

Rebellious Wellness ^{over} 50

The Subtle Power of Shame And How To Kick It To The Curb



Ep 24: The Subtle Power of Shame
And How To Kick It To The Curb
with Dee Woolridge

Gregory Anne

This is the Rebellious Wellness Over 50 podcast, for women over 50 who aren't done yet. You may have seen the worst of aging and are hoping there's a better way. There is and I'm going to show you how in interviews, book reviews, rants and stories. Each week, I'm going to bring you the latest science-based info on how to age better. I'm Gregory Anne Cox, and I believe it's time to bust the myth that aging equals decline in every area of life.

Gregory Anne

It pisses me off and it's B.S.. Look, aging happens, but it doesn't have to ruin your life. You just need to get a little rebellious in your approach.

Gregory Anne

Welcome back, everybody. Thank you so much for joining me for another episode of rebellious wellness over 50 for women who aren't done yet and want some rebellious ways to age better today. My guest is Dee Wooldridge. I'm super excited to have her. And we are going to be talking about shame, why we hide and how to move through it.

Gregory Anne

And if you think perhaps that shame is for younger people, guess what? It shows up in subtle little ways. We're going to discuss those, too, so that you can be aware if you feel like something's off in your life, perhaps it's something that you're carrying with you that you no longer have to carry. Dee, welcome, thank you for being here.

Dee Wooldrige

Thank you, Gregory. And it's great to be here talking about shame.

Gregory Anne

Who knew, two people happy to talk about shame

Dee Wooldrige

Or help or helpers, helpers and healers.

Gregory Anne

So, I want to tell listeners a little bit about you, your background. Aside from being a specialist in effective communication, the success, mindset and resilience Dee is also a best-selling author, writer of numerous self-help books, two training and development companies. And one of those helps young adults on the autism spectrum. Surprisingly, Dee doesn't look old enough, but she had a 30-year US Navy career covering three wars and she was a leader at the executive officer level, a military consultant for Hollywood and the ninth of 13 children, my goodness, survivor of breast cancer and the parents of a daughter with autism.

Gregory Anne

And you're married to a Marine, (inaudible)

Dee Wooldrige

Say it again.

Gregory Anne

There's a little competition between the career Marine and the Navy vet or...

Dee Wooldrige

Oh, oh, there certainly used to be. We're both retired now, so we just lift our coffee cups and go, "yeah, go do that push up. (Laughter)

Gregory Anne

I love it. So, tell me, tell the listeners how you came to be an expert in shame and you're also an intuitive and you have all these qualities and characteristics, but why this particular platform right now in your life?

Dee Wooldrige

It wasn't something that I planned. It was a path that I was pulled in and I surrender to. There was a time when I was thinking about retiring because I was doing all of this work on this on the side, you know, when I was in in uniform. That so I had the secret life on the on the side where I would if I would travel someplace, I would look for a metaphysical bookstore.

Dee Wooldrige

So, I'd go and be with my people. So, because when you looked at me, you thought my people were the other folks in uniform, but my people were the woo woos. So, I was like, hey, is, does this town have a metaphysical bookstore? You know, the place that sells crystals and has classes on how to use a pendulum? So, I would find that. And that's where I felt most at home.

Dee Wooldrige

I had that interest probably all of my life, but I just suppressed it until my daughter was born and I needed those skills. My daughter was born at 24 weeks or so, and I had already sought out my people and they would come to the hospital and help me and show me how to use my hands to send her energy, which I found out later was Reiki, and then they attuned me to it. So, it just evolved from there.

Dee Wooldrige

When I was at this, one of the places I was at in Tampa, they had this great metaphysical community and they also had a, I started going to open mics where I would listen to, like, the really interesting people tell their story. So, I started writing and I wrote this really heartfelt talk about whether I should stay in the military or I should really follow my heart and my path because I was in such conflict between the two. If you think about military, it's very regimented. You don't really talk about your feelings, you get the job done, you don't ask questions, you just do it, and the metaphysical world is very different. You ask everything and you, you're like, why is the universe like this? How do we do these things?

Dee Wooldrige

So, I was struggling with that. My answer was “follow what feels right, follow what feels right”, so I told my husband I was like, “I'm retiring now”. And he didn't, he was like, what do you mean you retiring now? You could do another 10 years. I was just like, I'm just tired of that. I want to go. So, I ended up doing a few more years, but I actually was not really present.

Dee Wooldrige

You know, I was just looking forward to my life outside of the military because I had already opened a center where people would come for meditation, to learn meditation, to learn all the things. And I would do classes every Sunday, I remember just running. It was the two jobs, just getting there after work in my uniform. So, I was there was like, hold on. I had it, you know, had a client. I had been through hypnotherapy school, already had hypnotherapy clients and would change in the bathroom at my center, you know, or get or just take my blouse off.

Dee Wooldrige

That's what we call the top part of our uniform.

I would just take my blouse off and have my T-shirt and my camouflage pants and do a hypnotherapy session. So, when I finally retired, I was elated.

Dee Wooldrige

It was like, I have one job now, I'm a healer. And anyway, that's the story of how I came to be at this point, it was just. I don't remember this one specific time when I didn't feel attracted to the things that people call, woo woo. I was just born that way.

Gregory Anne

Yeah, I think we share that. I have, my family was pretty much methodical and there were lawyers, there was a judge, my mother worked, and although she died when I was 20, so I didn't get to know her really, as for me, as an adult, but she was starting to study astrology.

Dee Wooldrige

Mom too!

Gregory Anne

I'm sure she didn't tell my grandfather, the judge. And she said she did it because she had a brain, like crazy smart, and she liked the numbers.. But I think she really was just kind of going woo.

Gregory Anne

And it turns out my my aunt, her sister, who's now 89, recently told me that their grandmother so my great grandmother, used to read tea leaves. So even though I was getting a lot of, like, shame for doing, woo like, (in audible)

Gregory Anne

So, I totally understand and want to you know, I could see your energy when you said “and the day that I finally got out of the military”, like your whole energy shifted and I could see it.

Dee Wooldrige

AHH!

Gregory Anne

That feeling of a weight lifted.

Dee Wooldrige

You know what?

Gregory Anne

No more box you got to be. Never mind you didn't have two jobs, you've got to be the full person.

Dee Wooldrige

I did.

Dee Wooldrige

And I remember at my retirement because I wore my navy blue uniform, which is a really beautiful uniform underneath it is a white shirt. And you have this little black tie and then you have your, you're supposed to wear your little eyelets on your shirt in case you take off your jacket.

Dee Wooldrige

Oh, I didn't have my shirt on under here. You know, the thing that has your rank on it, I didn't have it on. So, I never because I, I remember getting because I had a party at my house and I took my jacket off and my C.O. was there, my commanding officer was there and I was just like, I'm retired. I don't have the jacket. But that was a like a symbol of I wasn't complete there.

Dee Wooldrige

It wasn't complete. You know, nobody could see it because I had my the blue jacket on over it. But underneath, something was missing, yeah. And now. And now I'm my complete self, I love my life, I love what I do as a healer. When I tell people that they go,

"you know, what do you do?" If I say I'm a healer to the people that are in the metaphysical world, they get it. They'll just ask what modality? Yes. But if I say, you know, to to my military people, I'm a healer, they're like "are you a doctor?" I'm like, no, definitely not a doctor. So, I just say I'm a clinical hypnotherapist, coach and counselor. You know, I'll just say that. But all of that is, you know, even you, Gregory Anne, what you're doing if you're helping women change their life in some way for the better, you're a healer.

Gregory Anne

Absolutely. Yeah. And I've always been told that. I've had Human Design reading all the different kinds of readings.

Dee Wooldrige

Don't you love Human Design? I love it so much.

Gregory Anne

Yeah. They all have said, you know, you're a natural healer or natural teacher or this and that and.

Dee Wooldrige

Yeah,

Gregory Anne

And that feels good to me to do that. Yeah, I do. I've learned to read Akashic Records. I've not studied Reiki, but I've experienced Reiki and man that is mind blowing. For anybody listening who thinks they're (the practitioner) is not doing anything, that they're just moving their hands, "I don't see anything. I don't hear anything." Just be with it if you get a chance to.

Dee Wooldrige

Yeah

Gregory Anne

The healing? let me tell you, it is delicious.

Dee Wooldrige

Just receive.

Gregory Anne

Exactly. Just be with it if you get the opportunity. I was just interviewing somebody yesterday, a couple, they're from Texas and they're on this path, they're in their fifties just trying to better their lives and their health. He said, "we went to this thing called Ri-ah-ki." Could that be Reiki? Oh yeah,

Dee Wooldrige

He was trying, he was trying.

Gregory Anne

And they both said that they felt like this keep this energy coming off the woman's hands. I said, that's healing energy.

Gregory Anne

Yeah, he said, "but how could it work?" And I said, how did you feel?

Gregory Anne

"Better." It worked, right?

Dee Wooldrige

OK, just receive it.

Gregory Anne

Metaphysical experience of something like. Yeah, but healing can be very, very

Dee Wooldrige

Subtle

Gregory Anne

Behind the scenes and. Yeah.

Dee Wooldrige

It's on the subtle plane where it, where you receive it on the soul level, but you don't feel it. Well, some people do because well, that's a whole 'nother story. So I won't go I won't go down that rabbit hole. But yeah.

Gregory Anne

So we'll come back to that one.

Gregory Anne

And we should probably give the listeners what they expected to hear, which was shame. And the reason that I got so excited about your...So your assistant introduced us by email and then we were having our little meet and greet. And when I saw your assistant had given me a bunch of different things you could talk about. And way down the bottom on your website, there was an episode you did with somebody about shame, but the episode wouldn't play for me.

Gregory Anne

And I thought, OK, this is what I want to hear. Oh, but who's going to want to hear about it? And then when we started talking, I realized it really is a universal conversation that I don't think gets enough attention, especially as we age. We're supposed to age out of those things that caused us shame.

Dee Wooldrige

Well, yes, if you're open to doing the work. Yeah.

Gregory Anne

Tell us about how what a shame could look like in a life of a 50-year-old woman.

Dee Wooldrige

Shame are those secrets, and I have a saying that I say to my clients that you're only as healthy as your secrets. Only as healthy as your secrets, so you can pretend like I did four years, that you're all that and that you have it all together, that nothing difficult in your life or traumatic in your life or. Not share worthy in your life, is there, if it's a secret and you don't want anybody to know about it?

Dee Wooldrige

Why is that is something that you're embarrassed about? And I think that it's the shame is beyond embarrassment. People believe that they're going to lose something or someone if they reveal whatever that secret is. That is a shame. It's wrapped up in loss.

Gregory Anne

So I was referencing things that happened in the past that we carry, that we create shame around, but things could be, we could be actively in a hiding situation. Maybe...

Dee Wooldrige

Absolutely!

Gregory Anne

Alcoholism or a financial mess or wanting to leave our partner and not, feeling shame about that.

Dee Wooldrige

Yep. All of that, it doesn't have to be things from the past, you're right, it's it can be things that you are actively living that's a secret and you hide it away. And in the military, we had this secret compartment called the S.C.I.F. Secret compartment information facility, something like that.

Dee Wooldrige

That's where you go and that's where the bat phone was, where you can pick it up and talk to somebody across the world and you have a secret conversation. That's where, I used to say that, that's where I carried, put all my shame in, the things I didn't want people to know about. And I was actively living the shame, you know, pretending that I wasn't from this big family that had all of these, you know, we had a lot of difficulties.

Dee Wooldrige

I don't know how many times I moved as a child or, you know, when we didn't have some of the basic things that people have, like heat, water and food. When I was in college, I developed a stutter because I didn't sound like the white kids around me, you know, and they made fun of how I spoke. So, I was trying to correct that. And I developed a stutter, and the stutter was because I was trying to be somebody I wasn't and lie about my background and where I came from.

Dee Wooldrige

So, I had to really process what I was saying. And I developed this stutter from it. And if I was just being myself and just letting it come out like I do now, I'm just like, this is me, you know, this is all of me. Then there wouldn't have I wouldn't have had to process it. It would have just been there. Yeah. So shame is locked away in those closets and those SCIFs. The SCIFs weighed if you had to,

Dee Wooldrige

Carry a SKIF around with you, I would say, would be the weight of two elephants. Imagine dragging that through your life because where you wherever you go, there it is. So, you have to, OK, I've met somebody new, what lie am I going to tell Gregory Anne? What version of the truth or the lie do I get to tell her and all the while the thing in the SCIF is going, it's knocking going, "hey, let me out, let me out so that you can be free."

Dee Wooldrige

"If you let me out and just deal with me, then you don't have to carry me anymore." Then you'll be so much lighter, you have so much joy for just being you, and if you lose something or someone. They weren't authentic anyway.

Gregory Anne

Right. They weren't even valuing or in love with or liking the real person that you are if you were presenting some other persona. Then you showed up as the real person and somebody went like, what's this about? I don't like this.

Gregory Anne

Well, sorry for the person they were, it was a lie all along.

Dee Wooldrige

It was.

Gregory Anne

Yeah. Yeah. And so we're talking about I know you're going to, I hope you're going to give us some how-tos on releasing shame. But first, I think because you were saying the thing is like back here going, let me go,

Dee Wooldrige

Let me out.

Gregory Anne

When we talk...

Dee Wooldrige

It shows up.

Gregory Anne

But you talk to the shame.

Dee Wooldrige

I do.

Gregory Anne

So, tell the listeners, let's give them some actual something to do. If they know, somebody listening is going like, "oh yeah, I got that." Or "I got one of those" or I got from you know, "I was poor" or "I didn't look like people are still don't look like anybody at work" or whatever it is. So how do they start the process of untangling from that?

Dee Wooldrige

First, I want to say that I did a lot of this work with my daughter, who is on the autism spectrum, who felt ashamed about it, like she couldn't even say the words, I have autism.

Dee Wooldrige

And. I have to empower her first to feel good about herself, because the shame is internal, like somebody can guilt you into something, but you receive it and carry it as the shame. So for her. Autism was something to be ashamed of, and I was like, stop. Hold on, wait, no, that's not, it's different, doesn't mean less than.

Dee Wooldrige

So let's empower you first. So that's what I did with her. I worked on her for years for empowerment. And I was just say, say it, Jasmine. Say it.

Dee Wooldrige

Say I have autism. And she was crying and bawling and and she didn't want to say it, like she couldn't even look up until, and I made her say it, until it lost its power.

Dee Wooldrige

So the first thing you do is identify the shame's presence, what is it that it is saying to you that has such a strong hold on you? What do you actually believe about it?

Dee Wooldrige

So, for Jasmine, the stigma of autism means that she was stupid or. I can't even tell you. Some of the people, some of the people like when she would go on job interviews, they were just like, "I don't have time to mess with people with autism. What if she has a meltdown?" I was just like not everybody on the autism spectrum has meltdowns.

Gregory Anne

A lot of people that aren't on the autism spectrum have meltdowns. I have worked with some of them.

Dee Wooldrige

Exactly. But that's the stigma that, you know, it's carried with it, so she would internalize all of this stuff. So I was like, well, what do you think is wrong with you? Quote unquote. She's like, well, they think I'm this and I think I'm that. I was just like, are you, that is it true? And say, and I'm one of the moms that gets in your face, you know, get in Jasmine's face.

Dee Wooldrige

And I'm just like, no, no, you won't. No, you won't feel sorry for yourself because that isn't true.

Dee Wooldrige

So let's get that straight right here. Can you write your name? Yes. Are you at a cognitive level where you can do things for yourself? Yes.

Dee Wooldrige

All of these things. And then she started to see "I'm not what those people said I am". And so she started to feel empowered. The self-esteem started to grow, and once you're not attached to what other people think of you as your truth. The all, the B it all, and you can live without their approval.

Dee Wooldrige

That's the second step, so step number one is to identify the shame's presence and then. Diffuse it, it's like, OK, why are you here? Because, like, when I do it with me and I'm having chills on this because I remember that conversation that I had with myself and with Jasmine, you know. So what is it? And confront it, kick it in the face. Call it on its lies, it's like "that's a lie, it's not true."

Dee Wooldrige

Yes, that did happen to me. Yes, I do have this. Yes, this is going on with me. Now, what kind of person am I? Are all these things that other people say about me, are they true or are they not?

Dee Wooldrige

If they are true, if you don't like them and you have the power to change them, do that. It's what you do now, not what you've done, and it's not what you've done in the past or what you think you're going to do in the future or what you're afraid of in the future, you be in that moment with that shame. And you have that conversation with it. Then if you can't do the discussion on your own, then you seek out professional help, someone from a good friend or even in the mirror.

Dee Wooldrige

So, like for my daughter, she wouldn't have been able to do this on her own. Luckily, she has a mother with some training and some skills to help her through that process. And that's going to not judge her and love her no matter what. If you have a friend like that that is not going to judge you and that can listen to you not try to fix you, but just support you and hold the energy while you're going through that process of talking to the shame and just letting it all out.

Dee Wooldrige

All of it, every piece of it. And then this happened to me and then I did this. And then I'm going through this. This is what I've, this has been going on all along. And I've never told anybody about these things.

Dee Wooldrige

This is how, you know, all of those things. You just let them out. And then be brave for whatever comes next. Often, it's not as bad as you thought it was going to be.

Dee Wooldrige

It's not as bad as it is in your head. What's going to happen? What are you going to lose, maybe you won't lose those things. So be brave and this requires courage, and I think that's the breakdown so you can talk to yourself about what happened to you. But if you don't admit it out loud in some way where it has no more power over you, then you can't move on. So courage definitely has to be part of this.

Dee Wooldrige

And then bring back in that love, then you're going to celebrate. And say you did it, you told. And then start to allow the healing to begin at that point because now, whatever wound there was around this shame, it can never heal as long as you were holding it. As long as you were allowing just to be hit again, this open wound to be hit, be, to pick at that scab, it couldn't heal. So now that you can you expose it to air, to medicine, the medicine could just be admitting it and then letting others that love you if they if they're there for you, help you heal.

Dee Wooldrige

Because oftentimes we we have people that say, I didn't know you were going through that. I'm so sorry. Why didn't you tell me? I could have helped you.

Gregory Anne

The shame keeps people from asking for help.

Dee Wooldrige

It does. That's where the courage comes in. You have when you get that courage and you just do it, just do it. Just do it and then all the healing starts, then connect to your spiritual power. Whatever that is bigger than you, you surrender to whatever your higher power is, you surrender to the I don't know what to do. Because then you open space for God to do the rest, because as long as you're trying to control it.

Dee Wooldrige

Cause I don't want anybody to know about this, I'm going to do, this is what I'm going to do next. This is what I'm going to do next. If you surrender to it, then you're opening the path to whatever your destiny is that the shame was keeping you from. And that's the adventure part, the God part. So open to that and the healing really, really is there. And then the last thing is, um, have confidence that you'll overcome this.

Dee Wooldrige

And here's the thing. You've overcome things all your life, haven't you?

Dee Wooldrige

This isn't the first thing you've ever overcome. It's not the first hard thing you've ever done. If it is, you would have never learned to walk or talk or feed yourself or have a conversation with anybody, get a job, show, show, love. You've overcome so many things throughout your life, and especially over 50. Why are you still holding on to this crazyness? So those are my steps for overcoming the shame.

Gregory Anne

Very powerful.

Gregory Anne

And while you were speaking, I was thinking, too, about the inadvertent shame, so we've had a lot of loss, a lot of death in the past year and so many months because of covid.

Gregory Anne

And I've heard from friends who said I couldn't be there with my parent when they died because of Covid.

Dee Wooldrige

Yeah.

Gregory Anne

And there's this I don't know that they would call it shame, but it sounds like

Dee Wooldrige

It's guilt.

Blame, guilt.

Yeah.

Gregory Anne

Well, I guess the people who would have said, why didn't you go anyway? They would be Shaming. But we bring our own guilt to the table.

Dee Wooldrige

Well, guilt is projected at us, and we accept it as shame. So it's just like "I feel guilty", it's a, the should. I should have done this. Or I didn't you know, it's the should that that brings about the guilt. Many times the shame is something that happened to us or we did we did do it, we did do it, so there are subtle differences in there.

Dee Wooldrige

I believe I describe it as guilt is somebody else projecting that at you. And the shame is the shame can be totally secret.

Dee Wooldrige

Nobody knows about it. It is just your stuff that you carry around. It is the weight of the guilt. The guilt may be the action or the inaction, but the shame is the weight that you carry. That you carry from the shoulds.

Gregory Anne

And we have been talking about what we may have done in the past or we might be doing currently. It's curious to me because I had an episode in my life like this where we get shameful about something that somebody else did to us or going to do to us. And so

we want to hide that because in that that allows people to see that life is imperfect. My partner or whatever is imperfect. I allow this to happen to me, but I don't know how to get out of it yet.

Gregory Anne

So therefore I'm shamed by my inability to deal. That's a subtle one.

Dee Wooldrige

So that one's, it is like I'm shamed that I allowed this to happen to me. It, that's where you take your power back.

Dee Wooldrige

It is something that you think you should have done better or could have done better. For example, I work with women that have been abused or battered. And they have a lot of shame and guilt around it. I could have left, I should have left, I allowed this to happen. And even children that have been molested, I should have told them. So they carry that shame as if it's their fault that they are a victim.

Dee Wooldrige

And I go, when you were seven that's what you can do at seven. As the 50-year-old, you could take your power back. Now, you can't change that event, but you can change how you feel about what you believe about that event. If you believe then at seven that you were powerless and you carry that throughout your life, the powerlessness or the victim mentality that you can change. So that's what I'm talking about, like when we worked with the Jasmyn to empower her. The things that she believed about herself, it's like those are not true.

Dee Wooldrige

I wish I could just open up people's head and go, that's shit's not true!

Dee Wooldrige

None of it's real.

Gregory Anne

Yeah.

Dee Wooldrige

It's irrelevant now. It's irrelevant now. So why still carry it?

Gregory Anne

Yeah.

Dee Wooldrige

And when you release the shame, it doesn't mean that you have to go around telling everybody.

Gregory Anne

Right.

Dee Wooldrige

It's for you. Yeah, it's just for you.

Gregory Anne

Yeah, and I I don't want to be a punishing parent, I hope the listeners won't take it this way. But there are times when people get their courage up, they take that brave step of telling somebody and what they have chosen to do about whatever they've been hiding is not what the other person would have them do or be. That's the weight back on them. I know it's hard when we want the best for our people to let them make their own decisions and OK, well, I wish you would leave him, but you're not leaving him.

Gregory Anne

Why? I'm not talking about beating just something else that happens.

Dee Wooldrige

Yeah,

Why just doesn't matter.

Dee Wooldrige

This is just not a harmonious relationship.

Gregory Anne

Right. But hear the courage in the person who's finally unburdened themselves and rather than coming back at them with a suggestion about how it might work out for them, if it's different than what they're thinking, I think we have to let the person be in that moment. "I did it. I said it. This is my decision for now". They might feel different in an hour and a week, in a month or a year.

Dee Wooldrige

We especially as healers, we want to get in there, don't we? We just go, I want to get in there. But I've learned that people will tell me things because they trust me with their information and not judge them because I just go higher. Like, I just know this is part of your path. You'll figure it out. What can I do to help?

Dee Wooldrige

How can I support you?

Do you or can I offer you a suggestion? I ask permission. Yes. If they say no, I'm just going to deal with this on my own. And I was just like, well, I'm going to help love you through it.

Gregory Anne

Yeah.

Dee Wooldrige

And if it's something that if they're a friend, then they then they just go through it. So they know this this process is even though I think I have the answer, it's not my job to fix people unless they're paying me to do it. That's why I have a business.

Gregory Anne

Right, exactly.

Dee Wooldrige

Then then then all all bets are off, just like, OK, you're paying me to do this. This is, this is your homework and this is what we're going to go through.

Dee Wooldrige

But if you're my friend and you're just calling because you have something hard that you're going through, I'm going to be there and I'm going to say things. I'm sorry that that happened to you. How can I. And I'm going to ask, how can I support you? What do you need?

Dee Wooldrige

"I just want you to listen to Dee". OK.
I got you. Yeah, OK.

Gregory Anne

Yeah. And I like what you said, ask the question. Can I make a suggestion?

Dee Wooldrige

Yeah.

Gregory Anne

Are you open to hearing what it sounds like from my perspective for you, you know.

Dee Wooldrige

Yeah.

Gregory Anne

And I'm not saying that. I'm not saying that this is a common occurrence, but I do know that it happens where people want the best for their people and so they just blurt out their stuff. But at that moment of courage where they're unburdening themselves, it's a very precious, delicate moment. It is for the person.

Dee Wooldrige

And even with my husband, like my husband, he wants to rescue me and that and fix things. So I have to say, I just want, I have to preface it when I go in it, "I just want you to listen to."

Dee Wooldrige

I don't want you to fix anything, I just I just want to vent right now.

Gregory Anne

Exactly.

Dee Wooldrige

Because I could see if I don't say that, I can see his little wheels turning because he's already coming up with solutions for my problem.

Gregory Anne

Men's brains do. They solve problems.

Dee Wooldrige

And I work like that, too, if somebody is telling me something and I have to remember, Dee, You're not on duty right now.

Dee Wooldrige

Yeah, you're not on duty right now, you're just a girl. Just just be a friend right now.

Gregory Anne

So, I understand that you have something for people if they want to learn more about this whole conversation and the work that you do, and I think that that it could be found at your website, which is your name

Dee Wooldrige

Yeah, Dee Woolridge dot com is my Web site.

Gregory Anne

And there are some free things there.

Dee Wooldrige

There is some free things that you can download. One is Detox Your Relationships. And it's a free download and it's a list that that gives you some instructions on how to get rid of those or let go of those relationships that are not healthy in your life. And many times those cause shame and guilt. Yeah. Identifying the limiting beliefs definitely comes from carrying around, shame is what you think you can't do. How you feel about yourself limits you from really being your best self.

Dee Wooldrige

It limits your income. It limits your love relationship. It limits your career goals. It limits your life. So you want to check that out and it's a free download and then The Power of No. And the subtitle of this is "These are this is for reformed people pleasers." The people that don't have boundaries. They say yes to everything and then they're resentful.

Dee Wooldrige

They have that, "I said yes to this" and then they'll complain about it. So those downloads are there on the website, if those sound good to you, just go and grab them and then get to work, do the work.

Gregory Anne

Download them. And I have a thank you page on one of the downloads that I offer on my website that says "now that you have this, do not file it away, open it right this minute and at least take a look at it so you know what you're in for. Because we have too much in the world right now.

Dee Wooldrige

And these are short ones, these are short ones, do them and and get to work, there's a lot of other free things that I have, but these are the most popular ones.

Gregory Anne

Yeah, and we all have limiting beliefs, I don't know, even as a coach, I've been doing this for 17 years, I still work on myself.

Dee Wooldrige

You still work on yourself.

It's a continuing this is a continuing thing, just like you have to work on it.

Gregory Anne

We might want to stop but, you're not going to stop, which is good. You know, if we didn't have any, like this is how we experience life.

Dee Wooldrige

Yeah.

Gregory Anne

And challenge and all the different things that come at us.

Dee Wooldrige

Yeah.

Dee Wooldrige

You work on your physical health. You work on your mental health as well.

Gregory Anne

Absolutely. And I would say that one of the reasons that I hear from clients for my work, which is generally on the body side, although I work on mindset, they wait because they have shame about a habit. Or they wait because of their weight or that, but that's all shame. Like, how did I get here?

Gregory Anne

How do I let myself get this way? Don't be shamed out of getting help people. Really, honestly, start where you are. And we all have ugly. I got things in my closet too you know.

Dee Wooldrige

Yeah. I've had to tell the hard truth about some things in my life over the years. But like you said, it feels so good when you are unburdened.

Dee Wooldrige

Yeah. And and Gregory Anne. And I want to add one more thing. There is a great book that I love and I assign it to my clients called It's by Debbie Ford, "Dark Side of the Light Chasers."

Gregory Anne

Oh, yeah.

Dee Wooldrige

And she talks about shame and. That shadow part of us. And that her whole thing is loving that part of you because it has a gift for you.

Dee Wooldrige

And in the book there's these different exercises at the end of the chapter. Get that book. Get that book if you if you don't know how to deal, it's whatever is going on in your life. This is a good book for it, because the only way you're going to be whole is to love all parts of you, even the ugly.

Gregory Anne

Absolutely. And I will put that on the page for our episode so that with a link to grab it. Well, I think we've exhausted so many great topics and you've given really helpful tips for the listeners. They will be on also on the home page. I'll use those six or seven tips that you gave, I'll line them out so that people can refresh their memory at another time. And maybe maybe you'll have to come back and we can talk about energy healing and.

Dee Wooldrige

Ouuuuu,

Gregory Anne

Hypnotherapy.

Yeah, yeah. We'll talk about that. We'll do a woo woo episode. How about that?

Dee Wooldrige

(Singing) Woo woo woo. Oh I love it.

Gregory Anne

Will do. Thank you so much for all of your great information, experience and honest and authentic conversation about some of this stuff. And I really appreciate it. And we will be in touch again.

Gregory Anne

Have you back. In the meantime, everybody go to these Web sites, Dee Woolridge dot com and check out what she's got. She also works with people one on one. If you feel like you'd like a session or two or three with her, you can check it out at the website. And until next time people be well, I'll be back next week.

Gregory Anne

That's the end of another episode of the rebellious Wellness over 50 podcast. I hope you've enjoyed it. If there's anything that you heard or hear when you tune in that you think would benefit a friend, a sister, a mother, a even some guys stand in my way, would you? And if you've not ever been to the website, Rebellious Wellness over 50 dotcom head on over there, there are resources, things that I don't always get to on the podcast that might help you age better be well till next time and stay that way.