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# Relationship Rehab Show

FREE DOWNLOAD: Show #15 , September 13, 2022

## Unique Stories of Personal Growth Journeys

**Nancy:** I have seventy-seven years behind me. With that perspective I realize that most, though not all, of my guidance has been introduced by some kind of pain...something I don't like and want to change. The way my mom and dad treated each other was painful for me to observe. That pain led me on a lifelong search for how to create and sustain a happy, loving marriage and the dream of writing books to help others have happier relationships.

When I married for the first time, it didn't take long before I realized that I was unconsciously duplicating the behaviors I'd seen between my parents. I had to want something better enough (interpret that to mean I had to be in enough pain) that I was finally willing to change myself which quickly began to improve the quality of our marriage.

When my first husband died leaving me at age twenty-three with two baby boys, it was all I could do to just get through one day at a time. Some times in life are like that...daily survival...rather than some lofty ideal of personal growth. It took about five years to see daylight. All I knew to do was put one foot in front of another. The big take-away from that is that I may have gotten through those years easier with the support of a personal therapist or coach.

I was a single mom for thirteen years. I voraciously read personal growth books and was hungry for spiritual answers to my questions like, "Why did this happen to me? What did I do to deserve the death of my husband? Am I doing a good job raising these two precious boys?" I went to a few spiritual conferences and read books, but mostly just did what I enjoyed doing. I spent a lot of time in the garden (healing for me) and sewed most of my and my boys' clothing (creativity has always energized me) and was active in my church. I wanted to remarry, but the men I dated just weren't my cup of tea.

I married Jim Landrum, a widower with three children, in 1981. We were ecstatic to have found each other, deeply in love, and had no inkling that we were about to embark on one of the most painful journeys either of us had experienced. We were totally unprepared for the unique challenges of stepfamily dynamics, and were soon consumed with conflicts about different parenting styles...a problem frequently found in stepfamilies.

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But again, the pain I was in personally led me to a wonderful coach whose teachings resulted, eventually, in the writing of [Your Inner Child: A Path to Healing and Freedom](#).

Soon Jim joined me in our desperate desire learn how to stop the fighting and just love each other again! What we learned led to our teaching classes to couples for eleven years, the earning of my Masters Degree in Spiritual Psychology, the writing of [How to Stay Married & Love It!](#) and eventually the [Millionaire Marriage Club](#) online streaming course and a book about research proven strategies that help stepfamilies succeed: [Stepping TwoGether: Building a Strong Stepfamily](#)

My older son's addiction to drugs led me on a painful journey of learning how *not* to unconsciously support his poor choices with my own codependency. That journey led to the writing of [Pungent Boundaries](#), a book that has helped many on their own journey away from codependency and a life of resentment.

Not all the impetus for growth has come from pain. I've often been led by my dreams, both the nightly kind and the conscious kinds...and amazing synchronicities that reassure me that a plan is being worked out by an unseen hand who only wants my ultimate good and is aware and supporting me on my journey.

**The guests on this Episode #16, Jerry and Kristi**, shared their own very unique stories of being guided through some very painful circumstances and backgrounds to find healing and self-fulfillment by what they discovered as they were open to being guided. Jerry's extensive reading in many different fields of spiritual study and Kristi's relentless pursuit of freedom from childhood pain have opened them both to vistas of understanding and amazing growth. whose mother was a serial marrier and alcoholic, spent years in Codependents Anonymous meetings learning to untangle herself from the tentacles of her dysfunctional family. She is deeply committed to her faith. She and her husband have reared five wonderful human beings. She continues her personal growth by challenging herself to learn new skills, most recently returning to school to get her Masters Degree in Special Education.

**The Take-Away:** It is my unshakable belief that God, the Universe, the Energy that flows around us, tailor makes our journeys to fit our unique circumstances and personalities. There is no one way fits all! It is fruitless to try to mimic the spiritual growth pattern of this guru or that one. Trust that what you need will come to you as you are ready for it. Trust that even the most painful circumstances have within them the seeds of incredible growth.

Wishing you the best on your journey!

*Nancy Landrum*