

The Limitless Experience Podcast
The Divorce Diaries 2: Feeling the fear
Transcript

Suzy: [\(00:02\)](#)

My soul knows that that emptiness is necessary but my head goes, 'what the actual fuck!? What's happening? What is the plan for yourself as a human being?'

Welcome to the limitless life experience podcast with me, your host, Suzy Ashworth. I'm a mum of three, seven figure serial entrepreneur, Hay House author, international keynote speaker, quantum transformation and embodiment coach and believer in miracles. My superpower is helping female entrepreneurs, like you, create six figure breakthroughs in your business fast so that you can expand into limitless living and create an incredibly positive difference in the world. In this space, you will hear me talk all about wealth, yourself, spirit and impact. This is the limitless life experience podcast.

Hello hello you gorgeous human being, it is Suzy Ashworth here, and you are listening to the limitless life experience podcast. And this is a divorce diaries episode. And I am coming to you.

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It's about 7:00 PM in the evening. My house is empty and I have been watching the bold type on my phone, thinking about all of the things on my to do list that I should be doing, including recording an episode (or five) of the podcast and really being in resistance. And I don't care that I am maybe a little bit famous for watching a hella load of crap in my spare time. I do so without shame. I love The Real Housewives of Beverly Hills Atlanta. Now I'm into New Jersey. Like this is how I chill the F out. And I recently discovered the bold type and I spend a lot of my time crying as I am watching that program. I mainly watch it when the kids are at Jerome's, at their dads. And it means that there is actually time and space for me to just chill and listen and just not do anything.

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And I noticed that I was watching these episodes and feeling very emotional, and I couldn't work out whether it was the full moon, my period, just feeling emotional or whether it was the program. And actually I think probably it's a little bit of all of those things. What it ignites in me is courage, I think, and admiration, like I love, love, love watching, people in their best, you know, show up in their highest and do incredible things. So another show that activates a lot of tears in me is like the voice or X-Factor like when somebody's voice just moves through my body and hits my soul, like I am, I'm just a mess. I'm crying. And as I watch these characters, I don't think it's the acting. I think it's the characters. Like I feel their fear and what makes me feel emotional is seeing them do the thing anyway.

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And I find it so inspiring and I think I find it inspiring, but it also reminds me of just how much fear I feel right now. I was talking with my friend, Laura Husson on her podcast, the get unstuck sessions, earlier on today. And we were talking about this perception of fearlessness that people who have been in our orbit for years, sometimes decades view us in this way that we don't have any fear. And she was saying how that is very, very different from the existence and reality at that, she experiences. But there is a quiet confidence that she knows that she's got tools. She's tooled up. And I really hear that. Like I don't just hear, I know that to be true of myself, I have tools. I have resources. I have resilience. I am a very resilient human being. And at the same time, there's a real emptiness in, when it comes to plans and planning.

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And I think that that emptiness, even though my soul knows that that emptiness and spaciousness is very necessary for the next iteration, evolution, whatever is supposed to come in. My soul knows that that emptiness is necessary, but my head goes, what the actual fuck, what's happening? Like, what is the plan for yourself as a human being? It's like work is, I feel so grateful for my work and how it is evolving as I evolve, and how much it has supported me and continues to support me in this transitional period. Like I feel so grateful. And I also don't want to become that woman. You know, who I'm talking about, that woman whose existence is basically her work. Like I'm going to be a great mum and I'm going to bring up my kids and it's all about the work. I have no desire for that to be my life, even for the interim period.

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And at the same time, I know that it is necessary for me to not try to fill in any gaps right now. And that's where the fear resides in the spaciousness, in those gaps. And I suppose I just get to be okay with that. And I think for the most part, I am. If I'm really honest with you, the amount that I cry, I've always been a crier, but the amount that I cry for like no reason, like not because I'm feeling sad, but I will get a wave of emotion that comes over me, like that is scary. I'm like, am I ever going to be normal again? Was I ever normal in the first place? The answer to those questions is no. And of course, no. And I get to be okay with that. It's just an interesting space to be in.

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And I say all of this, I really do not feel the need to console me because I'm good. I really, I feel so grateful and I feel really grateful to have this space, actually. People who follow me on Instagram or know that I was saying, I'm looking for a therapist. My microphone has become my therapist. This is a safe space that I was screwing my nose up at, but in all seriousness at the same time as showing this part of myself to you, as I show this part of myself to myself, there is something really liberating and something that lifts as I get to share. And I know for some people who listen to the podcast, it might be a bit like, hmm okay, can you tell me how do I make seven figures? I get that this is different and maybe not everybody's cup of tea.

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And that's really okay. I, you know, that's why this podcast is called the limitless life experience. You know, it's about creating your version of a limitless life. And I think sometimes when we talk about the limitlessness, we only think about the good stuff and the high vibe stuff and the positive stuff and all of that dreamy McDreamy stuff. And the reality is that there's contrast, always. It's ups and downs. It's rollercoasters, it's your capacity to roll with the punches and still look out the window and be like, hell, how beautiful is the world that I live in? You know, wow. And I think my friend that for this episode, we are done. I wanted to share with you that, you know, I feel the fear right now. And at the same time as meeting that fear and sharing with you that it's there, it gets to lift, it gets to lift.

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And I get to feel the liberation of acknowledging my feelings, who I am, what's going on. And I feel like, you know, and this is so not true. This is such a bullsh*t ego story, but I'm like, you know what? Over a hundred episodes in eight years in business, yes. I've bloody earned it. I can talk about what I want. Yeah, I can. And I will continue to, and yeah, let me say, I am very, very, very grateful for all of you who continue to tune in. And if this is your first time, welcome, welcome friend. What I am very available for is you sharing with me. If you have watched the bold type, there's a part of me that feels a little bit ashamed about it because I am not a millennial. You know, I feel like maybe the bold type is like maybe the version of sex in the city for the youngsters. I'm not a millennial, I'm way too old for it. I'm like, okay, I'm just here for it. I'm here for it. I would love to know if you've watched it. You can shame me if you like. It's okay. I am still going to watch the show, but I am curious whether it's just me anyway. I love you. Thank you for being here. Please remember that faith plus action equals miracles.

Faith + Action = Miracles