

BtR 404 Transcript

00:00:00 - Jerry Dugan

What if letting go was the best way to get someone back? Welcome to beyond the Rut, the podcast that shares encouraging stories and practical tools to help pull you out of a rut into a life worth living. So if you're looking to create a life worth living in your faith, family, and career, you're in the right place. I'm your host, Jerry Dugan, and in this episode, we're going to be joined by speaker, author, and coach Marsha Van Wein, Pittsburgh. Now, Marsha is going to share with us her story of when her two boys at a young age got addicted and involved heavily with drugs. She found it hard to get them out of that situation, to find support locally through schools and all those things. Just a big challenge to find the support she needed to be able to navigate this. And in the end, we're going to talk about how letting go was the way to go in order to get those kids back. Those kids, by the way, they're grown up. You want to hear how the story ends? So sit back, relax, grab a notebook and a pen, because here we go. All right, I'm here with Marsha Van Weinsberg calling in from the great country of Canada. I think you're in Canada, right? You're in Canada.

00:01:07 - Marsha Vanwynsberghe

I am in Canada.

00:01:08 - Jerry Dugan

Yes, I am. I remember from. There's a little accent. It's subtle, but it is there.

00:01:14 - Marsha Vanwynsberghe

It's so funny. People say that all the time. And I'm like, I don't hear it. I have no idea.

00:01:18 - Jerry Dugan

We're the ones who talk weird to you. Yeah, and people are like, you got the weirdest Texas accent, Jerry. I'm like, I'm from California. I used to say dude all the time, like the stereotype. So I shared in the intro, most likely know your early days of your career. You were a kinesiologist, personal trainer, and now you're a certified neuro linguistic programming coach. You help people rewrite their stories, in a sense, got involved in something called hot yoga. And you're married with two boys. Well, you're not married to two boys. You're married and you have two boys. There we go. Guys for.

00:01:56 - Marsha Vanwynsberghe

Actually, they're full grown men now.

00:01:58 - Jerry Dugan

Yeah, there's that. So I wanted to start off with your family's origin story. How did you and your husband meet? Because my wife and I are suckers for, like, love stories anyway. Yeah, how did you both meet? And I think we could figure out how the boys came along, but tell us about the boys afterwards.

00:02:20 - Marsha Vanwysberghe

Well, actually, my husband and I met. This is like, so funny, but we met in high school, and yeah, we've been together. This is actually going to be our 30th wedding anniversary this week, coming up. And so, yes, we met in high school 37 years ago. Just shared my age, definitely, but we met in high school, but we had this really, I don't know, there was something that was so easy about the connection, and I think that's been honestly one of the biggest blessings in my life because it was easy. And even when it came time to go to university, we were with both the first two people in our families to go to university, and we agreed, you're going to fill out your application, I'm going to fill out mine. We are not going to share a thing about where we're going. Nothing. Not even going to talk about it. Here I am, like 18 years old. That kind of seems silly, but it's like we're not going to talk about it. And whatever happens, happens. He applied for business and I applied for kinesiology. Our number one choices, the number one schools that both had it were in the same city.

00:03:28 - Jerry Dugan

Oh, wow.

00:03:29 - Marsha Vanwysberghe

And we both ended up going to university in the same city. We had our own lives at that time, but, yeah, we just continued. And I think there's always been a. Just to be a little bit gushy for a second, but I think there's always been a place for us to be our own people. And I think that's why it's worked. It's been that we respect who each other is and get to be our own people. And I think that's really important.

00:03:54 - Jerry Dugan

Yeah, I think that's what makes for a healthy relationship, that you know who you are, you've got your space, you do your thing, and then you get to share that with your partner and vice versa. Your partner has his own identity, he knows what he stands for and says, I want to share all this with her. And it's same thing with my wife and I. We're intertwined quite a bit. But now that we're empty nesters, I work from home. She's like, you need hobbies. I'm like, bugging you is my hobby. And she's like, no, you need other hobbies, like podcasts. She's like, you turn that into a business. She's letting me know it's okay for her to do crafting for a couple of hours, play with the cats, and it's okay for me to read or work on something as long as we also know that we're also in the same home and we come together and we spend time together, we talk and we go do things. And I'm like, wow, that's really cool. Have we been doing this the whole time? She's like, yeah, pretty much. I'm like, all right, cool. I think it was just harder to notice because our kids were always in the middle of it all. But now they're adults and we're going off on vacations without them, and they get hurt, and we're like, it's okay. You got to pay your own bills. You want to do adult. Congratulations. This is pain number one. Your parents move on without you.

00:05:10 - Marsha Vanwysberghe

It's such a transition, right? When you get from married to before kids, then kids, and then after kids, like empty nesters, it's all change. Majority of people that we know closely, they're not together. Now that their kids are empty nesters, it's kind of been a bit mind blowing to see how many didn't make it. I certainly don't say we have any magic lesson, but I do think that giving

ourselves time to be our best selves, to do the things that we love. And then I've actually said it, and it ties even in with my story that you can't take two broken parts and try and make a full one. A lot of people believe that someone is going to complete them. I actually don't believe that. I think somebody compliments you, but I don't think they complete you. And your job is to be your best self, to take care of yourself so that when you do come back together, it's two holes coming together that is so much more healthy. And so that ties in really well with my story, too.

00:06:15 - Jerry Dugan

Yeah, I mean, we saw it with Dr. Evil in Austin Powers. Like, mini me really never completed him. They even had a falling. Sorry.

00:06:24 - Marsha Vanwynsberghe

There you go.

00:06:24 - Jerry Dugan

Speaking to my target audience here. And then you had two boys come along and it sounds like they're like a year apart, if I remember correctly from your book. Gosh, what kind of things were they into when they were younger?

00:06:40 - Marsha Vanwynsberghe

A lot of sports, a lot of sports, a lot of activities. They were both quite athletic, and we were really busy with sports. But my husband and I are very involved in sports, so it was a natural progression. When I think back to those times, I wish I would have just allowed more time for fun as opposed to just organized sports. It wasn't just organized sports, but they really did. It became quite busy, hectic. We didn't fall into the trap of they have to do, like, five sports and all these things. It just was really busy. It was really busy. And that would be the one thing that if I look back, I think, I wish we would have just allowed more time for fun as opposed to organized sports.

00:07:26 - Jerry Dugan

Yeah, I remember experiencing similar strain. Our kids were just in one event each. Like, our daughter was doing ballet for years, but I mean, in ballet she took like five or six different classes to be the ballerina. Our son was doing baseball both for school and community league. So you have all the practices for that. And that alone was just like, oh, my gosh. Yeah. And my wife was there free uber for years. So I'm like, looking up after I'm home from work, like, where is everybody? Oh, it's dance night, and Jacob's also in baseball practice, or there's a baseball game, and Emma's at a friend's house. I think they had a little bit of fun built in, but it was usually on Saturday or a Sunday where they just got to out and do their things. Man. Now, I know from reading your book when she stopped asking why? And you've shared this tremendously. So you have the high school sweetheart that became your husband. You both become parents. You have two boys, they're doing sports, they're very active. And then things take a darker turn. And that's where your story picks up right away. The book, when she stopped asking why? And it's one of those things that parents really fear they take on, not you, but the children get involved in some things that you really wish they never discovered in the

first place. Can you talk us through a little bit about what happened and the struggle you faced as the parent?

00:09:09 - Marsha Vanwysberghe

Absolutely. Yes. All kids experiment. A lot of kids do. And ours didn't go that route. It didn't resemble just an experiment. It kind of came. We had drugs come into our life, and it just continued to grow like a monster. Came out of left field. Never ever saw it coming. I do believe that it was almost a perfect storm, if I can say that. I think it was a perfect storm of time in the sense that kids, and I'm going to say here in Canada, I don't know what it's like now, but then they had all of the rights and no responsibilities, and parents had all the responsibilities and no rights. So it was like, actually a terrible storm at the time. And so here they are, over twelve years old, not having to, if they're not going to school regularly at that time, they couldn't fail them. I couldn't make a doctor's appointment for them. They had to make it themselves. So there's like all this adult like responsibility, yet no responsibility. And so as it came into our life, we also had a perfect storm in the sense that there were a number of parents that we knew who felt it was no big deal for kids to use pot at 12 13 14 years old. And so they just let them do it in the house, but without ever discussing anything with another parent. So they were exposed from a very young age, and we were fighting. Everywhere we went. It felt like we were fighting nonstop. And so what happened is literally the only people who had an issue with what the kids were doing was mom and dad. And so in their mind, it was like they were winning, right? They were winning. They were untouchable. And that's really not like teenage years are tough enough as it is. We do not need to be feeding them that they are untouchable, because, honestly, you're creating monsters when you do that. And so that's really how things went. And for, I would say, probably four to five years, we literally spent time. I was trying to turn over every rock I could find and counseling and support and programs. What could we do? Who could I learn from? And at the same time, being constantly ostracized by other parents, criticized, judged. It doesn't just affect the kids, it affects everyone. And so our worlds became very small and isolating. My husband and I literally watched multiple relationships and friendships just walk because people were very afraid to be around us. And I'm not judging that, because I can understand that they didn't want their kids near what we were walking through. But what happened is you become very, very isolated. And through that process, it was like, I want to find solutions. I'm isolated over here, and I still have to hold down a job, and I've got to go and fix everything for my clients and put a smile and pretend that nothing is wrong. And so it was this really weird dichotomy of faking life, drowning and doing it on your own, and then still having the problem. No matter what we did, we still had the problem. It wasn't going away, literally. It was just escalating. And I remember at one point taking my little sheet of paper to the counselor, feeling like a really proud student that I had checked off everything they asked me to do. I'm like, see? I did everything you said. And they're like, yes, good job. And I'm like, no, but I still have them. The problems. They're ten times worse than what they were before. And I remember her saying it as clear as day because it's not your problem to solve. And as a parent, that's a really hard. I'm still talking. They were minors. That's a really hard thing to try and swallow and understand. And so through the process, I felt very alone. I felt very isolated. Nobody was talking about these things. And because of all those things, I felt that I was the only person in the world who was struggling. And a counselor pointed me towards a Facebook group. She's

like, go find a Facebook group. See if there's other parents involved. And the very first group I found had 100,000 moms in it. And that was my moment that I went, wait, what? Wow. How can there be a hundred thousand moms over here? And I can't find one person to talk to who's going through this? And that was an eye opening moment for me. That that's because nobody wants to talk about these things. And that became a little bit of a, what can I do with this? What does this look like? And so in that Facebook group, again, it was an awareness for me, and I'm so grateful that they showed me what life was like for a lot of parents. But I knew I also couldn't stay there because it was very heavy, angry parents, and I don't blame them. I get it. But I knew I had to do something else. And through the process of being very open with the school, open with counselors, they started to bring us in to talk to other parents. And because they're like, we don't know what to say. Are you open to that? So we actually did start doing that. And in those moments, I had this little light bulb moment that it's like, what if we could do something good with this? And I know that might sound very strange to a lot of people, but it actually became a light bulb of hope for me, to be honest. What if we could do something with this? And slowly, over time, I started sharing on a little bit bigger stage and a little bit bigger stages, and then they grew, and I started sharing it in collaborative books before my own book was published. And I just kept following, I believe, a guided drop down. That that's exactly what I was supposed to do. And so through the process, I started to take my most difficult experience and do something good with it. And what I didn't realize is that I was going to start to find my tribe, my people, who were like, oh, my God, that's my story. And I love what you're doing. And can you show me how to share a vulnerable story? And all while learning how to heal myself on levels that I never knew was know. We as humans, we're so funny. We don't like to start something until we've got all the hows figured out, which we're actually never supposed to have anyways. And I looked at it, and that becomes my evidence procedure when I start something new, it's like, Marsha, you had no idea what you were doing back in 2015, but you just knew you couldn't continue the way that you were doing it. And so that's really how the journey has unfolded.

00:15:22 - Jerry Dugan

Yeah, there's a couple of aha moments or nuggets that I've picked up just from listening to you speak. There's the initial experience of the very people you were hoping could help are not. The police can't do anything because the law doesn't provide them any tools to do so. The courts really weren't doing anything. They're like, well, if you want to do something, you got to press charges. The schools are like, hey, they're kids as long as that's up to you. And it just kept coming back to you. And then even your community was like, we got to protect our kids, so we're going to stay away. And you see that in a variety of different. I've seen it in church communities where somebody's struggling, and instead of swarming in to help that person, everybody's like, oh, hey, we got to go. We got a thing. And they leave, or they start to do the one thing that pastors say don't do, which is gossip about you. You experienced that, and then you found this big tribe of people, and you're like, oh, wow, maybe this is where I'm going to get fed and helped, and I could help others. And it wasn't. It was more of, like, a toxic environment where they were just sort of, like, wallowing in their misery. But what you drew from that was, I'm not alone, though. There's at least 100,000 people in this group experiencing the same thing. They're just not going in the direction I need to go. And as you're going through this misery, in a sense, it in a sense, became your ministry, because then the school was like, hey, we have no

clue how to help these parents, but the van Weinsbergs do. And then they start calling you in. It's like, oh, now, you didn't have that bitter, like, where were you when I needed the help? But you were able to share your story with people, and it is what people needed, we may think that we need. And in some cases, we do need an expert to come in. We just don't realize that sometimes the expert is the person who's just a few steps ahead of where we are in the journey. And that's what you were for these people and for those of us listening into this conversation, that's who we could be for somebody else. And that's who we probably need to find to help us get to our next level. All those were just the nuggets I pulled from just this piece. And thank you for sharing that. So now you've kind of started to regroup. You had some professional help guide you through, like, hey, let's sort this out. The other gold nugget was realizing this is almost like that parallel to the serenity prayer, to grant me that discernment of the things I can control versus the things I cannot. And as parents, we feel compelled that we've got to be able to guide our children, to be perfect little kids, to become perfect little adults. And we almost forget the parts of, they're human, too. They're going to make decisions. I know our kids have made decisions that we don't agree with. And we had to ask ourselves, like, well, one, could we control that? No, we don't have a DeLorean. And if we did, it doesn't time travel. So we can't fix what they've done. How do we guide them through what they've done and open that door and keep it open? And we were just fortunate that our kids took the bait and they stayed connected. And whatever trouble they got themselves into without us telling them what to do, they guided themselves right out based on conversations we had with them. And I'm like, oh, man, that could have gotten worse.

00:18:57 - Marsha Vanwysberghe

I love what you're saying, and I so much love what you're saying. And the one thing I can share is, as a parent, there came a time, here's the thing. I think that we wear a badge of how well did our kids turn out? They're such a good parent. And I did that for a long time, and I felt like I had failed because of how things had turned out. And it really became this point that I had to talk myself through that when the kids are little, you definitely do have an influence. Of course you do. But the kids scream in the grocery store and you look over at them and it's like you're looking at the mom, like, do something, meanwhile, that all of our kids have done that. Right? But there does come a point in all full transparency. There does come a point we don't share a brain anymore. We literally don't share a brain. They are here to live their journey, make their own decisions. So, I actually believe that regardless of our story, I think that's a lesson I had to learn, is that it's not whether they do or don't do what I would like. It's entirely up to them. And that's the journey. And the one thing that we spoke about before we hit record, which I think could be very helpful for a lot of people, is that we always tell us ourselves, these stories, right? There's two things that happen. There's a story, and then there's the narrative of the story. The story is the story is the story. It's just the fact I was a parent who was dealing with teen substance abuse. I was overturning every rock I could find. The story is not the problem. The narrative that we make about the story is always the problem. The narrative for me was that I had failed. I was terrible. I did all these things wrong. Oh, I have all kinds of evidence that I did, because everyone's telling me that I did. The narrative will take you out at the knees every single time. So it's learning how to get back to what is the story, and then from there, you can always change the narrative because you can always change how you see things. And so that

is something. I still practice that every day. I will say something, I will make a meaning about something, and I'm like, wait, is that the story? No, that's a narrative again. Jeez, Marsha, here we go again. It's the narrative. It will knock you down every single.

00:21:03 - Jerry Dugan

Yeah, yeah. And it's not always something as dire as what you're experiencing, either. It can be something like, gosh, the team for this podcast, beyond the rut, our year, one goal was to write a book, and the book would be the manifesto for the show, and it would be something we could hand out to people. This is what the show stands for. Why don't you give us a listen? Seven years go by. The first five, when we had a team, we were just kind of telling ourselves we were too busy. We got family things to go to. We got work things to do. We just were too busy to write that first chapter kind of thing. But then when it was just me, another two years go by, and it's still like, okay, so why are you still not writing your book? And these are friends asking me. They're like, you know, it's a goal of yours. It's on your bucket list. You shared your bucket list with us. What are you telling yourself that is keeping you from writing? Like, well, you know, I'm traveling all the time. Like, Jerry, you get up at five in the morning every day. Really? Are you saying you don't have, like, what are you doing that time? Although I play all my games, social media, this or that, and they're like, so what could you do different? They coached me, and I'm like, oh, wow. Son of a gun. I've got 2 hours every morning. I could write, but I had to shift that narrative deep. Underneath that, though, why am I avoiding it? It was. I didn't think I was a good enough writer to put a book together. I didn't think I was an authority enough to write about how to create a life vision for yourself so that you found a life worth living in your faith, family, and career. I'm a fraud. They're going to see right through me. I'm going to be quoting other people who aren't frauds. And somebody else shook me out of that and said, seriously, your show has been helping people, and you help people with the stories you share, that's going to help other people. You're depriving the world of this message if you don't wrap this story up and share it. I was so, you know all that to say those of you know, I can't because of this, or I'm not this. I'm not that. If you remove those knots, you can shift that narrative. And we're talking right now with Marsha, who is a storytelling coach, is a certified neurolinguistic programming coach and trainer. And really interesting how you go from kinesiologist to turmoil to now, not only have I got my experience, I also have the training to help you get out of your funk and live the life you've dreamt of living. I think a nice good transition from here is if we have somebody who's stuck, whether it's in a parenting issue or it's pursuing a dream, how do we even discover those narratives are sabotaging our dreams?

00:23:54 - Marsha Vanwynsberghe

Wow. That's such a big question. And I love. I do, and I love it. I'm going to start with something really simple, stat wise. And I could be off a little bit on the numbers, but it's pretty darn close. We have an average of 80,000 thoughts a day, 60 to 80,000 thoughts a day. Of those, 95% are repeated from the day before, and of that, 90% are negative. So for all of those of you thinking. I don't think negative thoughts. Okay? Unless you're the part of the 10%, we all have them. It's how long do we feed them? That's our subconscious mind. That's literally its job is to keep you safe. But you didn't come here to be safe. And so this is the challenge, is that it wants to protect you from being hurt, being judged, being criticized. So you play small, but then it blocks you from what's available for you in order to move forward. So when you start to understand how

your thoughts, your emotions, your beliefs, your actual subconscious mind works, you'll actually learn how to judge yourself less. You'll see yourself as a human like you see everyone else. Right? People say, well, I can't handle the judgment and criticism of others. My first question is, what was the last negative thing you said to yourself or you thought about yourself? And then they'll repeat it. And then I say, and who speaks to you that way? And they're like, oh, my God. Nobody speaks to me that way. And I'm like, so why are you so worried about what everyone else is saying when the biggest critic is right there inside of your own head? Like, there's no one else who will do it like that? So it just is a reframe. I'm really good at reframing how to look at something, and then from there, really what happens is people will reach out and say, I feel like I've got this story. I want to do something good with it, but I don't even know where to start. Who's going to care? It's not big enough, and blah, blah, blah. And one of the things I like to say is, it's like, you are perfectly designed to support the person that you once were. You are 100% already trained, perfectly designed to help that person. And so how can you start to look at not the details of the story, but the lessons that you learned in that journey? You've read my book. I wrote that six years ago, almost seven. And I've even changed and grown a lot since then. But my point is that the story is, I was a parent who dealt with teen substance abuse. The lessons from it are, like, far and wide. Sometimes. The amount of the story that I share is that on a podcast, I was a parent who dealt with teen substance abuse. I don't give a lot of details. You don't have to. Everybody's trying to figure out, how do I tell a story? What do I do? And I'm like, you don't actually even have to share much. But vulnerability requires that you share who you are, what you have experienced. You become the mirror so that the people who are meant to hear your message and see you, they get to, because you're allowing yourself to be seen. That's really what it comes down to. Is it scary? Yes. Is it hard? Yes. Is it hard to sit and do nothing and stay in a miserable mindset? Yes. You get to choose your heart. You literally get to always choose your heart. And I say that all the time. And so I feel like if you are somebody who's listening and it's like I want to do something, like really good with my story, it's possible. It's very possible. Sometimes it's a podcast, sometimes it's a coaching business, sometimes it's a book. But I really feel deep down that we all are walking around with these stories thinking we're the only person in the world who's struggling and we're not. We're afraid to share and show up and be seen. And actually, deep down, that's what we're craving the most. We're craving connection and belonging and getting to know others. And that's only going to happen when you learn how to share more of who you authentically are. So I hope that answers a question. It really does start with seeing the power of your thoughts and understanding. You're human. How you're processing this is totally human. There's nothing wrong with you being able to look at the story and pull out the lessons from there, learn how to share the lessons, and then you get to do whatever you want with it. People will say, I don't want to be on a podcast sharing it openly like you do. I'm like, cool, don't. You don't have to. But the thing is that if your story is holding you back from being the version of yourself who shows up for her life, his life, in the best way possible, you owe it to yourself to learn how to move through that. Because very simply, I say, if you don't own the story, it owns you. And when it owns you, it controls you, it blocks you, it does everything. So it's very freeing and healing to learn how to own that story.

00:28:31 - Jerry Dugan

Yeah, and I know you reference Brene Brown quite a bit in your book, and she does that. If you

guys have not heard of Brene Brown, how big is that rock you live under? She specializes in vulnerability, the power of vulnerability. And I know for men, especially in the United States, we're taught that vulnerability is a weakness, and weakness is weakness. But if you really pay attention to the tenets of Christianity, weakness and vulnerability is strength. And you're. You know, Brene Brown has the research to back. Yeah, she's got the PhD to back it, I believe, as well. And it's interesting when you share your humanness with other people, it doesn't have to be on a podcast. Like you said. It doesn't have to be in a book. It could be in a one on one conversation with somebody who's just hitting their lowest point. It could be with somebody you're butting heads with relationally. And the moment you share with humility and vulnerability and authenticity, where you're coming from, all of a sudden that person sees you for you and they realize, wait, this isn't just some nameless, faceless person whom I'm trying to attack. This is a real person just like me. I'm going through the same thing. All of a sudden, they open up, and you're like, wait, how did we get here? And it's because one of you was brave enough to be vulnerable, so you were strong enough to be weak, in a sense. And that was all the connection that was. Yeah. What Marsha's saying, guys, listen to it, take notes, apply it, all those good things. And so what we've covered so far is your meet cute story with your high school sweetheart who is now your husband of, gosh, you said 30 years coming, 30 and 37 years altogether together. And I'm like, wait, so that was like sophomore year in high school. Wow, 60. I did not have that kind of game in high school. So kudos to him. I think the longest relationship I had lasted two months. So awesome. That's not the point, guys. So from there, the dark time in your life. But then from there, that pivot of how you saw the story as it was happening, you shifted the narrative so much so that you were able to heal yourself, take care of you, and be there. It's almost like the story of the prodigal son, of. When you look at the father in that story, the prodigal son, if you don't know it, one of the two sons says, hey, dad, I don't want to stay here and work. Just give me my inheritance. I'm going to go off and just gallivant around the world and be a playboy. And so he does. And eventually that son is broke. He's just done. He's like, at least maybe I can go home and get a job working for my dad, and I can at least have a roof over my head. And some food. So he comes back, and that dad is able to take him in and just welcome him back in with open arms. And I was just thinking about that this morning before our interview. I was like, wait. That's kind of what we're talking about here. We always have this expectation that we've got to be in misery if our kids are going through a thing. And when you look at the story of the prodigal son, the father didn't let himself go. He didn't give up all his possessions. He went on with his life while also missing his son and worrying about his son. And that allowed him to be able to take his son back in. When his son did come out of it, and when his son did reach out for help, the dad was in a position to be able to help because he didn't drown himself in the process. And that's really the big lesson I'm getting from talking with you, is that if our family members are going through a thing, it's like in the airlines, when the mask drops down, you're supposed to put the mask on yourself first before you go help somebody else, because otherwise, you pass out, too, and you're good to nobody. And I think that's really important for it. We owe it not only to ourselves, but to our loved ones to really look at our narratives and find out what's working for us, what's not. And I really love that we had that come out in this conversation. Now, if somebody wants to reach out to you and have you help them improve their storytelling, help them reframe their narratives, what's the best way for them to reach out to you?

00:32:45 - Marsha Vanwynsberghe

I have a lot of different opportunities and things that I do with clients, but the easiest way to reach me is through social media. It's Marsha van W on almost every single platform. That's my website. I did that because of a very long last name. So it's Marsha Van W. I am now, right? It's not. And I've also had 30 years to practice it, so it's not. But that's where you can reach me. I have lots of information through my website and things that I do. I help people write their book, start a podcast, or NLP, like a coaching certification program, which is really interesting because it's like teaching you how to become, like, a certified coach using the tools of NLP, which is really powerful. And my podcast is called own your choices on your life. We are just celebrating episode 600 next week, which is crazy. Yeah, it's crazy, but it's good. And so you can reach me on any of those platforms. I'm usually pretty easy to find. And if you can't, you just go to Google and you start typing. Marsha van W. And it will come up nice.

00:33:49 - Jerry Dugan

And on top of that, you've got that free quiz on the blocks of your own story. I recommend you go take that. You just go to her website. She's got it right there on the website. You just scroll down a bit and it's there. Any final words of wisdom before we go?

00:34:05 - Marsha Vanwynsberghe

No. Yes, always. I say no, but I was going to say the quiz, when you do the quiz, it's free. It will also give you some eft tapping to support you on what your block is. So that's a freebie that's there. I think the biggest words I just want to say is that your story has happened to you for a reason. You get to choose the meaning of that and you get to choose what you do with it. And I just know that your story is not too small. Don't tell yourself it's not important. And the biggest purpose in your life could be right there. By walking through the thing that you're trying to avoid the thing, those parts of our stories, so many of us tried to avoid them, and they're actually the things that connect us to other. That would. That's the thing I would say. Be careful of the narrative you're telling yourself about your story.

00:34:58 - Jerry Dugan

Awesome. Marsha, it was great to reconnect with you and have you on my show for a change and to share this topic with all of our listeners. So thank you for being on here.

00:35:08 - Marsha Vanwynsberghe

Thank you for having me, Jerry.

00:35:10 - Jerry Dugan

Wow. I hope you got a lot out of that conversation like I did. Even though my kids never went through anything like hers, it did help for me to understand and appreciate that sometimes to move forward, we've got to let go of some things. We've got to shed the things that are holding us back, the weight that we're carrying that is not our own, so that we can move forward and be a blessing to others. It's kind of like on an airplane when they say, when the masks drop, put one on yourself first before you help other people. That's because you need to be able to breathe, to be able to help other people breathe. You got to be able to walk and move forward, to be able to help encourage others to come along with you. And if you're so busy carrying other

people's weight for them, you're not really helping them. And you're just going to bog yourself down. So it's that balance of taking care of you so that you can take care of others. I loved that about this conversation. Now, if you want to learn more about Marsha, how to get in touch with her, how to find her as a keynote speaker and so on, check out the show notes@beyondtherut.com 40 four also, if you want to book me to talk at your organization about living a life unstuck and defining success on your own terms through the five f's of faith, family, fitness, finances and future possibility, and using the rut method so that you know your rut to get out of and live beyond the rut, then reach out to me info@beyondtherut.com also, if you go to beyondtherut.com, you'll find links on how to work with me. So there you have it. I'm glad you joined me on this episode of beyond the Rut. I look forward to joining with you again on the next one. But until then, go live life beyond the rut. Take care.