Corey Andrew Powell ([00:02](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

Hello everyone. Welcome to another inspiring episode of Motivational Mondays, the podcast, bringing stories and insights to kickstart your week with positivity and purpose. I'm your host, Corey Andrew, and today we have a special guest who is sure to bring a wealth of wisdom to our conversation. Joining us today is Lisa Summerour, a talented author, divorce coach and actress, and we're gonna talk about that in a moment as well. Now, she just released her latest book called Divorce is Not a Destination. This witty, thoughtful, transformative book has already touched many lives, and it's offering a compassionate and practical guide to navigating the emotional challenges of breakups and more specifically divorce. So, Lisa, welcome to Motivational Mondays.

Lisa Summerour ([00:46](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

Hello, Corey. It is, I'm so excited to be here. I'm counting you as my first legit interview.

Corey Andrew Powell ([00:53](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

Oh, well thank you. And listen, before we, before you continue, I'm gonna, as a legit interview host, I'm gonna make a correction and, and say, make sure I say you are Dr. Lisa Summerour.

Lisa Summerour ([01:06](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

I love him, thank you. And it's only until I finish paying off the loans, and then I might drop it. But I'll be hundred nine when that happens.

Corey Andrew Powell ([01:11](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

Yes, yes. Well, you'll be a, well, you'll be a beautiful senior citizen. I'm sure it's not a problem. Um, but thank you so much for being here. And I do want to, you know, 'cause I'm always starstruck by you. And I first learned about you first we're like in the same town. We were both in the same town, and you did a really amazing project, uh, playing the wife of Denzel Washington in the Oscar winning film Philadelphia. And I just wanted just tell you that seeing that happened and having aspirations to be a performer and go out in the world and do things, and you were from our little town, I said, oh my gosh, I can do it. And you were an inspiration to me and you still are. So thank you. I wanna just tell you that before we start.

Lisa Summerour ([01:51](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

Thank you. Well, this is wonderful. 'cause that just shows people how the cycle continues because I was fan raging on him before we got on Air <laugh>. I just adore you. I I do. I so admire everything that you've done and you are uber talented. Like, I love sneaking. I feel like I'm stalking you sometimes and I probably should

Corey Andrew Powell ([02:11](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

<laugh> bring it on. Bring it on.

Lisa Summerour ([02:13](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

You can't see that I'm doing it. Like the singing, the everything, just everything. You're just so polished and so put together and your humor. We text each other one night and had each other cracking up text messages.

Corey Andrew Powell ([02:26](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

Yes. Yeah. We had a lot of fun

Lisa Summerour ([02:29](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

Lit across in a text message.

Corey Andrew Powell ([02:31](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

Yeah. The dms are lit and thank you. I appreciate that. You know what, and I wanna make that, uh, a declaration to people. I do a lot of things and, um, it's okay to do a lot of things people think, you know. Yeah. People will think you should always, oh, well stick one thing and you know, stick with it. But what if I'm good at more than one thing trial?

Lisa Summerour ([02:48](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

How many times have you heard that?

Corey Andrew Powell ([02:50](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>. It's a bad times

Lisa Summerour ([02:50](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

At nine. Yeah. At nine. I had an aunt say I was nine. She said, oh, look at you. You're a jack of all trades, master of none

Corey Andrew Powell ([02:58](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

Awful commentary.

Lisa Summerour ([02:59](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

And at nine, I didn't know what it meant, but it didn't feel right. Like, it didn't feel like it was really a compliment.

Corey Andrew Powell ([03:05](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

Right. Right.

Lisa Summerour ([03:06](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

Now I'm almost 62 and that is still in my head that I still have to go. That doesn't define me. She doesn't, she ain't the she ain't the boss of me.

Corey Andrew Powell ([03:14](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

Okay. But let's talk about you being 62 and gorgeous. I mean, looking 40 honey, looking 40 at least. But you look, you look gorgeous. And, uh, thank you.

Lisa Summerour ([03:25](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

I am Living with Joy. Kiki Young. I don't have to tell you that.

Corey Andrew Powell ([03:29](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

Well, let's talk about that because your book, um, does center back, I think, to finding personal joy and happiness. But before we get into that, that particular component, I do wanna ask you about, you know, the inspiration, you know, behind the book, which I would imagine is from some personal retrospective. Um, but was there a pivotal moment for you that, that, that prompted you to write this book and sparked, you know, this thought to tell the world about how they can kind of overcome breakups and divorce?

Lisa Summerour ([03:59](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

Absolutely. And, and it was, it's almost a series. It's like when you con connect the dots. So the, the first thing was the title came out in a conversation. I was talking to a girlfriend who's a pastor, she's a licensed social worker. And she was telling me about somebody in her congregation who was, was going through a horrible marriage, not even the divorce. And she said to me, I don't wanna tell her to get a divorce. I don't wanna tell her to leave her marriage. And it was horrible. And my, my first thought was, well, why? And it was because she was a pastor and in her particular belief system, you don't get divorced.

Corey Andrew Powell ([04:34](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Lisa Summerour ([04:35](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

And I said to her, you know what? I said, divorce is not a destination. And she said, write that down. And I said, what? She said, what you just said. And what I meant by that, Corey, is no one is five or six or seven in the mirror getting all dressed up in a nice little dress or suit or whatever, saying, I'm gonna wear this when I grow up and get divorced.

Corey Andrew Powell ([04:56](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

Mm-Hmm.

Lisa Summerour ([04:57](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

Nobody does that. Right. And I said, it's not a destination. I don't care how many times you do it. Every time you do it, you think this is it. And whoever that woman was, I said, she didn't plan for this, but for anyone to help her stay stuck in something that is unhealthy for her, that's a disservice to her.

Corey Andrew Powell ([05:16](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

Mm. Wow.

Lisa Summerour ([05:16](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

It's a disservice to her. And so it came from that conversation and then my own life experiences. And I joke that I'm an overachiever, so I've had more than one <laugh>, um, <laugh>.

Corey Andrew Powell ([05:27](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

I mean, are you like in a J-Lo category or just, I

Lisa Summerour ([05:29](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

I think I can do a movie. I can do a movie. I don't wanna Yeah. I can do a movie. I then a few years ago, my best friend from high school who you actually remind me of, um, died just before he turned 50 at his funeral. A bunch of our high school classmates are there now we're 30 some years past graduation. And I was speaking to a woman and I write about Benita in the book. I was speaking to her, just getting caught up and we were talking about her son, you know, know, doing so well and how uh, when he was little they had diagnosed him learning disabled and she wasn't having any of it.

Corey Andrew Powell ([06:02](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

Mm-Hmm.

Lisa Summerour ([06:03](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

She was like, devil's a liar. And she started homeschooling him. She did everything that she could. She took a hundred percent accountability of how her son was gonna be raised. He is fine. College career, everything. And then kind of out of the blue, she said, but Lisa, you know, I've been married a couple of times.

Corey Andrew Powell ([06:21](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

Hmm.

Lisa Summerour ([06:22](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

And when you've had that experience, there's, it is almost like you're in this secret club. And when she said it, it was like she communicated more to me than she even needed to say 'cause I knew exactly where she was coming from. But it was something about the way Benita said it to me that I felt like we can actually have this conversation. And I said, Benita, you know, I was an overachiever in high school. How many? And she said, three. And then I held up a number. <laugh> don't have to buy a book. I'm not telling you the number.

Corey Andrew Powell ([06:52](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

Okay. Yeah. Don't tell the number, don't tell a number.

Lisa Summerour ([06:55](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

And, but, but that sparked us having a conversation. And we laughed and smiled and kind of just like, wow, you get it? And I said to her, um, what do you say to people? Because she was really active in her church, and I had been really active in a few churches. I said, what do you say to people when they have something negative to say about the fact that you've been married this many times? Because it can be hard and people will say things that are

Corey Andrew Powell ([07:17](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

Just, they'll judge you. Yeah.

Lisa Summerour ([07:18](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

Oh, right. Oh my gosh.

Corey Andrew Powell ([07:20](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

Sure.

Lisa Summerour ([07:21](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

She said, oh, she said, I just say I'm the marrying kind. And I was like, oh my gosh. And it was like, I could throw my brain shifts. <laugh>

Corey Andrew Powell ([07:31](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

<laugh>. Right. That completely changed the narrative to no, I'm not the data round kind of person. I, when I know, I know. And I wanna offic officialize.

Lisa Summerour ([07:38](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

I'm the kind that people want to marry, not fool around with. And it, and, and it doesn't matter what you think about that, what matters is what it can do for your mind, for your psyche, for your spirit, when you realize that there was something desirable in that and make it what you need to make it so that you feel good about yourself. Because the whole point of this for me was I did not want one more person walking around feeling less than feeling like something was just intrinsically wrong with them because a relationship didn't work out.

Corey Andrew Powell ([08:09](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

Right. Right. Because they, we often internalize that and we associate it with some sort of like, defect in us, a failure in us. Right. And, you know, on that same note, I just think that in general, I mean, marriage is just another form of relationships. But in general, sometimes we all don't know when to separate from a bad situation that is no longer feeding us.

Lisa Summerour ([08:37](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

Yeah.

Corey Andrew Powell ([08:38](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

Positively. Right. And I think, um, a lot of us, no matter what it's could be friendship, could be a job, could be, you know, all these different marriages.

Lisa Summerour ([08:48](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Corey Andrew Powell ([08:48](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

People stick around no longer than they should. And why do you think, why do you think that is? Is it a complacency, is it a comfort? Like what drives that willingness to stay unhappy

Lisa Summerour ([08:56](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

To stay? I, I think depending on how long it's gone on. So I think initially it's, I can fix this, you know, this is temporary. You know, we've all been in that relationship where I, you know, I have clients look back when they get to a place where they, they're comfortable and feel safe enough to look back. And then I can go, when do you think now you started seeing the signs? Because the first couple of times it doesn't really, it might because it's not something that's so overt. I tell people, if you're in an emotionally or even a physically abusive relationship, it did not start that first dinner. Chances are, it wasn't like you ordered something and they yelled and screamed at you or reached across the table and hit you.

Corey Andrew Powell ([09:35](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

Right.

Lisa Summerour ([09:35](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

And so when it's that type of thing, abuse is something that is typically people are groomed into it and it happens so slowly that you don't realize you're in it.

Corey Andrew Powell ([09:44](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

Mm-Hmm.

Lisa Summerour ([09:44](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

Now I like to tell people, look at those same character traits with the people that you work with. Or if it's happening at work, look at those character traits and the person you're dealing with in a relationship because the character traits look the same. We may, we may experience them differently. We may think they're different, but they're the same.

Corey Andrew Powell ([10:01](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Lisa Summerour ([10:02](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

But I think we stay in them initially because we think it's going to get better. We think we can love them into changing. We think we can do better work and be more productive, and our supervisor won't be like this with us. And then there's that thing where I think some folks go, oh, but I've invested so much time.

Corey Andrew Powell ([10:20](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

Hmm.

Lisa Summerour ([10:21](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

How many people, we may have said it to ourselves, but you've probably heard a friend say, I've already put six years into this relationship. I've been with them for nine years. I'm not just gonna, I've wasted all these years and now what am I gonna do? And we have this sense of, and I, I have been there for, for different reasons. And I talk about one of them in the book where it's like, well, I can't, he can't leave me now. We have to get married because of blah, blah, blah, blah.

Corey Andrew Powell ([10:45](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

Right, right.

Lisa Summerour ([10:46](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

And I look back now, oh my gosh. Yeah. Now it's like, honey, he was not supposed to be your husband.

Corey Andrew Powell ([10:52](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

<laugh>. Right. Yeah. I mean, sometimes we realize in relationships that we wanted so badly and that can also still be friends and social groups, anything, again, relationship focused. We have often not been honest about the fact that they were probably not really good for us to begin with.

Lisa Summerour ([11:09](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

From the beginning.

Corey Andrew Powell ([11:09](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

Right. We're in love with the idea of love and friendship.

Lisa Summerour ([11:12](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

Yeah.

Corey Andrew Powell ([11:12](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

Right.

Lisa Summerour ([11:13](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

It felt good. Whatever it was, it felt good. Or in your mind it was good. You have the, we can create this fantasy in our mind and then we just need the person to plug in <laugh>.

Corey Andrew Powell ([11:24](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Lisa Summerour ([11:24](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

And it's like, no, you don't just plug one in. You need to have someone, first of all, they need to be bringing joy to the party.

Corey Andrew Powell ([11:31](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

Yeah.

Lisa Summerour ([11:32](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

Right. So if you're finding you're with people who just seem to be miserable, um, unhappy, and you think it's your job to make them happy, my mother said to me one time, I didn't raise a circus clown. And I was like, huh, it is not your job to make someone be happy.

Corey Andrew Powell ([11:48](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

Mm.

Lisa Summerour ([11:49](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

They need to bring happy.

Corey Andrew Powell ([11:50](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

Hey mom.

Lisa Summerour ([11:51](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

To the occasion. I know she was Dr. Phil way before Dr. <laugh>

Corey Andrew Powell ([11:55](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

<laugh>. Well, you know, it's, I, I gotta tell you too, going back to your book itself, I wanna just, you, for some reason, when you mentioned your mom in that context, I thought of like the book where you discu you discuss being four years old and like your first recollection of like, what trying to, trying to process what divorce would be.

Lisa Summerour ([12:12](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

Oh my gosh.

Corey Andrew Powell ([12:13](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

And I must tell you that I was so, um, you paint such a visual. This is me giving you process as a writer now, because.

Lisa Summerour ([12:21](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

Thank you.

Corey Andrew Powell ([12:21](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

You painted such a visual in that opening with, well, first of all, when you said fried apples, I said, she's from Virginia. I know it. And then as I read, I saw Maryland close enough. <laugh>.

Lisa Summerour ([12:32](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

Isn't that something?

Corey Andrew Powell ([12:33](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

Because that's, that's my whole world. Fried apples, homemade rolls.

Lisa Summerour ([12:35](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

Have we been following each other. Are are we related?

Corey Andrew Powell ([12:38](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

We could be cousins. I don't know because I said fried apples. That's very specific. But, um, I just thought, I thought, you know, you painted a really interesting, uh, portrait about the history surrounding race, surrounding geography in conjunction with relationships. So I just wanna also just, you know, give you a, a, a shout out for the, the way in which you shaped that, that narrative. It's really quite beautiful. I I, I could see it as you talked about it.

Lisa Summerour ([13:04](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

Oh, wow.

Corey Andrew Powell ([13:05](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

Um, but having said that, you know, your mom strikes me as a very strong woman. And just recently, you know, you were telling me some stuff about, you know, we were saying how glad we're to still have our moms in our lives. Yeah. Yeah. But how did she prepare you as a kid facing a divorce of a family in a family like that? Like how did she help you through that?

Lisa Summerour ([13:24](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

Yeah. And and my mother was young. My, my parents were teenage, uh, parents. Um, and I tell people, getting pregnant pregnant and having a child doesn't mature you.

Corey Andrew Powell ([13:34](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

Mm-Hmm.

Lisa Summerour ([13:35](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

Faster. It doesn't.

Corey Andrew Powell ([13:36](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

Right. It might make it worse.

Lisa Summerour ([13:37](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

Right. It gives you more responsibility. But the, that, that responsibility maturity are not the same thing.

Corey Andrew Powell ([13:42](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Lisa Summerour ([13:43](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

Um, so they were married. She was married with two children, um, before she graduated high school. So the fact that she graduated high school is a miracle. But my grandfather, her father was one of those people who just had an abundance of what I call just common sense. Just good sense. And his thing was, the child is here now we have a baby to raise, we don't have time to worry about sin.

Corey Andrew Powell ([14:04](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

Right. <laugh>.

Lisa Summerour ([14:05](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

He said, and this doesn't have anything to do with you not finishing school. So that part really wasn't an option. Now, from the other side, her mother was like, well, they're gonna get married.

Corey Andrew Powell ([14:14](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Lisa Summerour ([14:14](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

So, you know, we still had that, but we're talking about the sixties. And I and I talk about that in the book, that we cannot judge parents and aunts and uncles and grand, we can't judge people about decisions they made in a time, in a time when things were so different than what we are experiencing now. That we really don't have an understanding of what their options were.

Corey Andrew Powell ([14:34](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

Right. Yeah. 'cause it was

Lisa Summerour ([14:35](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

A completely different thing.

Corey Andrew Powell ([14:36](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Lisa Summerour ([14:37](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

Um, what I got from my mom, what was so powerful that, that I didn't realize until I started getting older. My mother did not say anything bad about my biological father. Now they separated. She met my stepdad who raised us. They got married when I was nine. And my father always knew where we were, how to find us. She always took us back to Rockville, Maryland, even with my dad, my stepdad who raised us. I have to quantify names because people get confused. 'cause I just called them dad <laugh>, you know? So I have to go with my stepdad. I don't normally do the step thing 'cause we we're so far beyond that. But he came and met my bio dad's father and my great-grandmother on that side. And he would come to that family's family reunions. And if we showed up without him, my dad, Billy's family would be like, where is Perry if he couldn't make it. So my mother, my mother was, is one of those people who did not believe that there needed to be all this animosity. She also didn't use us as pawns. She didn't use us as, um, as pawns in their relationship.

Corey Andrew Powell ([15:44](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Lisa Summerour ([15:44](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

We maintained a healthy, wonderful relationship with his family. Um, Rockville Maryland was where, what I called my family home because that's where I knew we had been from. Right?

Corey Andrew Powell ([15:55](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Lisa Summerour ([15:57](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

And she did that, uh, she did that by not speaking poorly of him. She did that by not allowing other people to speak poorly of him around us.

Corey Andrew Powell ([16:06](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

Right.

Lisa Summerour ([16:06](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

So I didn't grow up hearing all these negative. Now look, my bio dad was, was a caricature <laugh>. There were many things that she could have said, but what she told me when I was a teenager was, she said, you, your father and I were kids when we got pregnant with you. She said, and you leave room for people to change and change and grow. She said, so the person that I was with then is, you need to leave room for him to be a different person with you now.

Corey Andrew Powell ([16:33](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Lisa Summerour ([16:34](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

So you learn him and meet him and get to know him on your terms as a young adult. As an adult. And so I'm, I'm happy to say that I was with him when he died. I went to rock. I went to Baltimore and was in the hospice, living in the hospice with him <laugh> for like a week and a half until he passed. And there was, it's interesting, there were still family members who felt some, well, he didn't raise you. He wasn't there when he could have done more. And I said, that has nothing to do with one. I don't get here without him.

Corey Andrew Powell ([17:04](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

Right. So there's a thankfulness that he is biologically how you arrived,

Lisa Summerour ([17:08](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

<laugh>, if you can't appreciate anything, I couldn't get here without him. I said, and two, the parents who raised me, this is how they raised me. So I'm going to be here because he deserves to have that. And, and eight months before that I was with my stepdad when he died.

Corey Andrew Powell ([17:25](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

Well, let me ask you, when it comes to that decision, there's a couple things going on there that we talk about a lot, uh, in these conversations. One is, and I went through something very similar, which we can talk offline eventually with my father, which is another similarity between us. But I made a choice to be happy and I made a choice to forgive, but it wasn't for him. It was for me.

Lisa Summerour ([17:47](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>. Right.

Corey Andrew Powell ([17:48](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

Because I was carrying a lot of resentment. And the minute I let that go, life got better. And he and I had a relationship. So in your case, because your mom had not badmouthed him, did you find that it was a, a forgiveness thing for you? Or you really had nothing to forgive him for because he hadn't done anything bad other than not be there? How did you, how did you process that?

Lisa Summerour ([18:06](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

As I got older, I learned more. You know, you get <laugh>, you get older and things come out because you're old enough to hear them. Um, but I had a relationship with him, but at this point I could see him, you know, and it's like, oh, okay. <laugh>.

Corey Andrew Powell ([18:20](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Lisa Summerour ([18:21](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

Okay. So I could joke with my mom and, you know, be like, I'm getting ready to call your ex-husband, and she'd be like, you being your father. And I'd be like, him too <laugh>.

Corey Andrew Powell ([18:29](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

You know, and you

Lisa Summerour ([18:30](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

Can make those jokes. But it, it's, it's back to that. It's not for me to judge that.

Corey Andrew Powell ([18:35](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>. Yeah.

Lisa Summerour ([18:36](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

They did the best they could at the time.

Corey Andrew Powell ([18:39](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

Right, right.

Lisa Summerour ([18:40](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

She made the healthiest decision she could make for us. I am so thankful that she did what she did. And my dad thanked my stepfather at one point.

Corey Andrew Powell ([18:49](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Lisa Summerour ([18:50](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

They were all together at a mutual friends when my family was visiting back east, and he thanked him for raising his daughters, you know?

Corey Andrew Powell ([18:57](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

Yeah. Yeah.

Lisa Summerour ([18:57](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

And so it, it just, it just didn't, it wasn't allowed to build up in me that I was gonna have that kind of animosity. I have, I've had, before he passed, I had really difficult conversations with my dad, um, because he was that kind of personality type that it was me, me, me, me, me. Um, but I also learned, I still have his things here from when he passed that I cleaned out his apartment and I told people, you can continue to learn from them and about them even after they're gone.

Corey Andrew Powell ([19:26](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

Mm. Yeah.

Lisa Summerour ([19:27](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

I still see a lot of myself in him, even though he didn't raise me. Right.

Corey Andrew Powell ([19:31](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Lisa Summerour ([19:32](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

And so there's, there's that. He was an avid reader. He loved to write.

Corey Andrew Powell ([19:37](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

Yeah. Yeah. Well, so, you know, and I think, um, what's really important too, a big message there is it's universal. It's a message to people who are in, I don't wanna use the term broken families, but people who are in families that are separated.

Lisa Summerour ([19:53](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Corey Andrew Powell ([19:53](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

And the adults in the room having the right mind to say, let's not impact the children negatively.

Lisa Summerour ([20:01](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

Yes!

Corey Andrew Powell ([20:01](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

Because there's a lot of young, even college age people having children. Maybe they're not married, maybe the man's not acting right. Maybe the woman's not acting right. They have a kid, this is a prime example of a grownups not behaving badly.

Lisa Summerour ([20:18](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

Right.

Corey Andrew Powell ([20:18](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

And saying, you know, we have a responsibility to, you know, to have a kid and to not mess this kid up with our mess.

Lisa Summerour ([20:23](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

Yeah. We can do better.

Corey Andrew Powell ([20:24](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

Better to be commended. Right?

Lisa Summerour ([20:26](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

Yeah.

Corey Andrew Powell ([20:26](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

Right.

Lisa Summerour ([20:27](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

Because there will be problems. You don't have to be the one creating them.

Corey Andrew Powell ([20:31](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

Mm-Hmm.

Lisa Summerour ([20:31](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

Times are going to be difficult. You don't have to be the one creating them. And, and the more we rationalize that bad behavior, well he don't deserve or she doesn't deserve to see them because, and it's like, okay, let's, let's drop the deserve. And is it, is it possible?

Corey Andrew Powell ([20:48](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Lisa Summerour ([20:48](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

Is it possible that you could make their child available to them? Because my mother never told my father he couldn't see us. Matter of fact, one year she let me and my, he went up, me and my sister to come visit him in North Carolina. We were living in Wisconsin and she packed us up and we spent the Christmas holiday, like two weeks with my biological dad, our biological dad in North Carolina, Wilson, north Kaki Laki, as he used to say, <laugh>. And we come back home and my dad, my stepdad said, oh gosh. He said, your mom was a nervous wreck. My parents did not have, um, a court. There was no court, there was no child support.

Corey Andrew Powell ([21:25](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

None of that. They worked it all out on their own. See, that's accountability. Well. Right

Lisa Summerour ([21:28](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

That's she, my mother at the time, when I asked her about it, she said, because I didn't want to have to <laugh>. She said, I didn't wanna have to let him come get you. So it was there, and he was kind of, he was kind of was that papa was a rolling stone.

Corey Andrew Powell ([21:42](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Lisa Summerour ([21:43](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

It was kind of, but the, when, if he had asked, she would've made us available. He wasn't always available.

Corey Andrew Powell ([21:49](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Lisa Summerour ([21:49](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

And what years where we didn't really know where he was, but we were always in touch with his mother, his grandmother. Right. So they always knew where we were. But for that two weeks, it was hysterical. We had the driest Christmas tree in the history of the world, <laugh>, my, my dad, my stepdad said, your mom was not taking this tree down until you came home. <laugh>, it was so dry to when we walked through our foyer to pine needles, you could hear 'em hitting the wood floor.

Corey Andrew Powell ([22:13](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

Right. You could still, you were like still vacuuming them up, like, like five

Lisa Summerour ([22:16](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

Pine needles,

Corey Andrew Powell ([22:17](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

10 years

Lisa Summerour ([22:18](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

Brown tree by the time we got home. But we stayed with him for two weeks. And she said, you know, she said, I think every parent, when that happens, worries that the kids aren't gonna wanna come back.

Corey Andrew Powell ([22:28](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

Mm.

Lisa Summerour ([22:29](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

You know that it's gonna be so good wherever they, and it never occurred to us that we would not come back. You know, we had a good time, but we were like, no, we, we would coming back. But it, it.

Corey Andrew Powell ([22:39](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

That shows you too, how the, how your mindset as a child is so different than the grownups. Right. They're in a, they're in a whole whole other mindset when this is happening and the kids don't even have any idea. You just looking at what's, what is the toy and the tree? That's all. I mean, Santa Claus, that's what I know. Right.

Lisa Summerour ([22:53](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

I remembering, I smell chitlins cooking for the first time.

Corey Andrew Powell ([22:57](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

Girl

Lisa Summerour ([22:58](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

<laugh>, you know,

Corey Andrew Powell ([23:00](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

I Cant

Lisa Summerour ([23:00](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

It was a lot of dirt roads down there. It was dusty.

Corey Andrew Powell ([23:05](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

Yeah. Well, we're from this. That's what I'm saying. Like when I, when I was reading your book and you paint those pictures, you know, and back in the there, I mean, we are literally in the woods in those areas of Maryland,

Lisa Summerour ([23:12](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

Literally in the woods

Corey Andrew Powell ([23:13](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

Eastern shore. We were all the eastern shore of Del Marva. And so Yeah. Chitlins. And that's not something I will ever touch again in my life. But, um, but that's what I wanna say is a, is a component of your book, is personal accountability. And I think what you just shared is a prime, you know, example of that. And, and, and personal accountability. Another interesting point in your book you talk about that I learned from another guest I had on that was so interesting. I had not thought about ancestral patterns. And she de she talked about it as ancestral trauma, but ancestral patterns too. Like, you know, the influence of things, doing things that our parents did or doing things that past generations did over and over and over again. Like what are your thoughts on, you kind of tapped into it a little bit about not judging the past based on our parents' choices, but also we know we can get trapped in our parents' choices of the past. So how do you balance that?

Lisa Summerour ([24:08](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

I'm looking for one of the people who wrote in here, I love, she illustrates how family and ancestral patterns contribute to the complicated dynamics of our relationship.

Corey Andrew Powell ([24:17](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Lisa Summerour ([24:18](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

I didn't even think of it in those terms. That was somebody who did a testimony after reading.

Corey Andrew Powell ([24:22](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

Yes. I was

Lisa Summerour ([24:23](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

Like, oh, I wish I had thought of those words

Corey Andrew Powell ([24:24](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

Because that's what you get from a lot of the writing. You know, you see like, almost like this, we're bringing forward things from the past that we're not even necessarily conscious.

Lisa Summerour ([24:32](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

We're not Yeah. Yeah. And so one of the things, it, it is a, it is a, it's a workbook, it is part, it's personal, but I really wanted this to be about the person reading it, doing the work on and for themselves.

Corey Andrew Powell ([24:51](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Lisa Summerour ([24:52](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

It's not about blaming, it's not about pointing fingers. It's about it. This book is for the person who says, I am ready to work on me and I'm gonna be good at it and glad about it because that is the only way I feel that you're gonna find that joy. And that part where I have, I use myself as an example. So I look at my family history and go, what, what does divorce look like in my family? And I gotta tell you, Corey, when I started that list and the names kept coming,

Corey Andrew Powell ([25:20](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

<laugh>,

Lisa Summerour ([25:21](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

Oh, oh, we, um, this, this might be another page. Whoa, I need to make the box smaller.

Corey Andrew Powell ([25:26](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

Mm. <laugh>.

Lisa Summerour ([25:28](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

And, and folks, what I'm talking about, I actually count the number of divorces that I can remember knowing happened that have happened in my family.

Corey Andrew Powell ([25:35](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

Mm.

Lisa Summerour ([25:36](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

And it's a lot of divorces. And some people would say, oh, it's a generational curse. Call it whatever you wanna call it. This is part of my family's history. It's part of my family dynamic.

Corey Andrew Powell ([25:48](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Lisa Summerour ([25:49](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

And what stood out for me was with all of those divorces, I don't ever really remember us having conversations about divorce.

Corey Andrew Powell ([25:57](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

Right? Sure. Yeah. And, and I think that's important too. That's a missing component. It almost reminds me of financial literacy. Another conversation that very often, especially people, minorities, people who look like us don't really have those conversations. Um, and that's an important one because you don't know how to really process it. And if we talked about it, we know, hey, sometimes things just don't work out.

Lisa Summerour ([26:20](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

Right. Be simple and you decide what, what emotion are you gonna attach to that? Does it ha does somebody have to be a bad guy and a good guy? Is there a winner and a loser or can we just say we, because my thing is somewhere in here for most of these relationships, there was some love that kicked it off. There was some admiration and for us to get to the end of it, and we can't find a, a little piece of that. And I, I have a friend of mine who's a family attorney, he does a lot of divorces. And I heard him on the phone with a client one day and he said to them, but you started off in love with this person. You can't let it go where you're trying to take it.

Corey Andrew Powell ([27:01](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Lisa Summerour ([27:01](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

It's not healthy for anybody. And I was like, this is the kind of lawyering we need more of when we're dealing with these divorces and these relationships breaking up somebody that can come in and go, but wait a minute, what kind of legacy are you trying to leave here?

Corey Andrew Powell ([27:14](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Lisa Summerour ([27:15](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

Because you get to decide. And so for me that going back to being four years old and knowing that, that was my first experience with divorce, to give people that I wanted adults to be able to, one, process that reality for themselves if they had a similar situation, but I also wanted them to be able to process it. If they have children right now.

Corey Andrew Powell ([27:35](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Lisa Summerour ([27:36](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

And go, your child may not understand and they may not be able to verbalize, but trust and believe they're going through this experience with you. And you need to be mindful of the behavior that you're modeling. Because they could be modeling what recovery looks like, what rejuvenation looks like, what joy looks like, what overcoming trials and the drama, the trauma or whatever. They could be modeling all of that. Or they could be modeling being just eternally devastated.

Corey Andrew Powell ([28:04](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>. And we're setting the tone. We have to set the tone.

Lisa Summerour ([28:08](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

That's right. And now your child is saying, oh, so if I ever lose somebody I love, I'm supposed to just be irreparably hurt. The, the reason I use the term heartache instead of heartbreak, um, a path to rebuilding confidence, overcoming heartache is 'cause I'm trying to not use heartbreak. I, I wrote a meme and I said, I really think your heart is supposed to ache when you lose somebody you loved. It's part of that grieving process. I believe a broken heart, a heart that's actually broken doesn't feel anything.

Corey Andrew Powell ([28:43](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

Hmm. Wow.

Lisa Summerour ([28:44](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

It doesn't feel anything. And it's almost like that conversation with Benita, it was just like, hmm. Reframe that thought process. If you're hurting, hurt. Right.

Corey Andrew Powell ([28:54](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

Allow yourself to Right, right.

Lisa Summerour ([28:56](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

Allow yourself to feel all of that pain. And the anger and I talk about the chapter two goes into the loss cycle. And those are the stages of the loss cycle. And very often, your friends, people who care about you wanna rush you through it. Oh, I don't want you to feel bad. I don't want you to be depressed. Tell 'em to give you time to be whatever it is you need to be.

Corey Andrew Powell ([29:14](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Lisa Summerour ([29:14](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

So that you can go through it and not be stuck, buried in it.

Corey Andrew Powell ([29:18](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

I love that advice, Lisa. Um, very important advice. I know personally, I just went through a great deal of family loss and, uh, my mom, it was, you know, for her it was two siblings and a father all within like 11 months.

Lisa Summerour ([29:29](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

Oh, I'm sorry.

Corey Andrew Powell ([29:30](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

Thank you. Thank you. Yeah. It was a, it was a lot. And um, but I came in like a steamroll. 'cause I wanted my mom to sort of get back on track and.

Lisa Summerour ([29:39](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Corey Andrew Powell ([29:39](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

You know, she had been a caregiver for 20 years. I'm like, now it was your turn mom. But you know, it was so fresh that all the, the grieving and I think I was, to your point, I, I came in like a wrecking ball trying to push her back to get out and go out in the world. And she just wasn't ready. And you know, you have to allow people to feel what they need to feel and to go through their own grieving process. And, and I will tell you that's a great segue for me to bring you to something that you should talk about in your book as well. I realize we're coming to the end of our time together here. Um, you talk about the act, well you have an acronym act AACT.

Lisa Summerour ([30:15](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

Yes.

Corey Andrew Powell ([30:16](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

Act in Enjoy. So we can actually pivot to that because joy is the feeling we wanna leave

Lisa Summerour ([30:21](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

Everyone with. That is the, we wanna, we wanna motivate them on Monday with some joy.

Corey Andrew Powell ([30:24](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

Yes, So joy, so act and joy. Yes. Tell,

Lisa Summerour ([30:27](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

Tell me about that. That's the framework that I use for coaching. It's the framework that the book, book is built on. So if you take, if you, when you get the book, you'll kind of go through a coaching thing. Um, and it's accountability, alignment, communication and trust, accountability, alignment, communication and trust. And I really believe whether it's for work, um, a personal or professional, um, situations that you're dealing with, if you can get yourself to slow down and go, what is it that I can take accountability for? 'cause I don't think you can take accountability for something that's not yours. So I tell people, play the game. See how much of this I can be responsible for. Because if it's not yours, you won't be able to take responsibility.

Corey Andrew Powell ([31:05](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

Right, right.

Lisa Summerour ([31:06](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

But it, it prevents you from initially putting it all on someone else. There's nothing I can do about it or it wasn't my fault. Um, it doesn't have to be your fault for it to be your responsibility.

Corey Andrew Powell ([31:18](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

Mm. I love that.

Lisa Summerour ([31:18](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

And if you own that responsibility, I believe it's the step to empowerment. The next one is alignment. Get in alignment with what's important to you. So first you need to figure out what is important to you. What do you value? Because if you say you value peace and calm and living in grace and ease and you're doing things that are counterproductive to that happening, you have to check yourself.

Corey Andrew Powell ([31:39](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

Mm-Hmm.

Lisa Summerour ([31:40](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

Right. So you got your accountability, you're gonna be in alignment with what's important to you. And then the communication and people always go, yeah. 'cause but I want you to start with yourself. 'cause I believe we lie to ourselves first and then we embody the lie to convince other people that we, they should believe our lie.

Corey Andrew Powell ([31:57](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

Come on now. Yes, ma'am.

Lisa Summerour ([31:59](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

Right. And, and it's with little things. If you say, oh, Dr. Lisa, how are you doing today? And I go, Corey, I am doing great. And I know I'm having a horrible day. Even that, that little bit of lie, the rest of the time we're together. What do I have to do? I have to pretend I'm okay.

Corey Andrew Powell ([32:14](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

Right. And you're hurting. And maybe that's and I'm hurting. Yeah. Yeah.

Lisa Summerour ([32:18](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

So I'm embodying the lie that I just told you because that was easier than being a little vulnerable and saying, you don't, you don't have to give all your information to be vulnerable. It's just a simple, Corey, this is not a good day for me. Or I'm not ha this, I'm having a bad couple of moments right now. I need a, and for people at work, if you're in school, to be able to be that honest and say, you know what? I think I'm gonna need a little support today because I'm really not myself.

Corey Andrew Powell ([32:42](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

Hmm.

Lisa Summerour ([32:42](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

And to be able to communicate that and then trust. I think when you really can do those things, when you can do accountability, can you get in alignment, can communicate, you will develop more trust in yourself.

Corey Andrew Powell ([32:53](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Lisa Summerour ([32:54](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

But you gotta trust yourself first. 'cause I hear people saying, I'm never gonna trust anybody. I'm the only person I can trust. And I'll challenge them and go, that's not really trusting, trusting is believing that no matter what happens, I'm gonna be equipped to deal with it. So I don't have to put myself in this box where I'm the only human I can trust.

Corey Andrew Powell ([33:14](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Lisa Summerour ([33:15](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

Or you do that with your kids. It's you and me against the world. We don't need anybody else. And you create that mindset in that child that they can't trust outside of themselves. And when you can't trust outside of yourselves, you really aren't trusting yourself because you're not even testing your ability to trust. So it's, it is, it's a misnomer and it's, it's just counterproductive. So the act in joy and you do all of that in joy, 'cause it, the, the word will tell you, you can do everything with joy. You can be, have a bad day and still have joy.

Corey Andrew Powell ([33:47](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

I love it. Words of wisdom from Lisa Summerour, talented author, coach, remarkable human being, and just a lovely person. I'm so happy I finally got to have the conversation with.

Lisa Summerour ([33:58](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

Thank you so much.

Corey Andrew Powell ([33:58](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

So yeah, we'll have to definitely keep this going, you know, in the dms. But <laugh> in the meantime,

Lisa Summerour ([34:04](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

Absolutely.

Corey Andrew Powell ([34:04](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

Thank you for being a guest today on Motivational Mondays,

Lisa Summerour ([34:06](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

Thank you so much.

Corey Andrew Powell ([34:18](https://www.temi.com/editor/t/A-_29t0R4H8zFwavfoLF5QyWnq3n6s2fMk6rr9Mk-UGXom009NhSJnvMcl1yGyo6_aVas3IvL4Gy4JfoDB36b9WeboM?loadFrom=DocumentDeeplink)):

Thank you for listening to Motivational Mondays, presented by the National Society of Leadership and Success and available wherever you listen to your favorite podcast. I'm Corey Andrew Powell, and I'll see you again here next week.