



# Episode Transcript – 013 – Letting Go of People – Part1

## Introduction

Welcome to Remembering to Be Me, a podcast that helps you find your own way to a place of authenticity and service of others in a world that is ever changing. I am your host, Jenn Shallvey and I invite you to join me on a journey of reflection, insight, and wisdom, as well as be challenged into growth and change. The choice is always yours. I simply hold the space, and offer an invitation and support you in the process. As you find your own way to balance the ups and downs, be rewarded with freedom, contentment, happiness, acceptance, peace of mind, and clarity. Trust yourself, discover more of the real you and share your wonderful, amazing whole self with the rest of the world. This is not always easy. So, start with this simple message to yourself, "Be me, and when I forget, remember to be me."

## Main podcast

Hi, this is Jenn Shallvey and I'm here today to do the first part of my episodes on letting go of people. And I decided to do this because this is not an easy topic. When I said I wanted to do a podcast series on letting go. All I could think of at the start was how easy it would be to talk about stuff, places, because they're not as personal as people. But when I sat down to start to do this one, it was, let's just say the word frustrating it brought up resistance. And at the same time, I thought I have a lot to share, and I know that people could really benefit from this. So I've been reflecting, letting it kind of mull over in the back of my subconscious and seeing when it pops back up again. And here I am. So I couldn't even write my blog posts. Because usually I do a few blog posts and then off I go.

And I had to sit down and first look at why is this topic so challenging? And for me it's challenging because I started to realise how many people I've let go of. And then I also had to accept and realise how many people have let go of me. And you probably have the same situation. If you've been around the earth as many years as I have. Midway in my life, I can look back at a lot. Now, if you're a lot younger, maybe not as many, but it's, it's genuinely a challenging topic because it sounds easy to just throw those words out, but it's not that easy to actually do.

And therefore, I feel that a lot of us will be walking around in our life with people that are in our life in a unhealthy way or a distracting way or a way that holds us back. And that doesn't mean you let go of the whole person. That's what's so insightful for me is it's not about letting go of a whole person or forever. It's about looking at your connection to people and going, what do I value in my connection to others? And how does that work for me? And in this moment right now, is that happening? It's not that hard to think about. It's just, I think challenging to do.

And this is because of course the obvious and that is there's never just one person involved it's you and another, or perhaps many others that are involved in that dynamic, that connection. And so, as I've been thinking about what I wanted to share in this podcast series around this topic, I had things pop up and have put them down on my list of things that we'll talk about in more depth. But for now here's a few things that I want to go through that I'm going to go into more depth.

And that is, I actually feel we're all connected where in this big giant world of humanity and at some level we can see ourselves as all connected. I know that sounds really weird, but it's like this idea that as a human being, we are sharing this earth with other human beings. Therefore there is always



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something that connects us in our experience with another human, because we are all going through the same thing.

We are born. We grow up, we live, we have a life, we have all the ups and downs of that life. And then eventually we're not here anymore. And that's something that we all share and everybody gets different experiences in that because of their place of birth, their circumstances, the people around them, the country, the culture, all these things, right? And therefore your connection to people will be a factor of so many variables. There are too many to list. And for each of those factors, that's going to influence you.

And then another aspect that came up was the idea that we have choice in who we are connecting with, but we don't always have the skills to do that effectively. Or the people that we're connected to. Don't always have those skills or they're not in the right place either. Therefore a lot of the letting go piece can be also about letting go of the way we are connecting with people, the expectations we have of people.

And this episode is to give you some ideas to say, what is it that would come up for me in terms of letting go of people? What does that expression even trigger in me? When Jen says that, what is it that comes up? Where is it in me that this is actually speaking to me? And I'm saying that because if we're going to work through this topic together and you want to get something out of this, then I think you need to consider your own life. And that's not something you do in a few minutes or a 20 minute burst. It also percolates. It also needs to be reflected on it also is a exercise of maybe even talking it out with other people. And then you get to a place where you say, oh yeah, that relationship needs some work. Or maybe I am needing to do something because that relationship isn't functioning properly, and maybe it's me. Those are tough questions and tough things to think about. I know they are because it means you have to go and look at things that aren't as easy to look at as the nice stuff.

I could have made this episode, how to keep the people in your life that you want. And maybe I shouldn't be saying that, and maybe I should change the whole thing from letting go. But I like the idea of first letting go of things. And people are one of the aspects I'm talking about in this series. And then once you've let go, then we come back to, well, what do you keep? What do you have? What do you want in your life.

With the people equation though, it's filled with emotion, lots of emotion because we're humans connecting with humans. You've got the past, you've got things that are going on in the current, and then there's the future expectations of what you want in the future, and is that person going to be with you?

And then we think of all the different types of relationships that we can be in. There are friendships, romantic relationships, work, relationships, family. There are acquaintances that we meet in our communities. There are people that serve us through different stages of our life that might be maybe come into help us, helpers.

And there's just a whole lot of people out there. And so one of the exercises I want to take us through is a mapping exercise, which I will do in the more in depth episode. I've done this in workshops. So if anybody's listening to this and they've done a workshop with me in the past, you probably will have done this exercise. Um, and it's healthy to do. But the tricky part is what to do once you have information about the relationships.



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The key thing though, that comes up when I connect into this whole topic and I think about it and I reflect on it and I meditate on it is it's not just about you or it's not just about the other person. There's no blame, there's no judgement. It's what it is. It's a dynamic that exists. And it plays itself out between the two of you or the more of you. And it reflects where each or all of you are in this point in time in your life and where you have been on your journey. And if you've done personal development work, for example, and you've been investing in coaching and mentoring and so forth, and you've gone to workshops and you've gone to classes and you've gone to seminars, well, you're on a track that's very different than the person who never even bought a book on anything that says, hey, you could be a better person or here's how to be well, or here's how to look after yourself. That person's in a different space and that's cool. It's all fine. That's their life, not yours. But I could imagine that you would diverge into different directions and you're crossing over will be different.

In workplaces there are so many of those examples where you bond together over a work situation. And then when that bonding experience has gone, not everybody stays connected. Do they? You have to let go of that. It was a great team effort when we did the team thing and now we're not a team anymore, for whatever reason. And that's an example.

Um, there's family challenges. Family is the best one that I think you can think of where you're born into a group. You didn't choose these people. And then there's ones that you get along with. And there's ones that you tolerate and there's ones that you don't ever deal with. All of us have that we all have aspects of that in our world, don't we?

When we talk about letting go of people, it is a deep topic. It has a lot of breadth to it. It is something that I don't want to take lightheartedly. I don't want to do a cursory glance at this topic and go, 'oh, isn't that fun you just let go of these people and off they go', you know that kind of thing. No. I want to look at this as a way to help people connect better, to help us actually get along better and be better at who we are.

And the other perspective I will actually share in a blog post. But for now, I'll say it in this podcast because I was writing about this today. Just didn't finish it. I was in a cafe and I was waiting for my car to be serviced. And so I had a good two hours, almost three to sit there. And I had my laptop and my coffee and I was on the corner of a building looking out on a busy intersection of a shopping area near where I live. But it's not my local area. I'm right by the window. And so I got lots of time to watch the people going by. And as I sat there, I thought to myself, I do not know a single person that has walked by. It just floored me. I'm just sitting there going, I don't know anybody. I haven't seen a familiar face. I don't see anybody that I could possibly even know. There's nothing going by here that even relates to me. I had no connection at all. And the only interaction I had was the barista taking my order and serving my coffee. That was it. And these hundreds and hundreds of people walked by in that time. And then I saw the people like me sitting in there.. And there were other people and they were equally just sitting there and I bet they didn't know anybody. And then there were the ones who did, you know, were meeting friends and things. But we are all individuals connected in this space, but we weren't connected.

Therefore I don't have anything with those people to let go of or worry about. Right? So then I thought, well, if this is just one slice of my world and I don't have that in my life, then I started thinking about all the other people out there in the world that we aren't connected to. So the people that we may or may not need to let go of in order to be better in our wellbeing and healthier and happier and whole will be very few, because that comes from a very small subset of people, doesn't



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it. It's a small group of people in our life, whether it's family, coworkers, or friends or acquaintances, it's a very small group that we are actually dealing with here. And that is then taken down to an even smaller level of who are the relationships that we want to keep. What's actually making sense of us right now. What works for us? What's not, what can we actually put some more effort into to make it work better? And what have we, for our own sake, let go of and maybe need to come back to, or what have others let go of that we need to let go of. They're not changes, but they are perspectives that will help us deal with this idea of letting go of people. When you realise it's not like you're going through your house and you have thousands of things to get rid of because you want to declutter, it's only probably one or two people in your life that you meet may need to think about.

So my first question for you to consider and take with you, and then listen to the next episode when it comes out is 'where am I at right now in my life with regard to people and of that, are there any people in my life that I need to let go of either because they have let go of me already and left me, or because I know that it will be a healthier decision if I step away from that relationship and move into a different space, however, I define that.

And just think about that. Maybe already, the signs are there. And I don't want this to be an emotionally laden experience right now. I want you to think more in terms of what's best for me and that person, not just what's best for me. What's best for both of us or all of us? Is this a healthy situation or not? And if not, have I done all the things that I could do to make this better? And if so, then why am I still doing things? Is there another way?

And so those are just some of the questions that for now are worth exploring. And I'll do a more in depth episode that we'll talk about each aspect of the letting go of people, the reason why you might want to do it, who they might be, how you might do that. Um, just even how you figure out what's in the scope of that kind of conversation.

So I'll leave that with you for now as a short episode, just a get you to think episode, and then I'll come back soon. And then you can go into more depth with that one. Enjoy. Think about it. Reflect. Contemplate. Meditate. Whatever you do. Do a little journaling, a little drawing, go for a walk and think about it. What comes up for you? I will talk to you again very soon.

### Closing

Thank you for listening to another episode of remembering to be me. Any information in show notes from this episode will be on my website [www.jennshallvey.com](http://www.jennshallvey.com) That's J E N N S H A L L V E Y.com. I would love to connect with you. You can find me on Instagram at Jenn Shallvey or contact me via my website. And after listening to this episode, if you think of someone else who might benefit, please share, the more the merrier. Until next time remember to say to yourself "Be me, and when I forget, remember to be me.