Here is the transcript for:

Codependency Recovery with AVAIYA Teacher, Caroline Strawson

Ande Anderson [00:00:00]:
Hello, Avaiya family. I'm Ande Anderson. My partner, Ike Allen, and I are teachers, mentors, and the co owners of Avaiya University. Avaiya is the creator of over a 1000 books, films, courses, teachings, and other supportive resources. Thank you so much for joining us. Our fellow teacher, Caroline Strawson, is back with us today to talk about healing codependency, self abandonment to self love. Welcome back to Avaiya, Caroline.

Caroline Strawson [00:00:23]:
Thank you so much for having me. It's always a pleasure to be back here with you guys.

Ande Anderson [00:00:27]:
It always is. We have so much fun together. What why don't we talk about just straight up, what's your definition of codependency?

Caroline Strawson [00:00:36]:
Yeah. I think it's initially what I thought codependency was. I kind of thought it was related to alcohol, and it was that codependency really on substances, namely alcohol. It wasn't until I came out with my own marriage from a covert narcissist actually that I suddenly realized codependency wasn't what I thought it was. So for me, codependency is really a lack of self love. I was always looking externally for others to give

me my sense of worth. So it's that real abandonment of oneself. You know, you're living your life.

Caroline Strawson [00:01:10]:
And again, I use a lot of internal family systems in the work that I do. We have a very strong people pleasing part that comes up, needing to please others. So they're nice to us, they behave in a certain way. So it must mean then that we are good enough too. And we're not born as a codependent as such in the in the premise of what we're talking about today, that lack of self love. Of course, we're dependent upon our parents and caregivers when we're born. But codependency is created really within our childhood due to our perception of our parents, our caregivers, our teachers, our peers, our friends' behaviors. And as children, because we're quite egocentric, because children, everything revolves around us.

Caroline Strawson [00:01:48]:
If anything bad happens or anyone is mean or horrible to us, we always revert that back to ourself and that will create that inner child wound of not being good enough, feeling more worthless. So the codependency then is that complete lack of self, the abandonment of us because we need everybody else to be happy first and foremost. Mhmm.

Ande Anderson [00:02:09]:
One of the words that you just used that I'd love to dive deeper with is the perception. And I I love that you say that because it's not just what happened to us in childhood or if we had, you know, unhealthy parents or whatever. It's our perception of what they did or they didn't do. Can you share a little bit more about why that's important?

Caroline Strawson [00:02:28]:
Oh, it's really important on on on multilayers really. What you know, a lot of people talk about sort of the big t and the little t traumas and and really in psychology books, that's what we call them. I don't really buy into that mainly I don't really buy into that mainly because trauma is very personal to each individual, and trauma isn't necessarily an event or even a person.



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It's about our interpretation of that causing overwhelm to our nervous system. And I think the the key part of using the word perception and interpretation, it's not about invalidating someone's experience. You know, we know if a child has been abused, we know. We don't need an interpretation of that. We know the truth.

Caroline Strawson [00:03:06]:
However, the nuances start to come in play where maybe and and use myself as an as an example, I always thought I had a great childhood. I still do think I had a great childhood. However, I now recognize both my parents were human beings with flaws. And, you know, I didn't realize they were actually human beings till I was about 23. You know, I thought they were the parents. They know the best. They that what they say is true. And when I started to look back, I realized that my perception and interpretation, particularly of my father's behaviour because he was really unemotional.

Caroline Strawson [00:03:34]:
You know, he would never praise me, never say I love you. And my interpretation of that as a child was, it must be me. I'm doing something wrong. You know, I was coming home getting straight straight a's in my report cards but it never seemed to be good enough for my father because I wouldn't get a, well, well done and a lot of praise. So my interpretation of that was, it must be me because my dad's the adult, he's the parent, and if what I was doing was good enough, he would praise me. It was only then when I became an adult and obviously became a therapist, in trauma and really started to understand what I was waiting for my dad to behave like as a child wanting praise was something that my dad simply wasn't capable of. It wasn't that he was thinking, Caroline's got straight a's. I'm not gonna tell her that she's good enough or praise her because I want her to do better and I want her to know that.

Caroline Strawson [00:04:28]:
I didn't even cross my father's mind. That was my interpretation and perception of all of that. When I started to understand my dad's own childhood, I could see, okay. So the reason my father behaved like that was actually because of his childhood and my perception then of his behavior was that it was because of me. The problem being with that is as adults, we can often look back and we can rationalize and we can see, okay, of course, I was good enough. You know, what child isn't good enough? So we kind of know that as we look back. The problem being then at this stage is it's already locked in our nervous system and stuck in our body. So we can keep saying to ourselves, I am good enough.

Caroline Strawson [00:05:09]:
I am worthy. I know I am. I'm a good person. And it might feel good in the moment maybe if we're talking to somebody but the moment someone triggers then that core wound of not feeling good enough that we have perceived from childhood, our nervous system will go into a trauma response of fight, flight or freeze because that's kinda like our version of danger. We don't want anyone to trigger that core wound that we have perceived from a parent, a caregiver from our childhood. So this isn't about

shaming people, shaming parents, or maybe how they behave because on the whole, most people are doing the best that they can. It's only really psychopaths that would be that calculating. You know, everybody's doing the best that they can.

Caroline Strawson [00:05:46]:
Still doesn't excuse abuse. It doesn't excuse neglect. But then the more nuanced elements are for instance, you know, if your parents got a divorce, our perception as a child might mean, I'm not good enough to keep my family together. And that can become a core wound because we're just a kid at that stage. The problem being it gets really stuck in our own nervous system then too.

Ande Anderson [00:06:07]:
Mhmm. Yeah. And and why would you say that some people in a certain upbringing develop codependency as a survival mechanism and then others don't? Like, how do how does that happen?

Caroline Strawson [00:06:21]:
Yeah. There's actually no scientific research to suggest the reasons why. Just like with narcissists who are also creative, who are also actually codependent as well, who have a real lack of self. We don't know from a scientific perspective the exact reasons why then if you have 2 children maybe being parented by the same people, you know, you could have one become a pure codependent and one could become a narcissist. So we don't know the exact reasons. But what we do know is if we are in an environment and that could be abuse and neglect, the more ones that we would say, you know, we definitely know that that is trauma experiences that are happening. But equally things like divorce, it could be things like unemotional parents, parents that aren't present, parents that might be poorly, have lots of illness themselves too, really where the attention is moving away from the child in question. And what we're not having then is a really healthy sense of attachment.

Caroline Strawson [00:07:15]:

So you tend to find codependence will normally have anxious attachment, maybe avoidant attachment, but on the whole anxious attachment as well. An anxious attachment means the more somebody moves away, the more I'm gonna move towards them because I need them to show me to be a certain way to say all of these things for me to start to calm in my nervous system. So you can start to see patterns from an attachment perspective. We think of attachment wins, they're about feeling seen, heard, and validated. So if you are in an environment as a child where you feel on some level and it could be even only a a portion of that level, you feel unseen, you feel unheard, you feel invalidated, that can start to create a core wound of not feeling good enough. It can get stuck in our body and that's when when we will have parts of our us coming up like people pleasing, perfectionism, high achieving. They were all very strong protector parts in my system as I was growing up because those protector parts were, okay, if we show up like that in Caroline's sister, then surely then if she's getting these marks, being perfect as possible, pleasing everybody, they're gonna think she's amazing. They're gonna say nice things to her.

Caroline Strawson [00:08:23]:
That will mean she will finally know that she is good enough. The problem being is, I'm then constantly putting my happiness in other people's hands who are also wounded individuals projecting their own pain externally as well. It's their capability as opposed to them choosing to withhold that. Mhmm.

Ande Anderson [00:08:41]:
Yes. Well, thank you for for diving a little deeper into how this all unfolds for people in, you know, similar childhoods or different childhoods. So since today's topic is surrounding abandonment, like self abandonment, how do codependence self abandon?

Caroline Strawson [00:08:58]:
Yeah. So if you think about the core of all of us, we all have a a a true self, core self, the source, the essence of who we are. Just like if we see a cloudy day, it doesn't mean the sunshine isn't behind the clouds. That's who we are



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as individuals. The problem being is when we experience some kind of trauma as a child and we interpret that experience in a certain way that it is about us, that creates then those core wounds. That then means it isn't safe to be us. We have learned on some level it's not safe to be ourselves and I just invite everybody listening right now for instance to think, when was it actually safe in your memory to just be you? To just literally be you, literally just for breathing, not showing up, looking a certain way, you know, behaving in a certain way, you know, getting 10 out of 10 on a test, whatever that might be. When was it in your life that it actually felt just to be safe for being you, nothing more than that? And I'm sure many of us who are ended up being codependent, we might not even remember that because it will always feel like we've had to show up or be some kind of, part of us to try and get other people to like us, to behave to be nice to us, to show up in a certain way.

Caroline Strawson [00:10:18]:

So what happens is from the abandonment perspective is we've learned it's not safe to be ourselves so we abandon ourselves and we end up showing up as all of these parts in the desperate hope that others then won't abandon ourselves, but we have really abandoned that. I had a session with someone in my mastermind, a couple of months ago, and we were talking about how busy she was all of the time. You know, there were it was really excuses in some respects that of all the things that she wanted to do and build a business and all of these things, she kept saying, I'm just too busy to do that. And I said to her, instead of saying I am busy to do that, next time say you don't say, oh, I'm too busy. You say, I'm abandoning myself. And she just kinda went, woah. And all of a sudden it was like, oh, wow. And and it just shifted everything because too often, if I say to people, you know, we need to be practicing self care and self love, you know, book a massage or, you know, whatever's in your financial budget that you are able to do.

Caroline Strawson [00:11:18]:
Oh, I'm too busy to do that. Okay. Instead of saying too busy to do that, just say you're abandoning yourself. What changes? And all of a sudden, okay. I'm gonna go and book something then as well. Because we get busy in our lives especially nowadays, you know, with social media. We're so busy looking externally, not actually looking internally and working on ourselves. We are literally abandoning who we are, the younger version of ourselves, our inner child and really healing codependency is about bringing everything back, working with that inner child so that inner child within us knows that they are good enough, they feel good enough, they don't need to show up in a certain way putting their happiness, their sense of work in other people's hands.

Caroline Strawson [00:12:02]:
Mhmm.

Ande Anderson [00:12:03]:
I love the example that you just gave that. That is so good. I in in the world of anyone who's had the experience of, oh, I'm too busy to do this or I I

what what have you. Oh my gosh. To be able to, yeah, remind ourselves that, oh, this is actually self abandonment.

Caroline Strawson [00:12:19]:
I've had and it really does. And don't get me wrong. I know we can be genuinely busy sometimes. But on the whole, if that is a sentence we are saying to ourselves all of the time, try it. Try stop saying, I'm too busy and put in, oh, I'm abandoning myself right now. Okay? I'm too busy to cook a nice nutrition meal for myself each night. Okay? Okay. I'm abandoning myself.

Caroline Strawson [00:12:40]:
It changes everything. It really gives perspective really about how busy we have created our lives with social media, our work, parenting. And don't get me wrong, I get it. You know, I'm a parent myself. I work. I do understand but I am really really careful now in recognizing that not abandoning myself enables me to be a better mother, to be a better wife, to be a better daughter, sister, friend, all around in my business as well giving myself that time. A lot of people think of time as such as a commodity, but you can never get that back. Once you've spent that time, you can't get that back.

Caroline Strawson [00:13:20]:
So if you're continually abandoning yourself, that time for yourself, you're never ever going to be get to get back. And a lot of people focus on money. You know, they wanna earn money or do this. You can earn more money, but you can never earn more time. And it's about not abandoning yourself and recognising you really do deserve to live an amazing life, not putting that in anybody else's hands, but really working at a deep nervous system level so that, you know, we can't change what's happened to us in the past for those wounds to occur, but we can change the somatic experiencing the somatic experience of that in the interpretation of what we then felt other people have behaved like.

Ande Anderson [00:13:59]:

Mhmm. Yeah. So important. And I I wanna get into that somatic experiencing and how to help our nervous system in just a second, but just to follow-up on this last part about abandoning ourselves. One of the things I've experienced in my own journey of overcoming codependency is I've had a lot of difficulty even being present to the fact that I have needs or wants or desires. And, you know, like you mentioned, get a book of massage or or do these kinds of things. Like, it's like, oh, no. I don't wanna spend money on me, but I'll I'll spend money, $200 on getting my dog groomed.

Caroline Strawson [00:14:32]:
Yeah. Absolutely.

Ande Anderson [00:14:34]:
Not not quite not quite that much. But, you know, I'll do all these other things, but it's. Yeah. And so can you share a little bit about, like, why people who have, you know, are more codependent can sometimes really deny their wants or needs or not even wanna be present to the fact that they have them?

Caroline Strawson [00:14:50]:
Yeah. And, again, that goes to it doesn't feel safe to be you. You know, as human beings, we are built for survival and we are built to move ourselves away from pain. You know, to be happy and healthy, we have to be intentional with all of that. But the starting point is if it doesn't feel safe just to be who we are, everything about our nervous system and inner system is going to be about moving, diminishing, soothing us away from feeling what those core wounds are. So we're constantly looking externally. Even to the extent, just use your dog even as an example with that. You know, I'm gonna make sure I get my dog groom because I don't want anyone thinking I'm a bad pet owner as such.

Caroline Strawson [00:15:29]:
And it all comes down to what does it say about you. So So when we start to think of all of these things, you know, one of the key questions when I'm working with my clients and they'll be telling me about someone else or

something that's happened and they're literally talking, talking, their very front part of, they're they're really in their head. They're not in their body. They're in their limbic system, the emotional part of the brain. They're not in that that front neocortex more logical rational part of their brain. And they're telling me all of these things. And what I notice is when I start to ask the questions of, okay, if that is the case, what does that say about you? And all of a sudden we're going to, at some stage, we sometimes I don't have to ask it a few times, it'll be, well, it means I'm not good enough or well, it means that I'm worthless or I'm not important or whatever is relevant to that individual. So we very much get down to the core word.

Caroline Strawson [00:16:23]:
So for instance, I could say to you simply about your dog. Well, okay. If you didn't get your dog groomed and your dog looked really, really scruffy and you were out and about and people could see that, what do you think people would think? What would it say about you? Okay? And you might say something like that I'm not a I'm not a good pet owner. Maybe I'm, you know, not looking after my animal. Okay. If people think you don't look after your animal, what does that say about you? And you start to get to the point of an inner belief that we all have about ourself. Because ultimately, whether you have your dog groomed or not I'm just using this as an example. You know, whether you have your dog groomed or not doesn't take away your sense of worth.

Caroline Strawson [00:17:01]:
You know, our sense of worthiness and enoughness isn't on a spectrum. It's not dependent on whether your dog is groomed. It's not dependent on whether you get straight a's. It's not dependent on whether you're a size 0. It it's absolutely irrelevant. It's about who you are as an individual feeling safe to be you. And I think, you know, when we can really start to understand all of that, that all of these things, if we're showing up not as our true self, okay, coming from a face of compassion, of clarity and confidence and kindness, if we're not coming from that place, we're coming at life as a protector part blended with a part of us because it's trying to

diminish and soothe some kind of core wound that has come from our interpretation from childhood, and that's created that wound. Mhmm.

Ande Anderson [00:17:46]:
Yes. Yeah. Yeah. Definitely. It's just such a fascinating thing to, you know, we're all humans and we all have wants, we all have needs, and that's

Caroline Strawson [00:17:54]:
okay. It is okay. You know, self love isn't selfish. I used to wear an outfit. I mean, my mom was so codependent. I definitely got generational stuff with my mother. She was so highly codependent. My father was very narcissistic.

Caroline Strawson [00:18:08]:
And, I used to almost wear like a badge of honour. The more exhausted I was in serving the needs of everybody else meant I was a nicer person. You know? So if if I looked at someone else who wasn't tired because they wasn't tend they weren't tending to other people's needs, I would think they're not as nice person as I am. Okay? It was almost like I'd be on my knees doing everything for everybody else wearing this badge going, but at least I'm a nice person. But everybody else, I was living my life for everybody else. I was exhausted, but at least they all thought I was a nice person and that was the key thing. I was putting my happiness and my sense of worth in other people's hands who had their own wounds.

Ande Anderson [00:18:50]:
Yeah. Yeah. Good point. Absolutely. And a lot of us do tend to do that and and yeah, have that like suffering and martyrdom as this badge badge of honor.

Caroline Strawson [00:18:59]:
Oh, I I definitely had a mark of heart. Absolutely. It was almost like that was the thing. I needed to tell people as well if I was doing stuff for other people too because then I needed them to to kind of make me feel like I was actually worthy for something because everything else, I felt so worthless for as well. I had a real core wound of not feeling good enough.

Ande Anderson [00:19:19]:
Yeah. Yeah. Yeah. Good good stuff to be aware of in the journey. And okay. So let's talk about how we can actually recover from codependency. What kinds of things can we do with our nervous system, and what other tools and modalities can we use?

Caroline Strawson [00:19:33]:
Yeah. So when we are codependent and we are showing up as parts of us in our everyday life, it means we are showing up in trauma responses. So when we're in a trauma response, we're not actually in the present moment. Our nervous system feels like it needs to behave in a certain way because of our past experiences trying to suit that core wound that is there. So for us to really start to heal from codependency, which we can do, You know, just because you are codependent right now doesn't mean that is it forevermore. You're gonna be codependent forever. Okay? You you don't need to be. You know, I feel I am a totally healed codependent now as well.

Caroline Strawson [00:20:10]:
You doesn't mean there's other elements that don't come up for me, but I absolutely don't put my happiness in other people's hands. I don't do that. So to start to heal, it's recognising them that if we interpreted in our childhood certain events and and adult behaviour in a certain way and that's created a core wound, really what we need to do is we need to go back to that inner child and give that child a corrective experience where that child like, we parent that child. So all the things that that little boy or little girl inside of you interpreted in that moment, we need to go back using tools. So I use things like brain spotting, somatic experiencing, EMDR, internal family systems, breath work. All of these elements, we will go back. I And when it's like we're almost opening up those memories and we call this reconsolidation of memory. So it's like we're opening up these memories and reconsolidating them so that little boy or little girl can then see the events that has happened up.

Caroline Strawson [00:21:14]:



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Oh, so it really wasn't my fault then. So it's not about changing things. You know, our brain doesn't recognize whether this happened yesterday or decades ago. It just wants to complete a response cycle in that moment. So if we go back and reparent that inner child, allow that inner child to say and do and all the things that it wants to do to complete response cycles in that moment for instance, then what happens is it's almost like we're time stamping in the hippocampus part of our brain in our limbic system these then into the past. Meaning, the wound starts to shrink about the interpretation, meaning we don't need those parts to show up for us. We can then show up and realize, okay, it is actually safe to be me. I know I was good enough back then, but now I feel good enough because I've processed that through my nervous systems, through my body, had completion of trauma responses, reparented that little girl even to the extent that on my Apple Watch, and I do this all of the time that you can see there.

Caroline Strawson [00:22:11]:
I even have a picture of my little girl, my inner child. So I'm constantly reparenting my inner child so that she knows she is good enough. And even

when I do that as well, Andy, what I'm doing is I'm creating 2 separate timelines. I am not the little girl with an adult body kind of living in this moment. I am the adult when knowing I have an inner child that sometimes might feel some pain, but it's the adult that I now am, I can reparent that inner child, help her have some corrective experiences, complete those response cycles so that those parts of me that used to show up like people pleasing, perfectionism, all of those really strong protector parts no longer need to show up. I am protecting my inner child now. I don't need the parts to do that because I've separated the timelines out. Mhmm.

Ande Anderson [00:22:59]:
And, you know, because we're talking about basically becoming or allowing ourselves to be this true self, what are the benefits of living life as our true self instead of our parts or our many other different falsenesses?

Caroline Strawson [00:23:17]:
Yeah. And remember, there are no bad parts of us. You know, when we befriend our parts, you know, those parts are working really hard for us, trying to soothe us from some cool wounds, but the benefits of feeling safe enough to live as ourselves are just so vast. You know, it means health wise, for instance, if I'm coming from a place of being my true self, it means I'm not in a trauma response. I'm not pumping out cortisol in my body. And we know, you know, 80 plus percent of disease and chronic illness is caused by excess cortisol in our body. So that's just one of the things. The other thing is as well if I'm in relationships, you know, other people might be defensive, they might get angry as such too.

Caroline Strawson [00:23:58]:
I know that that is no reflection of me and it allows me to stay far more grounded in my own nervous system so that I can communicate far better with other people, not seeing it as a reflection of me, you know, in my business, in my relationships. You know? We're all human beings at the end of the day, and, you know, sometimes we end up having conflict in some areas as such. But even with that, I never take it personally. I don't feel like I have to react because I know that's their stuff and I'm I'm able to navigate

all of that and have better relationships because of it because I'm not having, like, a part to part relationship with people as well. I'm able to stay as myself recognizing that, staying very grounded and present, not coming at it as an inner child. Even if I see the adult I may be talking to has then blended with protector parts because their inner child is hurting as well. And it just enables you to lead a much more present, calmer life for yourself, feeling more joy, more connection. And, you know, when I look back where I was even 10 years ago when I came out of my marriage from my my ex husband who was a covert narcissist, I just I I didn't know for decades I wasn't living as myself.

Caroline Strawson [00:25:10]:
I was highly dissociated. You know, I've got all of these protector parts showing up for me, including dissociation. Whereas now I feel really present noticing the colors around me, you know, really being present in my own life. Whereas before it almost felt like a fog, I wasn't present, and life is so precious. Mhmm.

Ande Anderson [00:25:30]:
Yeah. I definitely know though those moments of of, like, just being in one's head and not being present and just like, oh, there's a worry over here and a fear over here and and anxiety in my body and all that kind of stuff and not, yeah, getting to actually, like, live life.

Caroline Strawson [00:25:46]:
And and literally feel like you're here. You know, you're not floating around and going through the motions as such as well. You know, because life is so precious and it's so short in some respect, you know, and we want to be as grounded and as present as possible. You know, we can't change our past, but if we're not showing up in the present as our true self, it means we've still got stuff in our past that we need to complete the response cycles. We need to have corrective experiences. We need to maybe do some reparenting so that we can allow that in a child who had interpreted certain situations to recognize, okay. I feel good enough now. And it's all about reconnecting with the body.

Caroline Strawson [00:26:27]:
You know, there's so many, sadly, nowadays that are just so living life of disconnection. You know, we're scrolling on social media all the time. We're looking externally to give ourselves something as opposed to putting our phones down, just being present in the moment with our own thoughts even. You know, it's being safe enough just as yourself just to be on your own with your own thoughts for a period of time and it's so rare now. It really, really is. And it's so sad because if we did, you you look how much chronic illness and disease would decline. Mhmm.

Ande Anderson [00:26:59]:
Yes. And, yeah, I'm so glad you brought that into the the conversation around the the physical health as it relates to all of this.

Caroline Strawson [00:27:07]:
Absolutely. Totally. I know certainly for me, you know, when I came out to my marriage, I I had a heart condition. I was diagnosed with nonalcoholic fatty liver disease as well, which was stress related for me. I've completely reversed that now. Like, literally, had my second lot of blood test done, had the results last week, completely reversed it. And I know it's because I have done a lot of inner work and trauma work over the years as well to completely reverse all of that too. Now I'm not a doctor and I'm not saying it will work for everybody, but I always say whatever chronic illness that you may have, how much of that is is physical as well? Because there are physical things.

Caroline Strawson [00:27:43]:
There are genuine diagnoses out there. But how much of that is caused by emotional trauma and your body being in responses, trauma responses longer than they need to be? Like, as I've guessed, most people watching right now, you're actually safe. You know? Hopefully, you're very safe where you are. But our body will still be in that hypervigilant state in a trauma response, maybe a bit edgy, you know, we might be in freeze but with a high sympathetic charge. So there's lots of different elements to this that in long

term this can lead to chronic illness, fibromyalgia, you know, there's an epidemic of fibromyalgia. You know, there's no definitive test for fibromyalgia. It's just if you have all of these symptoms as such. I've worked with many people now with fibromyalgia and we've done a lot of trauma work and guess what? The fibromyalgia starts to disappear because it's the body consistently being in these trauma responses and pumping up cortisol leading to inflammation that is causing these chronic illnesses and diseases.

Ande Anderson [00:28:40]:
Mhmm. Yeah. Yeah. It's amazing how many like, you mentioned the fibromyalgia and other just autoimmune diseases that I've heard many times over with Avaya speakers about how they can be linked up to that to that trauma response.

Caroline Strawson [00:28:51]:
More research coming through more and more about it as well. There really is. And I think, you know, when we start to look at, say, the DSM, the diagnostic or statistical manual that's used by people like psychiatrists to diagnose, it's not to say everything in the DSM. But if you actually look at the DSM, it's just lists of symptoms for people that we're then putting a label on. Actually, these are not really symptoms of trauma. You know, we need to be looking more at root causes of why we're showing up the way that we are, not just treating the symptoms.

Ande Anderson [00:29:20]:
Mhmm. Yes. Yeah. Awesome. Well, thank you for touching on that. I so appreciate it. And do you have any last insights you'd like to leave people with?

Caroline Strawson [00:29:28]:
Yeah. I think one of the key things to remember is it isn't selfish to look after yourself first. It actually makes you a better parent, a better partner, a better sister, brother, daughter, son, friend. So, don't feel like you putting yourself first means you don't love everybody else. Actually, putting yourself first means you can do more in the world to help more people as

well. And, you know, that's what it's all about for me, that ripple effect for all of us too. It really is. And us all living a, you know, as long and as abundant and healthy life as possible.

Ande Anderson [00:30:09]:
Awesome. Thank you as always

Caroline Strawson [00:30:11]:
for

Ande Anderson [00:30:11]:
doing this.



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