

# The Blueprint\_ Villains Verified Nov 16, 2023

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abandonment, villain, swirl, talk, intentional, space, understand, love, abandon, story, struggle, vader, anakin, deception, anakin skywalker, surrender, tantrum, experience, folks, ultimately

## SPEAKERS

Kim

### Kim

Just grateful for everybody for being here. So let's talk about these villains okay and listen as folks come in I will make sure that I show love and give everybody salutes, top of the morning's, virtual head nods, reach you with the secret handshake, whatever the greeting is. My mods are working hard this morning. Thank you for the hype train. Appreciate all of you. So these villains we've been talking about villains and not in the sense of like bad guys, but villains in the sense of how we show up when we are not at our best self when we perhaps are in the midst of our shadow right but no game so many legends in one room. I could not agree more right? I hear you on your favorite color being blue.

### Kim

How we show up. I'm gonna put the villain slide up and start to talk about this. So how we show up ultimately, when we are not at our best, right when we are intentional about saying I want to do my best but at times. Sometimes the angel or the devil on my shoulder is talking and we're talking about that devil and this is the proverbial devil, right? Not necessarily the bad guy, but the I don't want to show up at my best. I'm demonstrating behaviors that I don't necessarily love. Right? I'm actually in a space where I am saying, not at my best. I'm not operating at my highest potential. And so we're talking about these villains, these villains that have us thinking to ourselves, I want to be in a space where I'm sort of wrapping myself in this villainhood and remember, that's the word that we sort of made up across the blueprint right but this notion of villainhood, and the intention intentional about saying, When I'm not at my best, I need to recognize what those villains are. And when I am at my best I need to understand that I'm operating in my superpower.

### Kim

Ebony, DJ Donna, thank you so much for the support. Ebony, thank you for gifting the sub to songbird appreciate you. Music Spasms. Welcome in King Good to see you. Thank you so much for being here. We are just getting ourselves going with our villain series. I'm going to take this out for just a second before we get back in there. We are still on this hype train. Thank you so much big so good to see you. Kay happy person to you but you for the boss bits you guys are the best. Guzzle, coming in hot with the resub thank you so much for the 10 months. You guys are amazing. Appreciate you appreciate all the love and then listen shout out to everybody who was additionally sent me birthday

wishes my birthday was Sunday. Okay. And I know so many of you who are finding out who were like wait, it was your birthday. It was your birthday? Yes, my birthday was on Sunday. I didn't make a big deal out of it actually spent most of the time on the soccer field. So thank you to everyone who has been sending me birthday wishes all of this week. Appreciate that. Appreciate the love and thank you so much for being here. TNT auto detailer, thank you so much for the bossbits appreciate you. So these villains, right. All of these things that we're talking about biggest thank you for the boss bits, appreciate you.

## **Kim**

We are still at we are now at a level four hype train. Thank you so much. That the soul appreciate the love. Thank you for being here. Thank you all for the birthday wishes all of the birthday most that are coming in. I appreciate it. So let's talk through these villains. Let's identify what they are. We're going to do a very brief recap. And we are going to attempt to get out of here on time today Tuesday. You all kept me well past my time in the blueprint you guys know I normally keep it to an hour. We were here almost two hours we almost didn't make the rain for the person that I intended to. So we're going to attempt to get to who we're going to go to at nine o'clock hopefully. So let's talk about these villains and let's be intentional about it. Just get this into the stage ladies and gents. All right. So we talked about what a villain is. We talked about how to define a tantrum. Thank you for the birthday wishes appreciate you. Yes, it was like a full Devo, KB browns, right? Y'all definitely were like, here's, you know what can like don't do that y'all. Can I tell y'all story this morning? So I told MyLifeJourney and Klock and key media that we were going to I said we're going to here's where we're going at nine, right? We're going to raid out. Key media sent me a text and it said at nine in air quotes, it was the shade from me, right? As if we were not really going to get out of here at nine o'clock. I mean literally, I wish I could almost show you all the text right but it was the it was the asked the guy from Austin Powers that it was like at nine with the air quotes and I just I just want to tell you that this is the type of shape that I get. I mean it's love but he literally was like really we're getting out of here at nine o'clock. Like we're getting out at nine. Just saying hello shady mindset just to get out at nine. As he puts on the jet air quotes, we're leaving on time DLC, this I just want to make sure that you all see this big Ed Smith. Thank you so much for the bossbits.

## **Kim**

So, we define what a villain is. We were really intentional about that. And then we talked about a few villains that mostly show up as we relate to how we are everyday as humans, the things that we need, the things that we seek, but also the things that we are wanting to receive from other people. So the things that we are trying to ensure that we receive from other people that we want to give to other people, but mostly we need to honor to ourselves. First we talked about validation. We defined what that is. We then went to influence I mean, we talked about manipulation and then what that looks like in terms of like negative influence, and defining all of these things because what's most important Ladies and Gents is that we have to recognize these in ourselves first, because sometimes we don't know that we're being manipulative. Sometimes we do sometimes you choose our villains, right you can choose them. We don't always identify choosing our villains but sometimes we do choose them right in the spirit of choosing violence. Sometimes we choose a villain when we choose violence, and that violence is the way that we behave. And that's the villain show it up. Does everybody get that? Sometimes when we choose violence, we choose our villain, and that villain is the way that we behave in the violence. All

right. I'm gonna say that again. So somebody missed it. When we sometimes when we choose villain, when we choose violence, we choose our villain. And the villain is the way we behave in that violence. Okay, so when someone says, Oh, you're being a little short, you're being a little bit you're being a little that they're describing that villain to you, whether you recognize it or not.

### **Kim**

Okay, so there is a time and a place for your villain. Don't let me acknowledge that. But you also have to recognize the villain that you're showing up as and so when you choose fi let's understand that you're choosing your villain. Thank you all for the high. Appreciate you we are at a level five again. Absolutely. Tantrum says you're only as great as the villain that you face. Sometimes your villains make you better they make you operate. More effectively in your superpowers. And we're going to talk about that because when I show you who today's villain is, and he's probably one of the ultimate villains that we know and love. It's like we don't want to love him but we kind of root for him because he's got like a backstory that kind of makes you feel like feel sorry for him. But at the same time you're like, but look at all the stuff that he's doing. Right? Look at all the all the turmoil that he's causing. That is how we show up as humans these villains cause us to cause turmoil they call us to operate outside of our potential.

### **Kim**

Squirt 1968, thank you so much for the boss bits. We are still at this level for hype train. Thank you guys so so much appreciate all of you. For all of the love all of the subs, all the new followers. All of the gifts subs. Klock with the half a stack. Thank you so much. Pushing this hype train all the way to the end of a level four. Bighead Smith with a boss bits thank you so much. Absolutely, tantrum says sometimes the hero and you brings out the villain that you'll face if that makes sense. Listen, come on on the tantrum gem. Okay, one of the things that I say when I say this, let me give you the Kim blue version of that is sometimes that you have to be the villain in your own story, to be the villain in somebody else's story to be the hero in your own story.

### **Kim**

Batman and Joker and there's a lot of them that can be balanced in here we can look at all of these villain pairs right villain and superhero pairs and understand that every single villain has their superhero or superpower counterpart that is making their villains more great, or their superhero more great. Okay, we talked about revenge and rejection and we looked at the Grinch and the things that he wasn't getting and so in an effort to not get those things, he took them away from everybody. And he wanted to make sure that nobody could be happy if he can't be happy, right misery loves company. We want to identify this crowd around us and ultimately, when we do these things, we are alone in our ability, which is one of the key things that I want to call out right as a villain. Ultimately, we are still by ourselves. We are not among a crowd. We are not with other people. We are not in a space where we're saying villain dumb is the popular thing. Even the folks who are villains find themselves ultimately by themselves. They may have their henchmen, they may have their little posse, they may have their crew that they roll with. But at the end of the day, when you move in your villain, you are moving solo. And it is often not in silence, right? All of those things are things we need to be intentionally aware of.

**Kim**

So then we moved on to rejection and revenge. We talked about what those are. And we talked about the penguin and how ultimately, the penguin was rejected. But what he really wanted or what he was really seeking was acceptance into society, from people in his circle, ultimately from his parents right now I want to hang tight with the penguin because we're going to come back to his story when we get into days into today's filming, right? Remember that the penguin was abandoned by his parents and ultimately rejected from society. And so keep that in mind as we keep going through all of these villains and we get to today's we talked about deception, right? Deception is where we got tied up on Tuesday, and that's how y'all had me for almost 90 minutes on Tuesday, talking about deception, defining what it is we're really being intentional about saying when we deceive, we know that were deceiving, right? Yes, Klock almost 90 minutes, maybe almost two hours. Right. And we talked about what it means to experience deception from the outside. So people may see that as forgery or dishonesty or all of these other things. But ultimately, in the spirit of deception, we know we're deceiving because we would rather accept being deceptive, deceptive than being a liar. So we're choosing the lesser of the two evils because it's deception allows us to still operate in truth, even though we put a little bit of a fail over it.

**Kim**

I did read I told them not to be messy because they love it right. Sometimes they like it says good morning. Good to see thank you so much for being here. And then we are we moved into the different types of deceptions tantrum hang title that we're going to come back to that right? If you can be the hero or live long enough to see yourself become the villain because that is actually going to be a very cornerstone statement for our villain today. All right. Yes, MyLifeJourney y'all. Y'all are messy from a place of love. I do know that right? It's only because you love me. You want to see me do great things. I do know that. So we talked about the different types of deception. How we do that to avoid punishment to save our relationships. To preserve face. We did talk about narcissism just a little bit and how some of these are narcissistic, adjacent. We also talked about we also talked about how this shows up in this space. Thank you all for the hype train appreciate every single bit every single sub new follow whether it was gifted or whether you just contributed whether it was a rehab, thank you guys. Lots and lots of subs, lots and lots of love. Appreciate you all so so much.

**Kim**

When we think about this notion of deception, and we started talking about how this shows up for other people, there is this whole notion of choosing our deception in order to protect ourselves. Right we talked about deception being a form of self protection, but it isn't always the self protection that we want. We want to make sure that we are protecting ourselves from a positive space. When we deceive others. We choose not to lie, but we also choose not to bring them through the whole truth because it makes it all about us and not about anything else. Rebel Good morning queen. Good to see you. Thank you so much. For being here. Happy Thursday to you. And so today ladies and gentlemen, we are going to talk about abandonment. Okay. We are going to talk about abandonment. And we are going to talk about this notion of abandonment meaning this is what it is. And we're going to talk about abandonment in the spirit of it being close to surrender, but also being positive. Right. Who would here might they let me take this out for just a minute. Right? So I want to just I want to look at y'all while I'm talking to you exactly, exactly MyLifeJourney Vader. Okay. DJ TNTautodealer, thank you so much for

the gifts up to rebel. Appreciate you. You guys are just doing amazing things today. Thank you so much for all of the love right?

**Kim**

So Vader is our villain for the day. Okay. And I think Vader is very appropriate when we talk about abandonment. But I want to make a point before we define abandonment and before we conduct a data breach, it's already got out there waiting for like it. I love it. Listen, folks. Abandonment is real. And I want to make sure that you all know for a fact that abandonment has a lot of negative tendencies but I actually want to submit to you that abandonment can be intentional. If we are looking to surrender the struggle. Okay, somebody write down the words intentional abandonment. I'm going to intentionally abandon parenthetically surrender, this struggle that I have going on. So we're going to talk about abandonment in the positive sense after we define abandonment in the negative sense, because sometimes we experience negative abandonment, we say there we are in this struggle and ultimately we need to surrender the struggle or abandon that struggle that got us where we are going in the beginning. All right. So hang in there with me as we talk about abandonment from a negative space and what it is, and when we talk about Vader's story, so anybody who knows who Darth Vader's if you don't hopefully you do but he is a character for Star Wars. Right. His real name is Anakin Skywalker. He had Listen, Vader was a real human, y'all before he became Darth Vader, he was an actual real human right.

**Kim**

DJred, thanks so much for being here. Good to see you. Happy Thursday. To you. I want to talk about this whole notion of intentional abandonment. And why it doesn't have to be this negative thing how we can actually embrace our abandonment and how we can be intentional about saying absolutely, he was still human right because what we forget about Vader is that before he was Darth Vader, he was Anakin Skywalker. Okay, yet parents, I had a he had a life. He had experiences though that gave him struggle. So if anybody has seen the movies, right, in particular, if you've seen the prequels, right, so if you've seen everything before Star Wars, Return of the Jedi, The Empire Strikes Back, right if you're in all of the prequel movies, right you see Anakin story. And you see that he goes through this life struggle where he is trying to figure out, am I going to live for the good or am I going to be in a space where I'm living for the bad?

**Kim**

Apple Blossom29 Welcome in to the blueprint. Welcome to twitch if this is your first time here. Happy to have you. Thank you so much for joining us. My name is Kim blue. I'm an HR strategist and a career coach. The blueprint is space where we come and chop it up about all things personal and professional development. Today Apple Blossom we are talking about villains not in the sense of like true characters, but the way that we present ourselves as human and people and the way that others experience us. So thank you so much for being here. All right. So when we think about Anakin Skywalker, he had a family. He had parents, right, but Anakin experienced abandonment in his life, if you know the story, and you understand before Anakin Skywalker actually went over to the dark side and became a member of the Sith, right the force was in him. Now it was a little bit suspect. Right? There was questions around is he going to be able to maintain staying with the force keep his lightsaber blue as we like to say? Absolutely. KB Rousey. Allow that negative emotion to marinate.

**Kim**

But ultimately, we get to this space where we see and again, experiencing the same struggle that we all do as humans and my emotions are am I going to be in a space where I'm saying, I don't know if I can do it. I'm angry, I'm frustrated. I've got all of these feelings that I now need to deal with. And I need to do something about because I'm experiencing all of them something about because I'm experiencing all of this life stuff, and it's not going well, and how can I stay in a space of gratitude and joy, which is what we were talking about in classics room this morning, if I've got so much anger and frustration, so Anakin struggle was is that he couldn't abandon or surrender any of that negative stuff that he was experiencing. It was the thing that overtook him. Right and so tantrums putting his story in the chat. He says his mother was sold and killed. His wife died giving childbirth and they took his kids from them and they didn't tell him, right. So when we talk about these environmental circumstances, ladies and gentlemen, let's just think about our own life. Right? They they're just gonna take a moment ladies and gent.

**Kim**

Okay, listen, y'all know I say a lot of things in here and I love a lot of people but I think I've been very clear about how I feel about Vader. He is in the stream. Vader Good morning, King. Good to see you. Happy Thursday. I am so excited that you are here. Yes, Vader. We are talking about Vader's mobility today but just hang in there with me. Because while we are using Vader and Anakin Skywalker as the premise for today's villain talk, you need to know that I love you. Period. Point blank hands down. And that's that on that okay, literally as I live and breathe. You are here. Okay, thank you so much for checking me out this morning Vader appreciate you go get back up a little bit. Are you on tonight? It is Thursday. As soul day I believe. Okay. So we are talking about I do mylifejourney. I do write letters. Vader's my guy for sure.

**Kim**

So we are talking about all of that. So Tantra put their story in the chat, right? He said, look at all of these circumstances. That he had to experience. So ultimately, Anna can experienced abandonment. And there was nothing that he could do about it. Right. There was nothing that he could do about any of his circumstances and because he got to all of those things. Okay? off because he got to experience all of those things. The Dark Side of all of that was really good. Now I want to jump into the definition of abandoned abandonment and then I want to talk about the stages of abandonment before we get to abandonment, from an intentional space and how we can get to a place where we say I don't have to stay here I can surrender the struggle. All right. So when we think about what abandonment is, it is this actor instance of leaving a person or thing permanently and by permanently it is either by choice by intention by circumstance, whether they're environmental circumstances or otherwise. So Anakin Skywalker is lost his parents whose children were taken away from all of these things were circumstantial, but he had a lot of emotion and he had a lot of feeling around all of that, but he wasn't able to manage it because when we think about this moat, this notion of abandonment, right, what we're talking about is some space that is being left. There are voids there that are not being filled.

**Kim**

We now are missing key parts of our emotional capacity that need nurturing. Does everybody understand that? When we are void or absent of certain aspects of our emotional capacities, love, nurturing support, good energy, laughter, joy, there is no space for us to feel that with something especially if we are seeking to habit afield from the very people, places spaces are things that are no longer available to us. Right? When someone that we love or someone that's important to us passes away or transitions away from this and I'm not I don't want to trigger anybody, so I'm not going to be in this space long. The very things that they brought to our life. Don't ever get replaced in kind does everybody understand that? When we lose something and when someone transitions away from us, those things do not get replaced in kind. And so if we experienced love if we experienced compassion, if we experience kindness from that person, or that space of that thing, it doesn't get replaced from something else. It leaves that void there and we might feel a measure of abandonment meaning I no longer have this thing, the way that I'm used to having it, right. And so now absolutely tap the source as we go through grief from the loss 100%.

**Kim**

So, what we're talking about is Anakin experiencing this loss, and really getting to a place where he's saying, I now don't have my children. So I can't be what I want to be to them. I now don't have my mother, right because if you know anything about Anakin story, she loves him through all of the feelings of that battles and those struggles and she knew that the force was questionable right and that he may be doing towards the dark side even though he was destined to be a Jedi if you really know about the story. Right they're very close to him. And what the when we think about this void though this loss, there's now an abandonment of all of these things that we actually need that helped make our survival sustainable. Right, when we talk about having a sustainable survival it actually requires so many of these components, these different types of currencies, of fulfillment of our emotional capacity, our ability to truly be humanized through our experiences and through others and so that's what makes abandonment so serious because we now don't have that there's a departure of that person that space that thing. It's like when you've been doing something for so long, as much as we talk about maybe not liking our jobs or not liking our words we leave a role and when you leave a job, there is a there is a you experience some loss there. There's some grief that comes with that. You get familiar you get used to the crazy you understand how to navigate it, right? All of these things become really intentional. And you get comfortable in that. So then you grieve the loss of that change.

**Kim**

When we think about all of the stuff that goes into abandonment, I actually want to take you through the stages of what abandonment looks like. Right? And this is something that I found in my research is I was looking through many abandonment websites and just understanding more about the relationship between abandonment and grief, the relationship between abandonment and betrayal, which is one of the things we're going to hopefully squeeze in in these next few minutes. But I want to talk about the stages of abandonment. And so the acronym we're going to use is called swirl. All right. And the S stands for shattering. This is that moment as you start to see things fall apart. This is literally when we get to write and so hold on let me let me tell you all this swirl is my work. Okay.

**Kim**

When I literally say to people when I so I think I've been very clear with your stuff and from high functioning depression it means that I fly exceptionally high. I might be on weeks and weeks and weeks of just travel, of all of the things that people may need. For me, I may go through a series of streams that are really great. I may be in a space where I'm supporting other people, I'm coaching at a high level all of these different things. And then all of a sudden there's a break in that or there's a departure from that and then I feel the word that I use in my life journey will tell you the word that I use now Sam and I'm in a bit of a swirl right now. And each one of these things that we're going to talk about I experience and I'm telling you that because I want you to see it from somebody who you all show love and support to just like Anakin Skywalker, I'm very human. And I'm not perfect and I have these moments where I too am navigating right is my lifesaver blue. And how do I keep it blue? Or am I feeling a little bit like red London Michelle? Good morning. Good to see you.

**Kim**

Music spasms. Good morning. Good morning, right? We're coming in. Happy Thursday. So when I talk to y'all about my lightsaber being blue or being red, I understand that that is really real, right? So right now I'm flying very, very, very hot. But what y'all don't know is that maybe two weeks ago, I was talking to her and she just she just said to me. I have not heard anything about this world that you've been in what's been going on behind the scenes where I had a lot of stuff happening behind the scenes. But it was also on the heels of my birthday. He was finishing a soccer tournament. It was every Sunday before mine. He was just come home with great grades in school. I was going to celebrate a wedding for somebody. So I had all of these very positive events that were taking place on the surface. And beneath the surface. I was absolutely swirling completely, completely completely and it happens like that. Right. So when we talk about compassion, we talked about grace. We talked about extending those you never know what somebody is experiencing beneath the surface, right?

**Kim**

Yes, AppleBlossom says those zones of regulation you are mindfully regulating yourself, which is why intentional abandonment becomes so important. So hang in there with me as we talk about that. But I wanted to make sure you all saw my face to say I am someone who suffers through the swirls on a regular basis. And I want you to know that even if you're swirling you are still surviving it's when you're not swirling that you may need to seek awareness of am I surviving or what are the resources that I need to bring into my life to survive, right? Those are real things. Okay, let's add this back in. When we talk about the stages of the world, the S stands for shattering Okay, the S stands for shattered this is when we are literally watching the things fall apart. We literally feel or experience the emotional and physical and mental unraveling of whatever is happening in our environment. And there's nothing that we can do about it is Dr. Day he said it's those ebbs and flows. You understand me, okay. It is literally looking at something falling apart and knowing that you have no control, say so or influence to stop it at all. All right, there's nothing you can do about it. And because you are watching things shatter around you, you begin to withdraw inward. Hey, Matt, good to see you. Thank you so much for being here. If they do DJ Kay, immaculate.

**Kim**

Vader you are far more than a regular dude. And I will come back on camera to say that if I'm going to please note that. So then we go into withdrawal which is this intentional removal of yourself from the present. Okay. So we see the shattering we recognize that things are falling apart. We see the disconnect that is taking place but we cannot for the life of us be present for you ever see you ever see someone who is ill? Or who might be in the hospital undergoing treatment for something and you've heard the phrase, I can't see them like this or hurts you to see them like this. This is that withdrawal. It's the removal of self and your emotions from the present. It's where you get to say you know what, I just can't be in this space with this person. I don't want to see them like this. I can't be involved. While this is like this. I don't have the emotional capacity. I actually cannot I don't have the ability to internally regulate what is going on. Okay, see you later.

**Kim**

I'm not the only one who feels that way. All right, far more than regular period. Once we get into this space of withdrawal because we've made it clear that we can't be present in the present we internalize all of those feelings, right? We hold all of those emotions and thoughts inside. We don't say it out loud. We don't do anything that's going to help us find that balance. We don't do anything that's going to allow us to open up to release to create space to have the ability to say I'm not well, things are not well, I need help. I need support. I need whatever it is that I need. Right but you needed all of those things that come with that. So we hold it all. And here's the thing, people ask us how we're doing and what do we say I'm fine. I'm all right. I'm okay you know, we might we might downplay it things could be better. Right or things are not as good as they could be but yet right and then we say then we go into something positive Tom O'Brien Be Good morning or good afternoon. Should I say to you, thank you so much for being here. Good to see these. Please give Tom in front of the Apollo among all of the other, y'all there's so much greatness and don't miss in this stream right now. Please just go and follow the folks rebel read and Tom and Brian be all of these folks who are in here okay, Mac folks who just came in right literally, Mitch and I say this as Mitch Mitch comes into, comes into the stream. Good morning. Good to see you. Happy, happy Thursday to you. Okay. So when we talk absolutely tap this.

**Kim**

DJsoul says the lie that we tell ourselves is I am okay. When you are not okay. Right. Classic says I'm fine is acceptable and doesn't extend the conversation Exactly. Because in that moment Classics what we know is that I have already removed myself. And so if I just say I'm fine, I can keep control of the thoughts and emotions that I have inside, which gets us from internalizing to the R which is rage because here's the thing, we hold on to those thoughts and emotions for so long. We hold on to those feelings for so long, that we then start to feel higher levels of anger or frustration because we don't have a place to express. We're not finding our outlet. We've not said to ourselves, I deserve I am worthy of space, time and energy to release everything that I'm feeling, whether there's through crying, whether it is through tears, whether it is through anything.

**Kim**

Okay, let me make sure that you all see my face when I say this, when we move from intent when we withdraw when we internalize and when we go through those experiences of rage right and rage being anger or frustration or any type of negative emotion that does not allow us to show up as our

best selves. All of that comes into play. When we don't create the space or when we find ourselves less than worthy, less than deserving of being able to say I'm going to therapy. I want to talk to somebody because here's the thing, folks there is shame and guilt affiliated or associated with the withdrawal. app, right? I can't see somebody like this. I just can't deal with it. So I have to kind of hide away until I can find my way. But now I feel guilty for not being equipped with the very tools and resources or language. Right let's just go back to the very words of saying I need help. How simple is it right? Let's just go to the simplification of the language that we need to use to choose to give ourselves what we need. I need the help.

### **Kim**

But their shame and guilt affiliated with saying that and so what happens we hurt we hold all of this in. Right? we internalize all of these things. And that's where that internal anger and emotion comes from. Right? All of that stays with you until you choose to release it and then what happens is that level of self awareness that I either can't go back. Absolutely. Ebony says don't wait until something's wrong. She says to go to therapy ultimately, but to get your health right. Classic says the thoughts can be pervasive until the point of stalling out 100% daily says this all the time. If the only tools in your chest is a hammer, you'll treat every issue as a nail. So now we've got this self awareness. All right. Now we've got this self awareness ladies and gentlemen, that we have been abandoned that we are alone in this struggle that we are on this journey by ourselves. Insert Lord Vader, not Vader makes who we love, Darth Vader, right our character. And so when we think about Darth Vader, he internalized all of that anger and frustration from loss from life from people in many ways. Because not only that, remember and in the midst of all of this other loss is mentor passes away. Right the person who was trying to help support him getting to the good side of the Force. He does right if you remember the story, right click on passes away. And now Anakin is like I have no body. What do I do? Who's going to guide me who is going to help me? And so what happens? All of that anger and frustration and then the dark side takes over and we find him being more adjacent to the Sith life. And you all know the story. I won't tell you that but then ultimately what happens is right and then Katie Brown says and when Obi Wan offered to help, he rejected it because he had internalized these emotions. Let's talk about that for a minute. So now you get to a place where you are offered help. But you say no.

### **Kim**

And you say no. Because the emotions that anger that withdrawal, withdrawal and the internalizing of the emotions is so great that you have no space to receive the help. And so now we're stuck. Right? We're just stuck. We don't know how to move. We don't know where to go and we are in this world. Ladies and gentlemen. Welcome to this world. We are now watching and experiencing the Shatter and feeling ourselves draw in and I'm telling you folks, we are stuck, swirling and trying to figure out how we're going to get out of this storm. And here ladies and gentlemen, is where we migrate from abandonment and experiencing loss or departure from someone something or a place. Absolutely the one to to now saying what if I intentionally abandon some of the things that are keeping me stuck? Right I asked you earlier to put intentional abandonment in the chat and want everybody to put that in there again, intentional abandonment.

**Kim**

Intentional abandonment aka surrender the struggle because here's what happens we get into the swirl and we feel like because we're swirling on such a massive level, that there is no space for us to receive help. But I am here to share with you that that is the very moment which you need to receive the help in which you need to reset to say yes, so when someone says to you, can I help you? Is everything okay? You need to say no. Intentionally abandon the struggle. Intentionally abandon the emotions that are keeping you stuck. Invite in and create the space that you need for yourself because when you intentionally abandon something, you're in control. Ladies and gentlemen, does everybody understand that? Intentional abandonment equals control over the swirl? You're swirling because the environment all of these things around you are getting the best of you but you don't have to give your power away. Right and if you know the story, right and so we see Anakin he becomes Vader and if you've seen the movies, right you see all the destruction and everything that he causes, and he leaves so much of a path. Right he literally does not find peace until he passes away. Right and if you know the story, right, he has his last moment of peace with Luke who is his son, and he finally finds that peace, but it is so unfortunate because we saw someone who had the opportunity to be on the right side of the force, give it all away because he could not regulate his life. He didn't choose to say yes and listen we see more debater have moments we see Anakin Skywalker have moments listen, if we really want to go forward in the story, we see Kylo Ren who is not who is a member of the Sith but right we see Kylo Ren have those moments where he can choose good but he can't intentionally abandon his journey. Because if I let it all go, then what will people think of me. Then how will people experience me then people will see me I am seen in this world who wants to be seen in this world. But the swirl is where you need to be seen. So that you can surrender the struggle. Right. I'm gonna go back and catch up because I see big stove putting some comments in here and I want to make sure that I am acknowledging what people are saying. All right, got a lot of scrolling to do so bear with me. But I am encouraging you folks to be seen in this world so that you can surrender the struggle. Right.

**Kim**

Marjorie says I immediately think how can you help me? You're on your own swirl. Why would I add more on you? We have this conversation all the time. Right? It still says no one especially guys wants to feel or be perceived as weak. So folks don't reach out for help. Absolutely. We intentionally keep our squirrels to ourselves because we don't want anybody or anything else caught up in a G class. No, I'm not even going to do it. Right. You get the late pass. And I'm going to say hello to you. And that's going to be that on that sir. Okay, we are in here talking about abandonment and how the spread right about how the swirl gets us and how we want to surrender this world. Okay hear you talking about some I'm down for this world, sir. You're I hope you're the first person that says I'm swirling and I need help. Okay.

**Kim**

And so all of these things up to date, he says it's like me being under this way to blank in order for me to abandon the warm I have to expose myself by throwing back the veil. And she says it is hard but necessary. And it is folks Listen, the minute you can get clear and surrendering the swirl. That is you operating intentionally and intentionally abandoned abandoning the things that have been keeping you stuck when you can identify for yourself? I'm in a bit of a swirl right? I'm watching the things shatter. I see the things falling apart. I'm starting to internalize my emotions when people ask me how I'm doing

I'm like fine, my answers are short. You don't have to stay in a space of abandonment. Just like you don't have to avoid situations because you don't want to deal with them. Right? That abandonment is adjacent to avoidance and we know that avoidance is not a strategy, ladies and gentlemen. When we get intentional about acknowledging that we are in a space where we're swirling, and I'm just going to use that phrase because we've now understood what the differences are, what it means, right the stages of abandonment, when we recognize that were swirling, in particular, if something abandoned us and we were not prepared for it. If we've experienced last departure, right, whatever it is, but once we recognize that it's not on our own terms, those the ones that hit us the hardest. When we are intentional about being like I didn't see this comment. I had no idea that this was even going to be an issue. I didn't realize that this was a thing. And now they're gone. And I didn't have time to say goodbye. I didn't have time to do this. I wish I had more time to do all of these things. If I didn't write the infamous phrase. If I hadn't known I would have done this they should have would have could have.

### **Kim**

Yes, Klock, we can add tissue to the boss gear. Okay. When the abandonment is not on our terms, ladies and gentlemen, that's when the swirl is raging at its greatest. And I'm here to encourage you to embrace this intentional abandonment where we can say the minute something starts to shatter, or we start to recognize that our emotional regulation is off, we can get our arms around it and go no, no, no, I can actually surrender this struggle. And when someone says to me, are you okay, you can say you know, what, today is actually not a good day for me. There are lots of things happening. Thank you for asking. Sometimes it starts with something as simple as acknowledgment that the swirl is happening. How hard is it to acknowledge that the swirl is happening? Right? Let me just hear about that in the chat. No, we're at the top of our minds, okay, we're going to be not too much longer, but I have to get through this part of the conversation right. How hard is it to acknowledge the swirl is actually happening?

### **Kim**

MusicSpasm says Yes, right. That he wishes he could crack because it's been a long time and when so much happens, it's at times harder as a defense mechanism, right, but then there's no way to release right when we get to a place where we understand that we can intentionally abandon our search our struggle. We are now growing right? That is growth mindset. Does everybody understand that when you intentionally abandon your struggle you are moving through growth mindset. Dr. Davis has given yourself grace as part of the self care process. 100% Y'all, there are so many things that we are missing from our toolkit and our resources that we didn't get from our parents that we didn't get from the environment that we cannot learn at work that nobody is going to teach us except the school of life. All have these right? When I tell you folks that we are literally missing parts of language, parts of understanding and lived experience that don't allow us to show up in the ways that we need to we are literally missing components of our human condition that help allow us to be prepared to receive and experience all of these things. And not be seen as weak or not be feeling inferior or not understand that it's okay for us to do these things.

### **Kim**

We literally stay in spaces because we don't have what we need to navigate out of it. It's like being in the Darat I talk about the darkness all the time, right especially for those who if you're like me,

right or not, right I know I have a bunch of depression. So for me when I start to when I start to swirl for me, this swirl is in immediate crash. It's like a flat height. I'm right on top of the mountain. And then I just slam down and the minute I get to the bottom right it's just darkness and that's where I am and I'm just kind of hanging there and I'm like okay and I just have to stay there. But the couch that that darkness I see the couch, this couch that's next to me. I can't see but this couch sits next to me on and good luck for me. I'm telling you this couch sits next to me or the proverbial couch right the Caleb couch that is where I find my way out of the swirl. Because at that point I have to stop internalizing and then I have a choice I can intentionally abandon the struggle and I can say when I get off this couch. Absolutely appleblossom venue assess and you try again. So when I get off this couch my first step is to whatever my first step is to try to talk to someone to tell someone I'm not having a good day to go for a walk to drink some water, whatever it is that I need in that moment, but it is the getting up.

### **Kim**

Dr. Datie is saying era of transparency is crucial, crucial for trust, and we need to see what real time resilience looks like. The hole is always greater than the sum of its parts. Do you understand? Right? I am a part of this hole that is talking openly about why intentional and intentional abandonment is a superpower. Ladies and gentlemen, when you can say I don't have to accept that when you can say I don't have to be a victim of this person that left me I don't have to be a victim of this person's, you know, manipulative ways. I don't have to validate somebody who is only going to invalidate me. I don't have to say a lot to someone who I make an option who does not choose me when they have the opportunity to do that. When I don't have to stay anywhere where I am not prioritize where I'm not viewed as important valued seen. I don't have to stay in this space. When you choose to internally surrender that. You can then begin the process of coming back above the swirl, right and getting out of all of those things because we say there because we believe that we have to, but I'm here to tell you that as you find yourself choosing the intentionality of surrender. Surrender equals intentional abandonment. You can let it go. You can be okay saying I'm not okay and in this moment, abandoned Amin a bit abandonment does not have to be the villain that consumes me. Absolutely KB Brown, put on those steel toed boots and leave that swirl. And let me be clear, folks, it's not easy. I'm not saying that we're just going to get up and tap dance out of this world. What I am saying to you though, is that you can recognize you can look around you and see this world.

### **Kim**

You can look around you and recognize the feelings that you're having the anger the frustration, you can understand where it is coming from. You can identify the source and you can choose to say I don't want this to be me anymore. Absolutely. Molly says take your power back in the surrender. It is hard to do dijanna see, let me tell you something, folks. I'm telling you my story because I don't have anybody else's story to tell. So I want you to know that as much as I teach and I coach and I encourage and I have lived this is me doing my work publicly at zero shame or guilt about telling you all that I suffer from high functioning depression, zero gain shame or guilt about telling you I don't get it right. Every day. I have zero issues telling you all that. I might look like this. And in 20 minutes, I might be swirling, because that is my life. And that is the way that I move. That's how I ebb and flow through these things. What saves me is my ability to speak openly about it. Because I can't be swirling if I'm not in all five letters. So when I'm talking when I'm coaching when I'm sharing my story, I'm not internalizing. I'm not frustrated. I'm not withdrawing, withdrawing means I don't tell anybody my story.

Withdrawing means nobody knows this. You just get this pretty face and these blue locks and this nose ring and all these things. And you get my smile, but you don't understand my struggle behind the smile. So because I am publicly saying these are my struggles and my challenges. I'm not swirling, right.

### **Kim**

There are moments where I'm not in front of this camera, right or I'm not in front of somebody that I know and I am swirling, and it does happen, but because I can feel the swirl coming I recognize that I now know what to do. I can intentionally abandon the swirl. I can go for a walk I can get outside. I can do all of these things right I can be present with myself first. I can do simple things like eat and drink water ternal music whatever it is. Twitch has been such a blessing because there are moments right y'all see me here but there are so many moments when I'm in the chat. And I'm in tears when I'm in the chat and I'm trying to figure out how and I literally mean how I am going to get through this very next thing that I'm going to do, where I'm trying to give myself Grace about being like I was not a good mom, I raised my voice this morning, or I need to do all 50 of these things. And I don't know how these things are going to get done. My faith is low today. My feelings are all the way up. Today. I am so emotional and I can't put any words behind it. And yet, I recognize all of that. And so when I do that, the thing that I immediately go to is in I feel the swirl coming and my key question is what can I control in this moment? What can I control in this moment hugs to everybody in the chat who is openly sharing and being transparent.

### **Kim**

Shout out to you Jay. Jonah, Molly party, Datie Priests, tap the soul. Everybody, right. Lots of hugs, lots of Kleenex but that boss gear in the chat I think Chuck the soul had a great tissue remote, I might need to adopt that except the soul and bring that into a blueprint as a shared remote. Okay. To everybody who is hearing me and everybody who is feeling something in their spirit in their chest, in their feet, wherever it tingles for you. If this is resonating, on some level, understand that I'm not calling you out but I am calling you in to be present with yourself and understand that you can intentionally abandon your swirl. Because you deserve it. You are worthy and you are worth it. Because what did I say to you on Tuesday people who don't do the work take that to work. So if you don't do this work here, you then show up in other places, your work community, your social communities, your faith community communities that you want to be you show up with your work on done. Right. What are the Oh folks before you before you leave this are don't don't let them catch you what you work on done. Don't go anywhere with your work on don't because then people are going to see the not best version of you. Do the work ladies and gentlemen so that you can be at your best my opening mantra for those who are not here I say everything the reason that you want to be the boss of your own blueprint. The reason that I show up here is because I believe everybody should do three things every day. You should operate at your highest potential. You should add value to the work that you own or are responsible for but you should show up as your most authentic self. Right. Sometimes that authenticity that you show up in has to be worked on. You have to let go of some other things and create the space so that you can authentically experience gratitude, joy, give forgiveness be compassionate. Let those superpowers be the thing that guide you don't be weighed down by those villain patches on your cape.