get that next promotion. And they are just driven by that on the inside. Sometimes people who have that, they don't want to address their trauma. They're afraid they're going to stop being successful.

00:13:06 - Jerry Dugan
Oh, wow.

00:13:07 - Danielle Bernock

Because that is what's driving them. Yeah, I went through that myself because I had quite the trauma drive in various different ways. And the fear of losing control of those things is a very real fear. But we can heal and we can continue to succeed in a healthier way. But people have to know there's hope. They have to see it's possible. That's one of the reasons I love interviewing all the people on my podcast, all the various different kinds of trauma people have been through to see it's possible. There is hope. See how bad that was? See how simple that was? That wasn't so bad on my opinion. Well, that was really bad. Everyone's going to have their opinion, but all of them emerged victorious in some capacity. So it's like, however it fits you, so you who are listening, you can feel, you can get out of the rut. How Jerry's thing is called the rut. You can get out of the rut. And how I shared with him before we started this whole thing is if you stay in the rut of unaddressed trauma, it turns into a grave because trauma kills. People don't think that. But trauma does kill. As I said, it affects the brain, the body, the soul and the spirit. It changes the chemicals in the brain. They can do brain scans and see trauma in the brain. Trauma affects the immune system, the gastrointestinal system, the cardiovascular system. It gives people cancer. People die from trauma and don't realize it. That's the silently wounding that I want to bring to light. Shine the light here. Maybe people are having health issues. So many people go to the doctor and come home, you're fine. There's nothing wrong with you. Happened to me countless times because it's trauma manifesting in the body. It's a thing called somatization then the body's going, you're not going to deal with this. I'm going to deal with this, and it makes people sick.

00:15:03 - Jerry Dugan

Yeah, the mind body connection just blows my mind, and it goes two ways in a sense, too. Your mind can drive you to sickness, worry can. The people I know who have ulcers issues with ulcers are also people who worry a lot. They're thinking in a way that gets the gut to just start producing acid until it starts wiring out the lining of your stomach. And I'm like, that is not the person is crazy. The fact that that is possible to me is crazy. That is wow. And on the flip side, as a combat medic, battle fatigue was one of the things we learned how to treat. And the treatment included, like, three steps. Take the person off the battlefield, let them take their helmet off. That's like step one. So you got to get them in a safe place where bullets aren't flying around. Step two. Step two is break open a meal ready to eat, and let them eat at their own pace. Like, here's some food. Here's some water. I see there's some coffee over here. Let me get you some coffee. And you let them eat, and somehow that rehumanizes them, that makes them feel, okay, I'm safe. It touches, like, I guess, on Maslow's hierarchy of needs, two of the most basic needs shelter and security. You feel safe, we put you away from the battlefield, we gave you some

food, and we're giving you some space here now to collect yourself. Then that's like the third thing. Just give them some space and well, why that's?

00:16:29 - Danielle Bernock

Grounding technique is what those are. Yeah, because when the emotions go run wild and they're just going to calm those, what we have to do is we have to ground ourselves. We have to get our thoughts off of our emotions. And if we focus on the body, where you're at seeing, feeling, hearing, tasting, touching, you can shift out of that frenzy and like, okay, here, I'm here. My feet are on the ground, things like that. There's multiple grounding techniques and sounds like your way of dealing with that is just another grounding technique.

00:17:06 - Jerry Dugan

Yeah. And then, of course, after those three steps, you give them time, and then they'll volunteer to put their helmet back on and go back to the line, and you can't stop them at that point, they're like, no, my buddies need me. I already feel bad that I left them. They need me. They depend on me. And then, boom, they're back in it. And you're like, wow. And they become like, super rebooting of.

00:17:25 - Danielle Bernock

The computer system is what you do.

00:17:27 - Jerry Dugan

Yeah. And in the moment, I could see where those techniques help. It's like, yes, I'm grounded. I ate some food. I'm refreshed. Boom, back in there. And then I was just thinking, like, in an extreme case, though, if that soldier doesn't get to come back and unpack the emotional trauma that combat is, and they don't address the PTSD, that could build up and occur. Stress eating becomes a thing. That coping mechanism that helps in the moment can now become that crutch that disengages you from everybody else. So now you're taking yourself off of every battlefield, every arena where you're engaging with people and you're eating to satisfy this need. And then you balloon. You get chunkier somewhat, speaking from experience here. And I'm like, oh, yeah, that's where that comes from. And that awareness kind of helps me kind of say, okay, yeah, I need to put the chips up. I'm done with the soda. And that's when I'm aware of it. But I could see where, again, unaddressed traumas can ultimately put us back into that grave or that rut. Even if it's a good thing in the moment, too much of it. Too much milk can give you cancer. Too much sunshine can give you skin cancer. Like, too much of anything can hurt you as much as in moderation. Things can help.

00:18:48 - Danielle Bernock

Well, that's what the Bible says, that let all things be done in moderation. Because the other flip side of eating disorders is starvation.

00:18:55 - Jerry Dugan

Yes.

00:18:55 - Danielle Bernock

Or bulimia. I did both of those. Trying to injure myself because I was attacking myself, tried to kill myself slowly because the slowly and more painful wish better because of that. Self loathing was just so off the charts.

00:19:09 - Jerry Dugan

Yeah, it just blows my mind. All the things that our body and our minds can go through as we try to deal with the harshness of life. Now one of your first books was emerging with Wings. And when we were talking through this process, you take people through that. You help people emerge with clear vision, take ownership of their lives, and create a path that is one of healing and living a new life, living a renewed life, in a sense. And then you've got this four step process. Self. Tell us about self. How does that get us to achieve these three things, the et cetera, etc?

00:19:50 - Danielle Bernock

I asked God to help me understand how he healed me, because it was through his help. And kicking and screaming and refusing to be broken is how I healed. I had no nice, neat process, so I wanted to help others. I'm like, how do I help? I can't just say, Keep going. You need something more than that. When I wrote my first course based on my book Emerging with Wings. He showed me that process self and it's the acronym Self, see? Expose love and free. And I chose the word self for two reasons. One is our choice resides in ourself. No one can make us do anything unless we choose to do so. When we don't really choose, it's coercion or manipulation. And then that's not really your free choice. So that's where your power is at, is in yourself to make your choices. So I wanted to go right to the core, to a person. This is where your power is, is in yourself, in your chooser and who you are. And the other thing is I had religious trauma also. I hated myself because the self was this evil thing that God wanted to kill. And I won't get into all the specifics of that, but I've been set free from that. The self is the soul. It's not the ego. The ego is the one that needs to bow its knee and be crucified. The self is the soul that he said with patience, possess your souls. So the self is a part that needs sanctification and love and redemption and all of that. So I encourage people to embrace their self and empower their self. And it's C, which is for awareness because if you don't see those invisible wounds, you're not going to do anything about them because you don't know they're there. You have to see, you have to be aware of where you're at and what you're dealing with. And it's a cycle. We go through the process repetitively because we're like an onion. Then we'll cry too a little bit in the process. But e is for exposed. After we see something, then we have to go a little deeper. Why? How come? Where'd that come from? How is it affecting you? And go a little deeper. Then I is love. We have to lavish on the love because love is a basic need of all humans and love is what gives us the courage to do anything. When we lavish love, when we fill up on love and our love tank is full and we learn how to love ourself, receive love from other people, receive the love of God. The more we have that love, the stronger we become. But as we go through that in the process, a little bit goes a long way at the beginning when you haven't had it. And then you go into the fourth step, which is effort free, which is the action step where you go and do something. You start doing the work and you do a little bit of the work. Then you come back around and you see again, see, well, how did that affect me? Did that work? Did that not work? Expose why didn't it work? Why did it work? Where am I at now? And you go through

the process again, over and over again to grow your new self. It's your new creation in Christ. You're going to grow your new self in Christ, but submitted unto the love of God. The love is what heals us. In my book, *Emerging With Wings*, part of the subtitle, it is the love that heals. And it's love is all capitalized in the subtitle, because I was pointing to that love is the center of my message in my business. And some people call it a ministry, whatever, doesn't matter. But love is my core. I even started calling myself that lady on the Internet who loves you right before the pandemic in an effort to give love to people, because we need it. I have people who have reached out to me and said, I listened to you just to hear you tell me that you love me.

00:23:34 - Jerry Dugan

Wow, that is powerful. Yeah.

00:23:39 - Danielle Bernock

Love is that need. We need that. Without that, we don't go anywhere. That's why that song looking for Love at all the Wrong Places, and the Beatles were right. All you need is love. You just need the right one.

00:23:50 - Jerry Dugan

Yes. And there's even a section in the New Testament, I believe, where it's like, you can have all these things, but they mean nothing if you don't without. So you combine that with the Beatles song, it's like, okay, yeah, it makes sense. It's like, who cares if you go to church every Sunday? If you're the rudest person in the parking lot? Or the moment you see somebody who's homeless? You're like, Get out of here. Boom. Did you really exhibit the love of Christ at that point?

00:24:18 - Danielle Bernock

And people don't know what love is. I have a book I give away free at my website called *Love is Manifesto*. And it's what is love? Why we don't believe it what it takes to convince us. Because especially in the English language, I love peanut butter and I love my husband. That doesn't translate well. And then we go, God loves me well. Does he love me like peanut butter? Do they love me like, what are you talking about? There's this thing called unconditional love, and when someone has grown up without it, they don't believe it exists. It's a fairy tale. You tell me God loves me all the time. I don't believe you. That's not possible. No one does that. They have to believe that it's a thing, it's a real thing, that it actually does exist. They have to believe that unconditional love is a real thing before they can even go to connect it to a God who says he loves you like that.

00:25:11 - Jerry Dugan

Yeah.

00:25:12 - Danielle Bernock

That's why love is my core. It's my core message. It's the acronym for my core values is Love, Ownership, Victor, and Esteem. It spells love. I'm all about the love.

00:25:23 - Jerry Dugan

And it makes sense, especially when we're talking about victorious souls. You're talking about finding that unseen trauma so that you can heal and live in God your God given purpose and in there. If we are loathing ourselves, if we're hating ourselves because of the trauma we went through, and we're not allowing ourselves to love ourselves the way God loves us and do it in a healthy way because otherwise we cross over to Narcissism. And of course, nobody wants that.

00:25:51 - Danielle Bernock

Well, that's not loving yourself anyway.

00:25:53 - Jerry Dugan

Yeah.

00:25:54 - Danielle Bernock

That's loving the why we have to talk about what is love.

00:25:58 - Jerry Dugan

Yeah.

00:25:59 - Danielle Bernock

I was interviewed on a podcast, another one, and we talked about that. Well, what is love? Is love just accepting anybody full acceptance? Unconditional acceptance? We discussed that. No, it's not unconditional acceptance. Like, put it in the context of a criminal. This guy comes and murders these people. We quote, love them. We just accept what they did. This murder. No, that's not love. Love sees the value in people, always sees the value in that guy that committed the murder. He has value as a human being. He just did something wrong. And then after seeing the value, wanting what is best for that person, what you have in your heart is their best interest. What is good for them, like that murderer. What is good for them to get caught and to get rehabilitated, and so they don't want to murder again. Isn't that what's in their best interest? And it's done with a heart of love, not a heart of, I got to change your behavior. I'm in a heart of control. God's not controlling. I used to be horribly terrified of God, just horribly terrified of him. He was a big, bad bully in the sky, and you just step out of line, and God's going to get you for that. That is not the God I know. The God I know is unconditional love, and he wants what's best for us.

00:27:23 - Jerry Dugan

Yeah. And you made me think about, for probably the first time ever in my life, that that unconditional love, especially in the scenario of capturing somebody who's a murderer, it prevents us from going to the dark side as well. Because without that love for even the murderer, it becomes easy to want to beat, kick, torture somebody, give them the most gruesome death you can, because we're letting the rage take over. But when you have love for somebody else and respect the dignity of every person, that changes how you approach that scenario. That changes even me in a combat zone, how I approach people breaking into my compound. It was in one conversation, somebody saying, hey, what are you doing? And saying it with love and empathy for the people that I was interacting with, the civilians that were

breaking into the compound, not for me, but he was asking me, what are you doing? And I'm like, and of course, after I sent that guy away, it kind of hit like, well, look at it, what you're doing, because you don't have love for these people. You're treating them very horribly. You're treating them poorly, and you are not respecting their dignity. And this is before I was a Christian, and that began to pivot in me. It was like the moment that, AHA, moment kicked off in my head. It was like, wow, I can't do this to people anymore. Even if I do it in the name of security and safety, there's got to be a different way. And sure enough, there was. Somebody else came up with a solution. Hey, why don't we just find out what they want? Why do they keep breaking into our compound and found out that, oh, they want these aluminum rods that are in this warehouse behind us. What rods? Oh, these rods. Why are these here? Oh, this used to be a missile facility. Do we want the rods? No, we don't care about the rods. Are we giving them back to the Iraqi government? No, let them have the rods. So ask them, will they stop and will they get the word out to stop breaking in if we let them have all the rods? And sure enough, somebody representing all the looters? I don't know. They organized quickly, but anyway, yeah, it turns out, yeah, if you let us have all the rods, we'll even give you satellite phones, whatever you want, free, I don't know, Euros for a month, whatever it was. We'll make a trade. And so we wound up getting enough satellite phones and phone cards to call home, because we hadn't talked to home in, like, months. And, yeah, they came with, like, three big trucks left with every single aluminum rod we had in the compound. Never got looted again. Nobody broke in.

00:29:47 - Danielle Bernock
Wow.

00:29:48 - Jerry Dugan
For the remainder of the time we were in country, which was another, like, month and a half or two months, we saw the occasional drive by shooting, but it wasn't like every night a drive by, every day, every 30 minutes, we had new looters in the compound. It instantly stopped because somebody who had love for other people said, let's find out what they want. Let's stop chasing them down. Let's stop beating them. It's clearly not working. The fear of death is overridden by some other need. Let's find out what it is. And I'm like, that is insanely effective.

00:30:21 - Danielle Bernock
Abraham Lincoln has a quote. I don't know that I know it exactly, but he said, the easiest way or fastest way or surest way to get rid of an enemy is to make them a friend.

00:30:32 - Jerry Dugan
Yeah.

00:30:33 - Danielle Bernock
Wow. I understand. You can't do that with every enemy. And there are real enemies that we need to love our enemies, but then that doesn't mean we let them run over our head.

00:30:43 - Jerry Dugan
Yes, we're not meant to be doormats either, but at the same know, where do we get to be like, yeah. Yes. Guys, I quoted Bruce Lee. Be like water. And then at the same that that idea know,

giving ourselves respect, giving ourselves love, allowing ourselves to love who we are as a creation of Christ or a creation of.

00:31:08 - Danielle Bernock

People don't understand how valuable they are.

00:31:11 - Jerry Dugan

Yeah.

00:31:12 - Danielle Bernock

When trauma takes place, one of the things it does is it strips a person of their sense of value and their sense of self. It just creates that within them. Because this would have never happened to me if I had any value. And so that's why I want to help people emerge with clear vision of their value, for them to see their value. Like my second book is called Because You Matter. For people to see their own value and then to take ownership of their life sometimes so they can really live. Because if they don't take ownership of it, it's not going, only I can change my life. No one can do it for me. I love that quote by Carol Burnett. It's so true. And we can fall into expecting other people to do things for us, but there we have to go back to the self. Our power is in ourselves. I love what I've learned from Viktor Frankl about I call it our superpower. No matter what is going on in a person's life, we always, always have the choice of how to respond. He was in the concentration camp.

00:32:18 - Jerry Dugan

Yes.

00:32:18 - Danielle Bernock

They took everything away from him. He had nothing. And he calls it man's last freedom. The choice on how to respond, because that's happening inside of you. No one can take that away. How you want to respond. And learning how to do that before you're in such a high pressure situation like he was is a better thing. So I like to help people understand. You have this superpower if you learn how to operate it in everyday life, when you get put under pressure, it will be like a muscle that you know how to operate.

00:32:46 - Jerry Dugan

Yeah. Oh, man, I love that. Now, I know you've got, what, eleven books you've written.

00:32:52 - Danielle Bernock

Is that no, I've written four books. Four?

00:32:55 - Jerry Dugan

Who wrote eleven? That's somebody else. But anyway, four books, that's also good.

00:33:01 - Danielle Bernock

I only have two of them are in paperback. The other two are digital. The One's Love's Manifesto, available at my website in PDF or audio. I give it away free. I have a bird named Pain, which is

available on audio and on Kindle, and my first book, *Emerging with Wings*, is available in paperback and Kindle and *Because You Matter*, is available in paperback, kindle and audio.

00:33:24 - Jerry Dugan

Awesome. And then you mentioned way back at the beginning of our conversation that you also have an assessment you offer folks, has 32 questions on it that help them gain some insight and help you gain some insight on what they're going through. Where can they find that assessment if they want to take that on my.

00:33:40 - Danielle Bernock

Website, I have a Free Resources tab. It's on my free resources page.

00:33:44 - Jerry Dugan

And that's Danielleburnock.com? Yeah.

00:33:47 - Danielle Bernock

B-E-R-N-O-C-K?

00:33:49 - Jerry Dugan

Yes. And then before we go though, any final words of wisdom you want to share with folks?

00:33:56 - Danielle Bernock

Please do something, and I would love to help you. I have a course called *Heal Your Childhood Self*. If you don't know what's going on, you're like, hey, I grew up. I think I'm fine. I took your assessment and I guess I got some stuff. I have a course. It can take you through the self process over and over again to identify what happened, where it happened, what it did to you and how to heal from that. And I would love to help you do that. And I'm going to even throw this out here just off the cup. That if you are interested in that. And if you email me, I will give you half off of that course. If you mention this podcast, then I will give you half off of that course if you're interested. That's how much I want people to do the work to heal. I'd love to give it away free, but people download free books all the time that they never read. I don't do free consultations anymore. People schedule them and then don't show up. You have to have skin in the game. You have to have skin in the game and you're worth it. You are worth that skin in the game. I do love you. I am that lady on the internet who loves you. So please dare to love yourself enough to do something to heal.

00:35:04 - Jerry Dugan

Love that guys, invest in yourself. You're repeating the same mistakes over and over. If you're seeing the same patterns that you want to break, this is something worth checking out. So, Danielle, thanks for coming on here and always a pleasure to chat with you. I mean, this is like our third conversation already and I'm like this. This lady is awesome.

00:35:25 - Danielle Bernock

Yeah, we do get along really well. I like to chat.

00:35:31 - Jerry Dugan

Wow. Hey, guys, I hope you got a lot out of that conversation. Like, I did a very deep conversation. For me, it was a continuation from the conversation I had with her on her show. Now, if you want to hear that interview, go to the show notes for this episode@beyondherut.com three, 90. There I'll have a link to her episode where she interviewed me and I got to share my story of being silently wounded and overcoming that. But also we'll have some additional resources, like the assessment that Dugan mentioned where you can find out what kind of trauma you faced and so on. How could you get in touch with her? If you want some coaching to move forward and above all else, guys, if you are dealing with unhealed trauma, I highly recommend you find a great therapist, a counselor, someone you can share this with on a professional level to get the healing that you need. And from there, a coach is a great way to propel forward. Once you've addressed the past began healing from the past and you start moving into that future. That life beyond the rut again. The show notes can be found@beyondherut.com. Three 90 hey, I'm glad you joined me for this episode. I look forward to joining you again on the next one. But until then, go live life beyond the rut. Take care.