

# FIERCE FREEDOM AWAITS

with Dr. Yashika Dooley

## Episode 9 – When Relationships Change with Dr. Kay

Welcome to the Fierce Freedom Awaits podcast. I'm your host, Dr. Yashika Dooley. And today, we are talking about marriage. This is such a key relationship in so many people's lives. And when this relationship doesn't work out as planned, it has significant consequences – both on our self-esteem, on our view of ourselves, and how we look at the world around us. Not to mention when we have children that are involved. A whole other layer comes up.

Often we can have regret, anger, frustration – but does it really have to be that way? All relationships are 50/50. So why do some relationships seem so difficult? I have some secret tips, and I want to share these with you. It's going to be talking about relationships and how we can have successful relationships in our lives. Listen to the end. You don't want to miss it. It's going to be a good one!

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- Yashika: Hello, again. This is Dr. Yashika Dooley, and thank you for joining us. Today, we are going to be talking to Dr. Kay, who is a specialist, and she has been going through a major life change and really wanted to share her story with you. Welcome. How are you doing this evening?
- Dr. Kay: Good, how are you?
- Yashika: I'm great. Thank you for coming on and talking to us.
- Dr. Kay: Sure, I think it's something I wanted to share because I think it might resonate with other people who are going through something similar.
- Yashika: Absolutely, so tell us just a little bit about yourself. Where did you grow up, and how did you get into medicine?
- Dr. Kay: I grew up in the Midwest, and I did medical school in the Midwest as well, grew up in the small suburbs in the Midwest. I actually was initially an art major, and I switched to medicine. I got into medicine just very generically. I love taking care of people. There's an art to medicine, and I really enjoy talking with patients, and being able to share a part of their life with them.
- Yashika: That's nice. Did you ever consider anything outside of medicine, or did you always know you wanted to be a doctor?

Dr. Kay: Oh, I started out as an art major, so yes, I initially thought I would be some type of artist. I still am some type of artist, but I just don't do it for a living. Yeah, I never always knew I wanted to be a doctor. It was always in the back of my mind, and I'm glad my parents gave me the opportunity to explore other fields and come to that conclusion of going to medicine myself. I know there's other people who actually have their parents or other forces encourage them to go into a certain field, but my parents were actually very supportive about me just finding my own way.

Yashika: That's nice. That's really nice. I know that one of the big things that you want to talk about is the recent divorce that you've gone through. You've had a lot of insights, and you wanted to share all that you've been through but also learned. Can you tell me – let's just back up. How did you first meet, and how did that relationship begin?

Dr. Kay: We met in medical school, and so medical school is a very isolated test tube environment. You're spending a lot of time studying a major, basically just living just to study every single second of the day. We didn't really have as much interaction with other people, like groups of friends, etc. We were just so focused on studying. We, basically, just started studying together, and I initially had no interest in him. I just enjoyed having a companion with me to study with, but eventually, it blossomed into a relationship.

Yashika: How long were you dating or developing this friendship? Was it really fast, or did it happen over a course of years?

Dr. Kay: It happened in a couple months, actually.

Yashika: Oh, wow!

Dr. Kay: I would say half a year. It's like you're studying. Sometimes it's rather depressing to be studying every single second of the day, and not see much sunlight. You have this other person to talk to. They make you happy, and it's like, okay, this is at least my little outlet of happiness to be with this person while I'm in this situation of school. Then that's how it developed. It was almost like I would say a relationship out of convenience almost. I really didn't have – I wanted to have a connection with somebody, but I really didn't have time to actually date people. Studying with somebody is like our date. That was our date every day.

Yashika: Was he the same, or do you think he had more of an instant connection and really wanted something more with you but was just okay being a study buddy to begin with?

Dr. Kay: I think he wanted more initially. Yeah, that's my sense.

Yashika: Then as you became, I guess, closer friends, did you develop a connection where you're like, oh, I really like these things about him, and you started to, I guess, have more than a friendship, or was it just that you were just spending so much time together?

Dr. Kay: I think both. We were spending a lot of time together, but then I also appreciated how he took care of me, took care of the situation at hand, which is usually just studying. He was very smart, so he's very good at test taking. I come from an Asian background, and my mom always told me there's only one thing you need in a man, and he needs to be hard-working. That's it. You don't need anything else, and so I saw that he was so hard-working in school.

I will say, my prior relationship, I loved him, but he was really not a hard worker in school. I had completely overcorrected. I realized you know what? Maybe my mom was right. I'm going to go for somebody who is extremely hard-working at school, and he was. He gave it his all. It came natural to him, but he worked really hard. That impressed me about him.

Yashika: That's nice, and so you said you never really dated, or your dating was studying. How did you learn more about him? Would you all talk and find out more personal information?

Dr. Kay: Oh, I mean, we would talk while we studied, and I would hear about his friends and how he grew up. On the surface, this seemed very similar to mine. He's also Asian in his background, and so it seemed very similar. I thought, oh, this is going to be easy, but as I got to know him more, it seemed not so similar. By then, I had already felt like I had invested in him. I couldn't even cut things off. Even if his background wasn't really similar, we had different interests in life. I had already invested too much time with him, into him for me to cut things off is how I felt.

Yashika: How much time had you invested at this point where you were feeling like it was too much time to cut things off? This was before you were married or after?

Dr. Kay: Oh, before I was married. Even before marriage, I would think, okay, we're not really married. There's nothing serious. Med school is four years, so we had been in med school for four years. Then I just said – I just thought you know what? I invested too much time, but back then, I was so young. Four years now does not seem long.

When you're in your 20s and you hear the pressure from your parents, the biological clock is ticking. You're busy in residency. You're never going to meet anybody. All those pressures made me feel like, well, I've already

invested four years. He seems decent. He's hard-working. I think this is as good as it's going to get.

Yashika: Did he ask you to marry him while you were all in med school, or were you just trying to think about couples matching, or what was the next step at that point?

Dr. Kay: He made it clear that he wanted to be with me. This is bad, but I gave him an ultimatum. I said I'm not going to couples match. I'm not going to sacrifice my future career and change my future outlook on how I match unless we have something real in terms of commitment. I wanted commitment from him, and he wanted to commit to me too. I think he always said he didn't want to get married until he felt financially secure, which I understand for a man. Many men have this idea. In med school, you're not financially secure, but at the same time, you don't want to lose me.

He went ahead and said, eventually, I'll be able to provide for you. It'll be fine. We can get married. He was very romantic about it, worked really hard to get me a beautiful ring and the whole shebang.

Yashika: He liked you from the beginning. I mean, it sounds like he was already into you. I mean, so it was you that took a little bit longer to be more into him, huh?

Dr. Kay: It took me a little bit longer, but at the same time, when I was into him, I was like, well, this is it. Give all our best, and go all out, and get married right now, yeah.

Yashika: At the end of your fourth year of med school, did you couples match first, or did you end up getting married while you were in med school? What was the next thing that occurred?

Dr. Kay: We were engaged, and then we did a couples match. I interviewed at so many programs. My program, my specialty, I needed a [00:09:53] as well, so I interviewed at a ton of programs and exhausting, exhausting year. Yeah, we did couples match. At the graduation, after – I think it was a month after graduating or maybe a couple weeks, we got married, and then we moved to the city that we had couples matched to.

Yashika: Then I can only imagine. It's probably a little crazy, two brand new residents, interns, brand new city, all that comes with that. What was it like in those first couple of months, new marriage, new program, new city, new doctors?

Dr. Kay: I know. I actually had a lot of – I hate to say – I had a lot of fun in intern year.

Yashika: That’s great.

Dr. Kay: Yeah, I really enjoyed taking care of patients. I enjoyed the responsibility. For me, medical school was really hard because it was so isolating, and I’m a very social person. Now that I finally got to be around other residents and take care of patients, it was a better time for me, and I would say for my partner it was more opposite. I want to say he’s more of an introvert, and so actually, working in a team perhaps was a little bit more challenging. This is from my perspective. He may say otherwise, but for him, maybe a little bit more challenging whereas, for me, it drove me. It made me excited.

Going to a new city, it was crazy. It really was crazy. We drove all the way across country with two cats in a van. It was crazy, very stressful, but we were a team. We really worked hard together. We really did, but at the same time, we broke out of this med school bubble where you really were so isolated. You saw your friends maybe at the end of each exam block, and I think that would be it. Now, it was like – now you’re on your own. You can actually be in community again, and you have to be in a community again. It was just different. It was a different kind of setting for us as a couple.

Yashika: Do you think having this new environment made your relationship stronger and better, or was it more of a stressor now that you were outside of this bubble and you being more of an extrovert, him being more of an introvert, and you were maybe experiencing different things while you were in residency?

Dr. Kay: I think it was – for me, it’s a stressor. I think, for him, it didn’t really make a difference. For me, I really like to be outgoing, and I always felt bad if I didn’t go with him. I don’t think he really wanted to go, and then if he did go, he wouldn’t really want to be as interactive as I would be. Then I would feel like – I don’t know. It just wasn’t a good – there was no good jive between us. It would be him attached to me, and I would go to hang out with people, just a little awkward for me, I guess.

Yashika: Was this really the first time where you all were out as a couple with other people? It sounds like you probably didn’t do that very much even with your med school friends.

Dr. Kay: We did it in med school too. It just wasn’t as consistent. Yeah, I think it was just more consistent now, now that we weren’t in medical school.

Yashika: Did you feel like that same awkwardness existed when you were in med school, or did you just notice because you were going out more, and you were more social now that you were in residency?

Dr. Kay: I noticed a difference in our, I guess I would say, personality. I noticed a difference in medical school. It wasn't really that apparent to me until after graduation for some reason. I thought I could just be okay with it. I just never felt really – I don't know. I was okay with it in medical school for some reason. Again, I don't know if it's because there was a bubble, and it was a relationship out of convenience, perhaps for both of us. I don't know. I can only speak for my side.

Then as soon as I got out of medical school it was like, oh, well, I survived that residency. Everything else has a bright future. I don't need to rely on him and his company. I can be happy in other people's company too.

Yashika: I know you all have at least one child while you were in residency. When did that actually occur? When did you get pregnant? How far along were you?

Dr. Kay: I was pregnant and had a baby second year and, also, one in fourth year. I actually had two children during residency. It was very hard. I've had attending mentors at the time who told me it's probably a better idea to have children during residency because your time is a little bit more protected. I did it, but I did it not realizing how challenging it really would be. I didn't realize that having support of your family is incredibly important. We were in a city by ourselves. We had no family to support us. Our family was far, far away.

They would fly in for long Christmas breaks when daycare was closed, but otherwise, pick up and drop off. It was always usually me just because my residency was a little bit more structured and allowed for that. It was tiring, though. I remember some days, if I would get out a little bit – 10 minutes earlier and pick up to daycare for my I feel bad but 10-week-old child was 6 o'clock and I got to the parking lot at 5:40, I would just pass out for 10 minutes in my car. I was just so exhausted, but that was the ten minutes that I had to myself before I would get the kids. It was too much work.

We couldn't afford a nanny. I mean, we probably could, but we probably would've gone into debt. We couldn't afford a nanny. It was just pure work, pure exhaustion the whole time.

Yashika: I can imagine, yeah. I mean, I did not have any kids in residency or fellowship, but even as an attending, it was hard. I mean, I had much more control of my schedule, so when I see residents doing it, I am like they are amazing. I mean, it's tiring anytime. Even then, I used to take little breaks

and naps. I'd set my alarm, and maybe take 15 minutes because I needed that.

Dr. Kay: Oh, yeah, it saved you.

Yashika: Yeah, I'd hide in the bathroom sometimes. I'm like I just need 15 minutes. If I can just get a 15 minute little power nap, then I'll be ready to go with the kids. I totally [00:17:21]. It's hard.

Dr. Kay: It is hard. You're at work. It's work, and then you have the baby. You love your baby, but it's work too. It's like a second job, your second shift. You need a ten minute break between your second shift.

Yashika: Especially if you don't have kids that sleep well.

Dr. Kay: Oh, my goodness, yeah.

Yashika: My first one, I mean, he – I felt like I'd be up all day doing my job, but then at night I'd be – I mean, I'd be up all night. She did not like to sleep. She wanted to play with mommy, so it'd be long night.

Dr. Kay: Yeah, same here. My daughter would do reverse – I think it's called reverse cycling where during the daytime they knew that they – they wanted to nurse. She wanted to nurse. The daycare teachers would say she would look at the bottle, pick it up, and throw it across the room, and she would not eat. They would call me in the middle of the day and say please come for ten minutes. She needs to eat something. She's not eating anything. Then she would get home, and she would nurse all night, just all night.

Yashika: I mean, you can't get anything done, yeah, because they're attached to you.

Dr. Kay: Yeah, attached to you and you don't sleep. You can't do anything. Then you drop them off at daycare, and she doesn't eat all day. That was really, really challenging for her.

Yashika: I'm sure. Did you find that that was an additional stressor, I mean, just on your relationship and your marriage? I mean, I'm sure it's hard. You're tired. You're exhausted.

Dr. Kay: Yes, it really was. The other stressor was that we just had – when we have this situation of having children, having a child, it brought out the differences in which we like to proceed in life and what we prefer in life. Just for example, I liked organic stuff. I like to try and make my own baby food. I was that mom for the first child. I gave up on the second one. For the first one, I was all that. He would just roll his eyes, and he was like just do whatever. This is ridiculous.

I can see his side now. It would be everything. I'm like, oh, I want to buy a mattress. I want to buy an organic one. He's like, no, just get the cheap one from Toys "R" Us or something, the cheapest one that you can find. I would just not be down with that. Then that just extrapolates that to every single thing that we would consider buying. Everything, we were never on the same page, and it just wore at each other. I felt I was doing the best for my child, and he felt he was doing the best for the family being more financially frugal. We just didn't see eye to eye on many things for raising a child.

Yashika: That makes it hard, I mean, if you feel like the person that is supposed to be your number one, your partner. You've got each other's back, but every time there's a decision to be made, you're butting heads. It wears you down. You're just like I don't want to argue about one more thing.

Dr. Kay: Exactly, it's not even he was being mean about it. He just has different priorities than me, and it was very, very apparent. We can't convince each other that neither person is right or wrong. It's just a preference.

Yashika: Exactly, it's like you have to agree to disagree, but you still need to come up with a mutually agreeable answer.

Dr. Kay: Compromise.

Yashika: It's hard to compromise when you're like I want an organic mattress, and you want the cheapest one.

Dr. Kay: Yeah, you can't.

Yashika: There is no compromise for that.

Dr. Kay: Right, exactly.

Yashika: How about for your job? Did you have any impact on your job? I mean, I know you said you were really enjoying it. Just having two kids and trying to do it all, did you feel like there was any stress that you noticed just inside your residency?

Dr. Kay: My co-residents were super-amazing and super-supportive. God bless them. They had to take some extra call for me, and they never complained. They just said, no, you are working hard taking care of your baby. My program director was amazing, amazingly supportive.

Yashika: That's great.

Dr. Kay: Actually, when I got pregnant with my second child, I told them I had some bad news. I'm pregnant. He looked at me, and he said are you kidding me? That's great news. I said I'm so sorry. I'm going to mess up the schedule. He said, oh, my gosh, don't even worry about that. We will handle that. That's not a problem. Please, don't even say sorry about that.

He was really wonderful in trying to change my mindset about feeling bad that I'm being a drag on everybody. He's like, no, you have a job too. You're being a mom.

Yashika: That's awesome. I mean, that's great to have such support in residency.

Dr. Kay: I know.

Yashika: Especially from your co-residents, I mean, that really does make all the difference, so that's great.

Dr. Kay: Yeah, it really does.

Yashika: As you now have these little kids, what then starts to change? I know you said you start noticing these differences just in philosophy and how you want to raise your kids and finances and all that. What for you was the biggest change, or what changed as far as when you started thinking this is just not really working right? Things aren't going the way I thought they would be.

Dr. Kay: I think he never really changed in priorities. I think his priorities were always to work hard, and that is number one. That was something I valued in medical school. When I got to residency and onward, I wanted him to value family, and I wanted him to value me. That never seemed to transpire in the way I would hope it would. I always seemed to have to bend to what he wanted to do for his career.

Our therapist, we talked about it. She said choosing work may seem like a positive thing, but it's just like an alcoholic choosing alcohol or a man choosing his mistress. You're not choosing your family or your wife. That's fine if you have to do that for a good majority of the time, but sometimes you have to choose your family. Sometimes you have to choose your wife. If you wife always loses, she's eventually going to feel not cherished, not loved. I think that's really what happened throughout everything.

Us being different in terms of our personality, I don't actually think that's a deal breaker. It's like it didn't help the situation. It didn't help that we had different priorities and preferences in terms of what we liked to – how we

liked to live, but I think, really, it was the priority of work being valued as number one was difficult for me to take all the time.

Yashika:

You mention that you did therapy or counseling. How did that come about? Was that something that you suggested, or you both mutually said let's try to do some counseling to see if we can get on the same page and resolve some of our issues?

Dr. Kay:

Yes, we had already gone through residency, and we had moved to different city for his fellowship. This is like we have four years together in residency, and then maybe on our sixth year of marriage we were just arguing. What's the saying; two ships sailing in the night? We didn't really have much interaction, and I would try. I would want to have interaction, communication, connection with him, but I think he was just so exhausted with work. It was a bother. I felt like a bother and a nuisance to him.

After a while, of course, I began to withdraw too. I didn't really want to try. When we would have any disagreements, it would be explosive disagreements over ridiculous things that I can't even remember what we were arguing about. I think that's a bad sign when you're arguing even about the smallest things that are just not worth it at all. We both know we should not yell at each other. We're both educated, smart adults. We both know that. It's like you couldn't even [00:26:13].

His personality, he's usually a very even-tempered, very calm person, but with certain disagreements of ours, we both were very – not on each other's side. We were always battling with each other. I always told him we may – you may win the battle, or I may win the battle, but if we lose the war – winning battles is not what we want. We want to win the war, which is keeping our marriage together. We just could not see eye to eye, so I thought, okay, maybe therapy will help. Maybe therapy will teach us how to be kinder to each other, how to connect with each other. We actually had two different therapists. The second one he seemed to like a little bit more, but in the end, after doing therapy – we did it I would say on and off for about a year.

I think, at the end, just as I said, our therapist asked him, do you think she's being honest about her feelings, about her feeling not a priority? He said, yeah, I think she's being honest. She's being right, but I need to focus on my work. She said, well, if that's how it's going to be, you just have to understand that she may not wait around. She may not continue to stay in this position of low priority and especially after the kids. I totally understand I'm below the kids. Sometimes I need to be on some kind of priority list of some sort.

At that point, the therapist felt we were getting nowhere. I felt like we were getting nowhere, and I was really glad that he even did try to do therapy, though. That gave me hope that he really – I think he really did want the marriage to work. He did. At the same time, it was at a cost to his drive for work, and if you're comparing the two, at that time, his drive for work was more. It was higher. Then we did individual therapy, and in individual therapy, that's when I realized, if his mentality is not changing and nothing really that I can do to change it, then I can't – I mean, I could stay in the situation.

I just told my therapist I thought about trying to minimize my need for love and affection and connection. I told therapist maybe I should just go to a hypnotist. Maybe they can hypnotize my need for love out of me, and she looked at me. She was like that is the worst thing I've ever heard, and then she said something that, fortunately, made me think twice about doing that. She's like, if you decrease this need for love, your need to receive love, you will decrease your need to – your ability to give out love. You give out love because you know that others need it. Your children need it because you need it. You have this need. She's like I know you're a very loving mother, and I don't think this is what you want to do because it could affect your children. I was like, oh, yeah, that's a good point. I don't know why I didn't think about that.

Anyways, that's probably not a good idea to kill off your need for love and connection, and she just kept saying it is okay to be happy. You are allowed to be happy. I don't know if it's my history of my Asian background where it's like a lot of – my mom and my mom's friends, they just – it doesn't matter what happens. They just power through. It doesn't matter if their needs are not being met at all. They will just stick it out and continue.

I saw that, and I thought that's what a relationship is. It should be a struggle. It should be something difficult. You just have to endure. My therapist is like, no, not really. It doesn't have to be like that if you don't want it to be like that.

Yashika: Wow! I think it's just – it's so admirable that you are – I mean, you were willing to give up any and everything to make this work, so you were really all in for yourself, for the kids, for your husband, for that relationship. You considered just giving up love.

Dr. Kay: Yeah, it's weird and sick to say that. Yeah, I was, but my therapist told me that's not healthy. That's not good.

Yashika: When she's telling you now you can't give up love, if you give up your ability to love or be loved, you're not going to be able to love either, I mean, so now what are you thinking?

Dr. Kay: That was when I was like I probably – this is probably just a toxic relationship, and we just had to make a change. I don't think he's a bad person. I'm not a bad person. I think, us together, we just had too many differences between us to make it an easy relationship. I think it will always be a struggle in a relationship. I wanted to model a healthy relationship for my children.

Right now, I'm single, and it's fine. They can see their mom is happy, fine single, and I wanted him to have somebody that truly loved him and loved the relationship. I can tell he was worn down by it too. He didn't really want to be engaged with me, and I would always pester him to be engaged with me. Nobody wants that. I know he didn't want it, and I think he's happier too.

Yashika: When you initially decided to get a divorce, or when you were starting to think about it, did you just bring it up; say, hey, maybe we should separate for a while, or did you just say I think we need a divorce, or how did you even approach him with that idea?

Dr. Kay: I just said we need a divorce. I actually had talked about divorce at least three or four other times prior. I think it was one time in medical school or maybe twice in medical school, maybe once after the firstborn of my child. I had read many studies of people saying that that's very common, so I just brushed it off. This feeling of us not being on the same page just kept – it just never seemed to go away for me. I was like I think – I'm in my 30s, and he's in his 30s. We still have a chance, an easier chance to find love.

Not to say that you can't find love at any age. I know many, many people who find their love of their life at very old, but maybe, for us, it might be easier for us to find a happier relationship and help model that for our children. He deserves somebody who really loves him for who he is, and I just realized that you can't change a person. I remember when I married him. It was contingent on, okay, you're going to try doing that, right? You're going to change this or that, and he said, sure, I'll try. I'll give it my best. It was wrong of me. I think that's wrong. I don't think I should marry somebody who needs – who I should expect them to change.

I mean, sure, you want to grow. You want to be the best and treat the other person the best, and maybe grow together to change in a positive way. I think what I was asking from him was more than that. It was change yourself as a person. Change what you prioritize. Change big core values of yourself, and I don't think that's right. He should have somebody who loves him for who he is. He's a great person.

Yashika: Yeah, you say that all the time. I think that's great, and you talk about how great he is with the kids. That's nice as well to continue to...

Dr. Kay: Yeah, he's a great dad.

Yashika: That's a blessing.

Dr. Kay: That's probably the hardest thing about the whole decision is that now our time is split half and half with the children.

Yashika: When you decide you're going to get a divorce, you tell him. How did you tell your family, or what did you do?

Dr. Kay: I just told them, and they thought I was crazy. They told me how could I leave such a good man? He doesn't cheat on you. He doesn't beat you. He just works a lot. How can you fault him for that? That's something very valued in my culture, and I just said I wanted more to life. I didn't want to just be a supporter of somebody who works a lot. I work a lot too. I mean, I don't work as much as him, but financially, I'm able to contribute a good amount to the family.

I had graduated earlier than him, so I was able to contribute more to the family, and I still wanted to value my time with my family. It was just a different mentality of things. At first, I just – my parents just could not understand. It was just Greek to them, but as they heard more and more, they understand. I'm very, very fortunate that – I feel like I am in a good situation. He is a great dad. I know he loves his children. He will do whatever he needs to be there for them, and I'm lucky because I have the financial means to be independent and to make a decision for myself that's best. I don't need to rely on him for financial reasons. I am totally self-sufficient by myself, and for me, that was my – that gave me the ability to make that decision for myself.

Yashika: How did you have this conversation with your children? Little kids, I don't know. You explain to them. Now what's going to happen with mommy and daddy? How did you even bring that up with them?

Dr. Kay: I think they could even sense it. My daughter, she was young. She's still before kindergarten. She even would say things like stop fighting. Stop yelling, and it's just that we couldn't. We just couldn't. It was awful. We're trying to teach them not to argue, but we just could not stop arguing. It wasn't all the time, but when we did argue, it was yelling.

He actually came up with this idea, my ex-husband, which is a great idea. We explained to them that there's many, many different kinds of love in the world. There's love like Cinderella and her prince where they dance, and

they kiss. Then there's love like Moana and Maui where, if you've seen that movie, she's the hero of the movie, but then Maui is her companion. They work together as a team, and they don't get married at the end of the movie, which is one of the rare outcomes of Disney, which is great. They're changing the outcome. They're a team, and they're best friends with each other.

That's what I told them. Mommy and daddy, we're Maui and Moana. We are a team to take care of you. We both love you very much, but we are not like Cinderella and the prince. I actually asked her. I told her the two differences. Then I asked her which one do you think mommy and daddy are? She actually picked out Moana and Maui. She's like you guys never kiss, Moana and Maui. I was like, yes, that's exactly right.

She's so young, and she could even tell. Our dynamic was not like that at all. I don't think she's ever seen us kiss. I don't think we're very affectionate to each other at all, sadly.

Yashika: Little kids get it. They can pick up on what's going on around them. They may not always know exactly what it is or have the vocabulary to articulate it, but I do think that they pick up on the little things when you're upset or when something's not quite right between mom and dad.

Dr. Kay: They do.

Yashika: When you had a bad day, they totally know.

Dr. Kay: Yes, they can pick it up. Yeah, I didn't like it. I always try to cry in my own room, closed doors. Nobody could hear it, but sometimes she would wander in. She would ask me why I would be crying. I don't want to have that consistently ongoing for the next 18-some years. I don't know. It shouldn't be like that. It shouldn't be such a struggle to be in a relationship.

Yashika: You don't want them to feel burdened that mommy's not happy, or mommy's always crying about something, I mean, yeah.

Dr. Kay: Right, yeah. In order to ease the transition to explain what was going on, we just made it enjoyable. Daddy's place is like the new princess castle, and it's got a pool. You're going to get brand new beds, and they were super excited. They would tell everybody. We're getting two houses. People look at us like what? Then I'm like we're getting divorced. It's amicable, though. They're like, oh, okay, your child's very excited. I'm like, yeah, she is.

Yashika: I think it's good, though, that you – I mean, it's a fact. You're getting divorced, so there's no need in trying to hide it but trying to make it as smooth of a transition as possible for them. I mean, it is what it is, right?

Dr. Kay: Yeah, it is, and I think they actually get to see him more. When they're with him, he knows he is the only one. He is the one-man show for them, and so he has to be there to do everything for them. I think they actually get to see him more, and I think it's making him a better dad too. That's part of another reason why I wanted to get divorced. I wanted to give him that room, that space to be his own parent, the parent that he wants to be.

I think, with me, I was so – I guess the word is controlling. I was so controlling about the way I wanted to parent the kids, how to educate them, how to discipline them. No spanking, everything like that, which we both agree on. No spanking. I was just very set in the way that I wanted to parent, and he has a different style.

Then I think he's much – now he's able to do it his own way, and the kids are just as happy with him.

Yashika: That's good. I know you said there was something else that helped with the transition. I think you said some sheets that you – your daughter's sheets, you let her take those over to her dad's house. She could have them there, and then she got new sheets for your house or something, just little things.

Dr. Kay: Yeah, the little things like their favorite sheets or their favorite toys. Take it over to his house. Actually, half of their clothes, what they had here I packed away for them there. Pictures, like picture books of photos of me at their house and just reassuring them that if they want to call either of us at either of our houses they can. We're never out of reach for them ever. I think that gives them a security of knowing you're not cut off from the other parent. You can access the other parent if you really need them. Yeah, I think those kind of transitional things helped with them.

We also considered getting her into seeing a play therapist. We're still on a wait list because there's a long wait list. I think she's doing fine. I think it never hurts to have your child go see a play therapist, so they have a safe place to talk about things. I don't want her to feel pressure to say certain nice things to me to make me happy. I try not to be leading when I ask her questions, but at the same time, she is a sweet child who always wants to do good and please people. I know that's her personality. My little one, he's in his own world. He does what he wants, and he's younger, too. My older one, I know she's much more sensitive.

Yashika: I know you have lots of lessons that you wanted to share. What are some of the things that you would say to another woman who is maybe feeling that the relationship that they're in is not right, or they're considering a separation or a divorce?

Dr. Kay:

I would say everybody's situation is so, so different, but you have to do what is going to be best overall for everybody. I think when you're thinking about a divorce you have to – it's really best not to leave your marriage for another person. There's going to be fault in that other person. You have to really think – when you're comparing divorce, you have to think am I going to be happy with my husband or alone? That is a very true fact, that you can just actually be alone for the rest of your life. If the choice is you're going to be happier being alone, then you know your choice. I think that was a big thing for me.

Then other life lessons, I guess, surround yourself with amazing people. I've had such amazing friends. I've been connected with other women who've gone through similar things, and they've been so sweet and so supportive. There's phases through this divorce. It's just like a grieving process for people. You really are grieving your relationship.

It's really weird, though. This person who passed away is alive and thriving maybe in another new relationship, and now you have to see that all over again. That part is a little bit painful to see that they can actually be this person with this other person the way you wished he was with you, but for some reason, you just couldn't get there with him. It's hard, but I still think right now I'm still happier by myself than I was with him. I didn't want him to be yoked to somebody who wasn't happy in a relationship. He deserves love too. He deserves to be with somebody who makes him happy too, and I don't think we were making either of ourselves happy.

Other big lessons, I would say other lessons for if somebody is going through a divorce, the best thing to say – and I think this is true for so many things, so many difficult conversations that we have with our patients. When they go through something really difficult, instead of assuming how they're feeling, it's really much better to have an open-ended response. How are you feeling? I know many times during my divorce I actually felt a lot of freedom. When I came in to see her after the divorce, she said there was a weight that was lifted off of my shoulder. She said my whole countenance had changed, even the clothing I was wearing was brighter colored clothing. I was like, oh, I didn't really notice. She's like, yes, usually, you come in. You always wear black, and I was like, oh, I didn't even notice that. Oh, shoot, I lost my train of thought.

Yashika:

I know you were talking about...

Dr. Kay:

Oh, the feelings, yes.

Yashika:

That you were happier about how people were reacting. Dr. Kay: Yes, reacting.

Yashika: Did you have some situations where people were making comments that didn't sit well?

Dr. Kay: I mean, they still do pity you. Oh, I'm so sorry. That's awful, just making assumptions about the divorce. The divorce is not pretty. Divorce is not easy, but I would say, for me, for our divorce, it was pretty amicable. I really think it was the best decision for both of us. It would be great if somebody would say – if I say, oh, I'm divorced now, they would say, oh, how do you feel about it? Then if I could say, well, today I'm feeling pretty happy about it. I feel confident in my decision. I feel happy about it. Then that's great.

If somebody's just going to assume that I'm feeling sad and they say I'm so sorry; that's awful, I'd be like, well, I actually don't feel like it's awful but okay. It brings me back down again.

Yashika: It makes it awkward.

Dr. Kay: Yeah, it makes it a little bit awkward, and I don't want to be brought down. I want to be a happy positive person about my choices in life.

Yashika: You've done, I'm sure, a lot of thinking, a lot of soul searching. You've gone through all the phases of grief and all the steps, so of course, you want – you need support in that decision.

Dr. Kay: Yeah, I don't want to be dragged down to the grief stage again. That's what happens when people say I'm so sorry. That's awful. I know they're trying to give their condolences, but I don't really want it, actually. I don't.

Yashika: I think that's something great to know and to listen to. Often times, when people make comments and you don't know what to say, and so it's almost like they catch you off guard. I think it's good to say how do you feel about it? Then you just go off of their reaction. Then, if they say bad, then you go there. If they say, no, I'm happy, then you're like, oh, okay, well, great.

Dr. Kay: Yeah, exactly, be supportive of whatever they're feeling at that moment. Do they need that support, and they're feeling bad? Then go there with them so yes, exactly.

Yashika: As far as, I guess, either your patients or your work was concerned, did you have any other issues? I have a friend who got divorced, and she said people were always either making comments about her name or at – I guess they'd say that's not my doctor because they had a new name.

Dr. Kay: Yes, same as that.

Yashika: It's just awkward.

Dr. Kay: Yeah, it is awkward. I think it's funny is when people say congratulations on your marriage. I say, oh, it was a divorce. I would say it with a smile and laugh, so they can tell that I was okay. Then most of patients, a good majority of them would say, well, you seem to be doing great, and I'm really happy about your choice. My patient population is a little bit older, and so I actually think the older population understands it. They usually follow up with, well, I met my second husband at so and so. This is how we met, and we're so happy together. My second marriage is so much better.

Yashika: Oh, nice.

Dr. Kay: I actually really love those stories, those glimmers of hope that I can have a chance at a very fulfilling relationship sometime in the future. I get that from my patients, and it's like this special gift that I can receive from my patients, and it comes when I need it. It happened today. A patient told me today that she was – I'm going to change the age by a little bit, but she was 56 when she met her second husband. She had been single for 14 years, and she was okay with it. Yeah, she was okay with it. He met her when I think he was 65 or something like that, and he had also been divorced and waited for the right – he said he just waited for the right person. He said he had a list of what he wanted this time, and she checked all the boxes. They were so sweet together and happily married for the second time around.

Actually, the name change has brought on this opening up of my patients to telling me it's okay, especially if they're older. It's okay. It's the population where it's similar to my age group where they're like – they haven't gotten through – the divorces haven't had – the peak of divorce has not happened quite yet. I'm a little bit – I would say maybe a little bit earlier. I'm early 30s. The peak of divorce is probably almost 40s, 50s, so I'm ahead of the peak for that one, ahead of the curve. I think people's responses to me at this age is a little bit not as – I don't want to say understanding. They don't have as much longevity in terms of what they're saying. They can't give me the feedback of what it looks like in the future of a divorce.

Yashika: I think we are similar in age, so a lot of our peers are still in the nitty-gritty of that relationship. I mean, I feel like there are times when marriage is really easy, and then there are times when it's really hard. A lot of people, when they're in that hard phase in their own relationship, it is hard to look at somebody. Sometimes it's like throwing a mirror up, and you're thinking, oh, that might be me. That's where I'm heading. They don't really know how to have that conversation because they're looking at themselves. They're seeing their own marriage being mirrored to them, potentially.

Dr. Kay: I've had so many women tell me secretly that they admire my courage to make those really, really hard decisions. I've had countless women do that. I always try to tell them work on your marriage. Just do it because divorce is really hard. It's not easy at all, but in the end, for me, it was probably the best choice for me. Yeah, I've had so many women actually say I really admire your courage, especially the fact that I'm Asian, and divorce is really, really taboo in the Asian culture. Most people don't divorce. They just either live separately, or they just put up with it. It doesn't matter what the behavior is. They just put up with it.

Yashika: I know specifically for your divorce you – we talked about this. You did a lot of research. You really wanted to go through this divorce process, and make as many of the right decisions for both you and him and your kids. Can you talk to us a little bit about some of the things you really thought through and wanted to make sure was set up a certain way, so going forward, it was going to work out the best for all of you?

Dr. Kay: Yeah, so number one, through this divorce, the kids' well-being had to be the top priority for all my choices. I would say, even my choice to divorce, part of it was my kids' well-being. I just didn't think that it was healthy for them to see – for me to model this type of relationship as what they should be seeking. I didn't want that for them. We have a clause in our divorce called a morality clause that, if you're dating somebody, you have to date them exclusively for six months, and then they have to meet the other parent before you can introduce them to the children. I really didn't want just random people in and out of my children's lives. I know on my side I wouldn't do that, but I wanted to make sure on his side he wouldn't do that either. That's best for the kids because I don't think it's healthy for my children to have adult people coming in and out of their lives. It's confusing for them.

Let's see, the other things. The other things is that the way we do our custody. It's 50-50. I sometimes regret doing that. I do sit sometimes at home so sad missing my children, but I think it's better for them to spend time, a lot of time with their dad too for my kids. It's a really hard decision. Where I live, usually they side with the mom, whatever the mom's do. Typically, it's the moms usually get the kids. I think it's usually Monday through the week, and then dads maybe get a Thursday to Sunday twice a month. Then they'll get all of summer with the kids.

I can't imagine not having – first of all, I can't imagine not having my kids all summer. That would be a really long time without them, so I really thought this first thing making it every other week will be really good. We're hoping in the future to implement a mid-week family dinner. I think right now it's just the divorce is a little bit too fresh. We tried to do it a couple times, and it was just a little bit awkward and difficult. I think maybe in the future we'll

do it. That way the kids can see the other parent mid-week and not miss the other parent.

Actually, the kids are doing fine. They are totally used to it. I don't think they even miss the other parent when they're at the other parent's house. I asked them that. They said, yes, I sometimes miss you, but it's okay. I said you can call me anytime. You know that. Then she'll say, yes, I know that.

Yashika: I know one of the other things that you were talking about was, I guess, your search particularly for a lawyer and that divorce process. Was there something in particular about the lawyer that you were looking for?

Dr. Kay: Yeah, I wanted to look for a mediator lawyer, a lawyer that works for both parties. He may say otherwise. He may say that she wasn't very fair to him, but I really wanted to make things as fair as possible for him as well. It saved us money. I do try to be thrifty. I like to buy nice things, but I like to be thrifty about it. It even comes to my divorce, so she worked with us throughout our divorce. The whole process cost us \$15,000, so it's not inexpensive at all. On average, for where I live, divorce is typically about \$20-25,000. I know of a friend who has had a divorce, and it cost her \$200,000.

Yashika: My gosh!

Dr. Kay: Yes, it really depends on what you're fighting about, what's involved, etc. The least amount of fighting you can do the better because you're charged by the hour. If the lawyer can work for both of you, that's good. If you have two lawyers working for you, then you're paying double the amount of...

Yashika: Two people, yeah.

Dr. Kay: Yeah, two people. He did eventually get a lawyer on his own just to review the contract. That way he has something fair – legalized that are fair on his side. Then he came back and said, hey, maybe adjust this and that, and so that's why it was a little bit less expensive in my opinion for the divorce.

Yashika: Then, for your family time, so I know you have this joint custody. I know you said you changed the dates. Usually, people change or do a hand-off on the weekend, and there were some things that you wanted to change about that.

Dr. Kay: We just did it on Monday just because it was easier. That way we had the whole weekend. We initially were thinking changing on Sunday, but then it's like you can never really finish out your weekend. You're always like, okay, I better get home Sunday night to have the kids get dropped over to the other parent's home. We actually have it switched where I pick them up

Monday, and then I have them all throughout the week. Then he'll pick them up Monday from school, and have them all throughout the week. That way, you really have that weekend with you, with them.

I will say that, in terms of holidays, it's every other holiday I'll have them. Every other holiday he'll have them, and I will tell you, it's going to be really hard for me. This is going to be my first Christmas holiday without my kids, and that's very, very hard, very, very hard for me. It is what I've chosen, and this is the ugly part of divorce, that you really don't have that family anymore. That's I think the biggest downside of the divorce. I don't actually miss my ex-husband as a partner. I don't at all, but I do miss the family unit.

Yashika: It sounds like you all live pretty close, I mean, that your kids are able to go from house to house. Do you find that that makes it easier because you live very close, or are you running into your ex-husband more than you would like, and sometimes it's a little too close?

Dr. Kay: No, not at all. For me, because we're so amicable, I don't really mind running into him. It's fine. It's much easier. We actually have a clause where we have to live within a certain mile radius from each other. It's hard. What if I fell in love with somebody who doesn't live in the state? I can never move. If I move, I lose my kids, and I'm not willing to do that. I'm not willing to take my kids away from their dad for my personal gain of love.

For me, my love – me finding love, it's not enough for me to sacrifice my kids and their well-being and their ability to connect with both parents. It's going to be more challenging for me to find love again, and hopefully, I will. As I said before, the well-being of my children will come first, and if that means I have to sacrifice my ability to be with somebody I love, then I will do that.

Yashika: I'm sure that's not going to be a problem. I feel like you have given up so much and sacrificed so much both for your kids and for your ex-husband to make this work. I feel like whoever finds you and is able to have the honor of being in your life will truly see all that you've sacrificed, and know that if you're the partner for them that they're going to have to really want to incorporate your kids and all of that. That's such a major part of who you are.

Dr. Kay: Yeah, it really is.

Yashika: There's no other way that you would be happy. I mean, it just wouldn't work for you.

Dr. Kay: Yeah, it won't. Yeah, it wouldn't. It really wouldn't. That's so sweet of you to say. Thank you.

Yashika: I feel like I know so much about you, and so just having watched you and talk to you so many times, I mean, I feel like you are so sincere and authentic about how you wanted to show up for your kids, how you wanted to make this work for your ex-husband, too, realizing that it really is hard. Just in talking to you, you've really put a lot of thought into it to make it as – a very hard and complicated time as easy possible for everybody, and that's all you could want. I mean, lots of people are fighting and screaming and still pitting their kids against one another and trying to still one up one another, and your divorce is fresh.

Dr. Kay: No, yeah, oh, that's another thing.

Yashika: You're really in a great place considering how fresh the wounds really still are.

Dr. Kay: Yes, they've barely scabbed over. I probably need [01:04:44] about them a little bit, but they've barely scabbed over. I guess I have to bring up another point. I've read so many divorce books, and they always talk about what is the best age for divorce for your children. The books say either really young like 5, 3, 4, or you wait until they're in college. When you start doing it in middle school, it's really hard. Middle school is such a hard time for them, and then they have to deal with the difficulty of their parents' divorce. It's just a lot of strain for them.

I've asked friends who have had parents divorced when they're 18 or 19. I get two responses. Either I knew they were never really in love with each other, and I knew it, or it was a complete shock, and I felt like my childhood was a sham. I've heard both.

Yashika: Oh, wow!

Dr. Kay: I didn't want to be a sham for my children. I'm sure my daughter would've known. She would've. Clear as day for her. She would've known, but I didn't want to do that to them and to live in a relationship that was almost like a façade. Then from the outside, people would look at my relationship and my pictures that I post. Oh, it must be the perfect relationship. I think people think that. It's easy to have that façade, but it's not authentic.

Yashika: It's so easy. I mean, on Instagram or Facebook, I mean, you can take 100 pictures, but you're only going to post the best ones, right? You post the thing that, hey, we did this today or had a great time. The other 90% of the time where things are boring, or hard, or messy, who's posting their dirty house?

Dr. Kay: Yeah, exactly.

Yashika: Are there any final thoughts or things that you would want your daughter to know or your children to know, which maybe you can't tell them now, but when they get older, that they – this is something that I would want them to know when they're able to really understand all that is occurred?

Dr. Kay: I would say give yourself time, and get to know who you are as a person. Understand that you can be complete by yourself and be self-sufficient by yourself. I always felt like I needed somebody else to help me through this, or I needed to have a partner, or how embarrassing, I'm single. A lot of women think that. I still have those feelings too right now, even now, but I have to tell myself, no, that's not true. I'm okay by myself. Teach my daughter to be a strong, independent woman, very cliché, but it's true, strong independent woman. Make your own decisions, and just know that you have good things coming to you, and be patient. I think patience is not one of my virtues.

Don't do ultimatums. That's not a good idea. Don't do marriage ultimatums. That's really not a good idea. Yeah, that's what I would probably tell her. I would be supportive of whatever she chooses to do. I just want her to know who she is before she chooses something.

Yashika: I think it's hard. You don't even really know what you like or don't like in your 20s.

Dr. Kay: No, you don't.

Yashika: Sometimes even in your 30s.

Dr. Kay: I know.

Yashika: You're just really learning your core or even how to express it. Sometimes you know, but you're too embarrassed, or you don't know the best way to tell other people no, or you don't like that, or you go along with so many things just because you're like, well, it'll be fine.

Dr. Kay: I know, yeah, exactly.

Yashika: It's not until you get older where you're like hell no. I'm not doing that. That doesn't make any sense.

Dr. Kay: Yeah, exactly.

Yashika: You feel confident in saying it, and you're like they'll get over it. If they don't like it, it's fine whereas, in your 20s, you really are trying to cater to...

Dr. Kay: To fit the mold.

Yashika: Absolutely.

Dr. Kay: Yeah.

Yashika: Are you still now doing any individual therapy? Is there anything that you are actively doing right now that helps you to continue to heal and go through this process?

Dr. Kay: My therapist graduated me. I said should I keep coming, and she said, no, you're doing fine.

Yashika: You're done.

Dr. Kay: I said are you sure? She's like, yes, see you later. She says but come back whenever you want just to say hi or whatever, and I said okay. I'm not doing therapy in that sense, but for me, dance is therapy. I just started doing modern dancing, and it's just a lot of expressing of your emotions. Dancing to the point where I'm crying as I'm dancing. It's very cathartic to do that and to have an outlet like that.

Eventually, I'll get into drawing again. I wanted to go to art school. Eventually, I'll get into drawing again, but it's been really busy lately. That's probably the big thing for me right now is dancing and exercising. Exercise is a great way to stave off depression and release endorphins and gets you in shape anyway. It's a good one to do. That's my therapy right now and also talking to my friends.

Yashika: There you go. I think it's great. It sounds like you have had an amazing support system. I think part of it is probably because you're very vocal. I mean, you're much more vocal about all of it, especially given how short of an amount of time you've been going through it. I mean, you talk like someone who's probably five years from now.

Most people, when they're very newly divorced, within the first couple years they don't really talk about it. It's almost like a taboo thing, but I think the fact that you are so vocal is probably why you have such support. People are like she's talking about it. It's okay to talk about it. We can love on her. We can take care of her, and if she needs us...

Dr. Kay: Yeah, that's probably true.

Yashika: You reach out to them, and they don't feel uncomfortable or awkward being like, well, we shouldn't bring it up, or we shouldn't – don't say anything.

Dr. Kay: Yeah, totally, reaching out to people, telling people when you need to talk to them. I have so many divorced friends, like I said, and I know each one of their situations. I know if I have a particular situation, I'm like, well, I think that divorced friend is really going to be able to understand what I'm talking about, and I'll ask her the question. They'll just give me great statements like there's no timeline for awesomeness. It will come when it comes. I'm like, okay, that's right. I just need to be patient.

Struggling with why is it still – why am I like this? Why am I feeling this way? I'm like just wait. There's no timeline for awesomeness. I'm like, oh, that's a good phrase. That's good one.

Yashika: I like that. No timeline for awesomeness. That's a great way... Dr. Kay:  
Yeah, it comes when it comes.

Yashika: It comes when it comes. Just like everything else. Any last thoughts or anything else you want to share? I mean, you've gone through it all, and I really do appreciate you taking this time. Anything else you want to share with the listeners before we sign off this evening?

Dr. Kay: The other night I had asked my kids what makes them the happiest. My daughter had such a sweet answer, of course, the golden child. She said I just want a happy mommy and a happy daddy, and that makes me the happiest.

Yashika: Oh, that's great.

Dr. Kay: She's so sweet. Then I asked my son, and I said what makes you happy? He goes cars.

Yashika: Of course.

Dr. Kay: I go, okay, that's good too. Yeah, that's good too.

Yashika: That is good.

Dr. Kay: Kids are going to be kids, and they're perceptive. I think, if I'm positive about this and positive about their dad, who is a great dad, positive about him in front of them, I think they're going to do okay. That's my biggest concern is about divorce. It's like, oh, broken family, but I think if you put your kids in the center of it all, don't ever put them in the middle of being –

don't use them as pawns, and always talk well of your ex, I think they're going to do okay with the divorce.

Yashika: I will say I think your kids are going to do amazing. I think they're going to do better than okay because you are really an excellent role model for them.

Dr. Kay: Oh, thank you.

Yashika: I think they are going to come out on the other side amazing, and as a child of divorced parents, I think...

Dr. Kay: I didn't know that.

Yashika: Yeah, kids are very resilient, and you do realize when things are not right in the house. Actually, I was very relieved I think when I heard my parents were getting a divorce because I felt like a lot of the pressure, a lot of the – I don't know, just the weight of the house would not be there anymore. I knew my parents were going to be happy, and yeah, me and my brother and sister, we've all done amazing. I don't feel like any of us talk about my parents getting a divorce as something that has negatively affected us. If anything, I think it helped us to be more assure of ourselves and what we wanted in a relationship because we've seen what happens when it doesn't work, and so I think maybe we're a little bit pickier. We don't settle. I think your kids are going to do amazing because you've set a great example so more than okay. Not just okay.

Dr. Kay: Awesome, thank you [01:14:46].

Yashika: Absolutely, well, thank you again for being on. I will continue to follow you, and I wish you lots of blessings and peace and love for you and your family because you definitely deserve it.

Dr. Kay: Thank you so much.

Yashika: Thank you.

Dr. Kay: Thank you for having me.

Yashika: Absolutely.

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Our relationships – regardless of whether it's a relationship with ourselves or our loved ones or even those that we work with - really depends on our thoughts about them. We set expectations of others and then get mad when they don't meet our expectations, our goals, our idea of how this relationships should function. And then we choose to get mad or disappointed.

But we have to remember - adults get to be and choose how they act and how they feel. All adults. And this is everything. Trying to control another adult never works.

If you are in a difficult relationship that just seems to be going nowhere, if you are feeling frustrated, if you just can't make it work – I invite you to set up a free consultation call with me.

Just head on over to [fiercefreesdomawaits.com](https://fiercefreesdomawaits.com). Let's start talking about these relationships. Let's get you to the place that you want to be. Relationships can be amazing. Love can be amazing. It doesn't have to be difficult. Oftentimes our thoughts are dragging us down. Our unrealistic expectations are making things not work the way they should be. And a couple of one-one-one coaching calls really can help bring clarity to the relationship, and love and light that you desire.

Again, head over to [fiercefreesdomawaits.com](https://fiercefreesdomawaits.com), sign up for a free, no-risk consultation call with me. I would love to chat. Let's start talking about it.