

## **Girls Night #220: What to do if you Feel like You've Missed your Shot at Finding your Person — with Michelle Williams**

0:00:05 - Stephanie

Hey friends, welcome to Girls Night. I'm Stephanie May Wilson and I'm so happy that you're here. Each week, I have a girlfriend over and we talk through one of the biggest questions we have about our lives as women. We're talking about friendships and faith and relationships and self-confidence, about our calling in life and how to live every bit of our lives to the full. Life is so much better and easier and absolutely more fun when we navigate it together as girlfriends, and I cannot wait to get started.

Friends, I am so excited about today's episode. Today we're talking about how to truly enjoy your single life instead of just enduring it. We're also talking through some of the lies or myths we may have believed about singleness or dating. Things like my success is way too intimidating, so I need to tone it down, or I've been single for this many years and so I've missed my shot at finding my person. Friends, I'm even more excited because we have a really, really special guest here to talk us through this. Our guest for today's episode is singer, actress and my new friend, Michelle Williams.

Now, many of you guys know Michelle from her days singing in the popular musical group Destiny's Child. Who does not love Destiny's Child? But, along with being a super talented singer, Michelle is also an amazing speaker. I had the privilege of hearing her speak and meeting her in person at a conference I attended earlier this year in Atlanta, and after hearing her heart for singleness and dating, I just knew I needed to invite her to be on the show.

In this episode, Michelle is sharing her journey as a single woman and the biggest lessons she has learned in her dating life. She is also teaching us how to be confident in who we are and not let anyone dim our light. She is teaching us how to cherish our time as a single person, how to stop feeling quite so lonely in our business, how to figure out the type of partner we need, how to stop settling, and so much more. I cannot wait for you to hear from her. All right, friends, I am just like over the moon about who you get to meet. Today. I'm sitting here with my new friend, Michelle Williams. Michelle, thank you so much for coming to Girls Night.

0:02:11 - Michelle

Of course. Thank you for having me, stephanie.

0:02:14 - Stephanie

This is so fun, okay, so for women who haven't gotten to meet you yet, they're in for a treat. Tell us who you are, what you do, and I feel like this could be a great fun fact. So tell us a fun fact about yourself.

0:02:28 - Michelle

A fun fact about myself. Michelle is not my first name. What is your? Can you tell? I mean, Michelle is my middle name, so it is a part of me. I love that. I love that, so people will probably go on a Google hunt to see what my first name is. I know, is it like a?

0:02:52 - Stephanie  
secret.

0:02:52 - Michelle

No, it's Tenitra. Tenitra is my first name. I love that. I love that.

0:02:58 - Stephanie

Tell us what you do, tell us who you are and what you do All right, so my name is Michelle Williams, a singer, author and actress.

0:03:08 - Michelle

I love it.

0:03:09 - Stephanie

I love it. We got to meet in Atlanta not that long ago, which is where you're based right, yes, based in Atlanta.

0:03:15 - Michelle

You and I met at Kate Tomlin's Heart of Dating Conference, where you know, I'm still on Cloud Nine because of that experience, so it was good to meet you there.

0:03:25 - Stephanie

Same same. It was so awesome. I loved getting to hear you speak and as I'm sitting there, I mean I'm like cheering, I'm everyone's like amening all over the place to everything that you're talking about. And as I'm sitting there, I'm like, all right, we got to see who shall come on girls night. So I'm super, super glad to have you here. And because we met at the Heart of Dating Conference, everything, all of my questions today are all about singleness and dating, because they loved your perspective.

So I'm just going to like pick your brain like crazy. All right, so is that okay?

0:03:56 - Michelle

Let's go.

0:03:57 - Stephanie

Let's go Well. Okay, so to start out with just as much as you feel comfortable sharing, can you tell us what your like single and dating life has what your like, what your story has been?

0:04:09 - Michelle

Okay, I have dated all of my legal life, you know, and I chose to be quiet about those experiences, especially if I'm like well, it doesn't seem like there's a future here. So what's there to talk about? My friends knew I was dating, but it's just not something that you know. I wanted to keep that part of my life private. And then I publicly went public with the relationship and we got engaged. And I should have kept that private, because when you're building your relationship, you should not build it in public. You should build that thing to where it's so strong privately. First build that foundation before you go public.

Now, that's my preference, because I've had the experience of both right and so that engagement was public, the disintegration of it was public. Because I feel like we made it public, you might as well make the breakup public too. You know, to a degree where people see you not that you owe anybody anything, but you might as well just okay, we're not together, right, that was, that was, that's what happened. So I I I don't know, I would never do that again, ever. I will, never. I will never publicly just put my relationship out there. I want people to like see me with a stroller and they be like wait a minute, she got and she got to bring off. Is she married?

0:05:52 - Stephanie

That's how you know Personally. Yeah, yeah, what has you know? I know that over the years you've been like a real encouragement to women as they're single and dating themselves. What is it about this season of life that has made you like want to walk with other people through it?

0:06:16 - Michelle

Well, because I feel like we there are so many relationship gurus out there relationship coaches, life coaches and a lot of the relationship coaches I don't want to generalize, I'm just some which could seem like a lot tell you about the great side of the relationship or just make sure you're healing. But I don't think that a person has to have had perfect relationships to walk someone through a relationship situation. I would love to tell people what not to do or what to look out for, because this can happen, based off of my experience Right. So that's just why I want to walk with people and the main thing to walk people through is their healing journey.

While you're single, do I feel like you will be 100% whole going into a relationship? No, and a lot of people shy away from being in a relationship because it's remember the saying gets I'll come to church when I'm saved already. I'm too dirty to come to church. I'll come to church when I've got some things straightened out in my life, and a lot of people feel that way about relationships. Well, I've got to get myself all the way together. I got to get myself together. Some of that is true, but prayerfully, God sends you somebody where that healing can be a journey where both of you are individually doing the work and collectively doing the work, and I feel that the relationship can work when both are committed to their healing.

0:07:52 - Stephanie

Yeah, yeah, I love that. I love that. What is one of the things you know there are? There are two pieces to this singleness and dating thing. There's the singleness part and the kind of like loneliness piece or the kind of desert piece or the watching other people be in relationships, and then there's the dating piece of it which I think when you're in, when you're super duper single, it

feels like dating is going to be a reprieve from some of the confusion. But dating in itself is so confusing, like on its own, and so I want to kind of split them up, if we can, for a second, and I would love to hear just what are some of the things or like some of your biggest, most helpful lessons you've learned during singleness specifically.

0:08:39 - Michelle

You have to intentionally because you are single.

You have to intentionally do things travel by yourself, go out to eat by yourself, shop by yourself, go to the movies by yourself, to where you, to where?

Now it's to the point where I'm like I'm okay with the relationship or without a relationship because I've invested so much in myself. Personally, I love me, I love being by myself. Maybe it's because part of me is more introvert than even I want to believe, but there's so much peace that I have and the person that in my life you almost got to bring that same energy as it relates to peace, or be greater, you know, than the peace that I already have. Please don't bring drama, confusion any of that, because I will choose me if that happens. So that's what I would encourage singles to do is get to the point where that relationship is an addition, that it does not subtract and take away from your walk with God the peace and the healing that you've been doing. Make sure that it's an addition of joy, it's an addition of love, it's an addition of peace, it's an addition of wow. We can really rock this world together.

0:10:04 - Stephanie

I love that. I think that for me, there were times when I was single or I feel, like times when I just like haven't been doing well, that I being by myself is scary, and so I'll reach for all kinds of things where people or noise or chaos in order to not be with myself.

0:10:24 - Michelle

Oh my gosh, I shot, I hit the add to cart. Add to cart. And if Facebook and Instagram, they keep listening to what we say and if I say, like right now, high-waisted jeans, the most amazing high-waisted jeans are going to come across our feet and I'm going to buy them on the tap. Add to cart.

0:10:45 - Stephanie

Yeah, yeah, and it's so easy. It's so easy to fill your life with so many things and like whether that's, you know, relationships, whether that's and I think that when we are feeling particularly chaotic inside or empty, it's easy to fill ourselves with things that just aren't aren't actually going to add much like you were talking about, and it was such a turning point for me to be able to just be with myself and see my relationship with myself as something to invest in and something to cherish and something to make time for, and it like I just I love the way that you said that like your piece, you're doing all these things by yourself, Like what you have going is really good, the relationship you have with yourself is really good, and so if someone else is going to be involved, they need to either like be as good or better than what you already have going.

0:11:37 - Michelle

They've got to bring it. They've got to bring it.

0:11:42 - Stephanie

Yeah, oh, I love that. Well, okay, so what about dating? Dating, putting yourself out there, you know the like, opening yourself up to rejection, knowing if someone's right for you, like what are some of the things that you're like? If I could go back and give myself a piece of advice about dating like, this is what I wish I knew sooner.

0:12:03 - Michelle

What I wish I knew sooner about dating. I feel like I'm made to only date one person at a time. But there are some people who are like, oh no, you should be, you should be seeing more than one person. And a part of me is like do I regret not seeing more than one person at a time? Not sleeping with, but like letting somebody take you out of, just hanging out. Yeah, you know, I don't think any harm is in that, you know, because shucks, the men are.

0:12:45 - Stephanie

I mean, you don't know. Yeah, being being clear about, like, is this exclusive or is it not? And I think you know, when you are dating a few or when you are, like you know, talking to a few different people, it takes some of the pressure off and that alleviation of pressure can be a good thing.

0:13:02 - Michelle

Yeah, it takes pressure off. I think if you're clear, like you said, hey, if it comes up and it's appropriate, you're not the only person I'm talking to. I mean, you don't have to be like I'm talking to so-and-so and I'm going to take them to so-and-so at 7 pm tomorrow. But first of all, unless you've had the conversation of exclusivity, you shouldn't think you're exclusive to anybody. Anyway, I think that's a conversation to be had. You know I'm old school. I want the. Will you be my girlfriend? Yes or no? Question, I do Same.

0:13:38 - Stephanie

Same I want to be clear.

0:13:39 - Michelle

Let's be clear.

0:13:41 - Stephanie

Yeah, yeah, because I think something that we can do is and I always, I always aired on the side of exclusivity where I would like, really like someone and feel like I would place a reserved sign on my entire heart for this person, whether or not they'd asked me to do that, and so I would find myself like more invested than I should have been, and so I would get more hurt than I would have had to, I guess if I would have like slowed down a little bit.

0:14:12 - Michelle

Yeah, yeah, I agree with that, I agree with that.

0:14:16 - Stephanie

Are there any other like, just as you've been dating and as you've been talking to people about their relationships, are there any other like dating words of wisdom that you find yourself passing out a lot?

0:14:30 - Michelle

Therapy. Please go to therapy, making sure that, because it's not your fault when pain and trauma was inflicted on you, but I think you are responsible to not project that same pain and trauma onto others, right, if you find yourself in a relationship and you're anxious, or that other person says, hey, like it, because sometimes pain and trauma always makes you question your place in someone's life. Are we okay? Are we okay? Are we good? Are we good? And I feel like something, something happened along the way that's making you very insecure and whether, and instead of you knowing that you're worthy of that love I'm speaking from experience instead of me knowing that I was worthy of that love and wanting to make sure I am what this person truly wants. I was so insecure, you know, but it took a lot of therapy and going back to those wounds from childhood to figure all that out. So that's first and foremost, no, you don't have to go to therapy to talk about depression, anxiety, abuse and blah, blah, blah. You can, you can, but what will happen is they will always go back to something that happened in childhood, because childhood forms the way we, the way we respond today as an adult. Now there are some adults who had a blissful childhood. They had all the love. Their parents were amazing to them. So they know how to communicate and they're fine. That's okay.

But it's a possibility you might get into a relationship with someone who's still working on some things. So that's first and foremost. I would say go into some, get into some therapy. You know, talk some things through, be prayerful.

Do not ignore red flags, as they say. Red flags begin to look like six flags when you're really into a person, when you're desperate, when you're so desperate for love, you overlook some things that possibly will not change in marriage. Why should I change in marriage when you seemed okay with me when we were just dating or engaged? So that person's not going to change in marriage unless God comes in and does a miracle. So I would say do not overlook things and ask questions, and don't ask questions from an accusatory standpoint. Hey, I'm just curious from my point of view, when you say this or when you do this, it makes me feel you know just things like that that I'm learning along the way, even something I had to do this morning. I said I asked this person when we talk about this, how do you want me to respond? Because I'm seemingly taking things personally. Yep, you know, yep. And then it was like God gave me the revelation of why I'm taking things personally. Yeah.

0:17:44 - Stephanie

Yeah, I love that. That's something that. So this is like both my parents are psychologists, which is kind of a. It sounds like a weird way to grow up. It was a pretty normal way to grow up.

0:17:55 - Michelle

Both your parents are psychologists. Both my parents are psychologists.

0:17:59 - Stephanie

I know isn't that nice, but one of the things that they always talked about was using I statements, and so instead of coming into something and say, well, you said this and you said this and you said this, that immediately put someone on the defensive, whereas if you can say, you know what, I'm feeling a little bit defensive, or my feelings are a little bit hurt and I'm trying to figure out. Would you mind telling me like? Am I reading this in the right way? As long as you can talk about yourself like you are owning what is yours, you are protecting what is yours, you are clarifying what is yours and you're not attacking the other person, and so it just gives the other person a chance to respond better. Absolutely, it's amazing.

0:18:44 - Michelle

Absolutely. I agree with you on that, stephanie. But a lot of times we don't say hey, I'm feeling this way, because it makes us, we're projecting our insecurity. I wonder if they're going to think I'm weak or being dramatic or too sensitive if I say I feel.

But you are so right when you say you always do this, instead of saying that I seem to be hearing you say this. I'm hearing you, right. So what I'm hearing you say is and then it gives them a chance to be like no, you took that the wrong way. This is what I was, you know, but it depends, because that could be in the back and forth. No, because what I heard. You say no, babe, I promise you this is what I meant. No, because this is what. So you and I'll say this, sometimes you got to be willing to just be quiet. So say you were having that exchange, honey, it's.

If I'm hearing you right, it seems like you were saying this and they say no, that's incorrect. I was saying this. No, you said when you find yourself about to do that, just hush and be like. Sometimes it's easier to also be like you know what you're right. Okay, yup, you can't win everything, especially when there are two strong minded people, you know, especially two people who read a lot, who know a bunch of facts and information. Going back, you're like listen, how about? Both of us are right, both of us are correct here, yup.

0:20:26 - Stephanie

I really like what you said about weakness, though, because, like that's something that I totally, you know, that's always been a fear in the back of my mind is, oh, is this person going to think I'm weak or dramatic or high maintenance or whatever? And but the thing is that, like, having feelings and speaking that way, like isn't weaker than saying no, you said this, like that may sound stronger in the moment, but if you actually step back, there's actually so much strength in not yelling back or owning what is yours, or speaking intentionally in a way to where the other person is going to be able to like, like it's just it's, it's way more intentional, it's way more effective to speak this way, even if you're saying things like I feel hurt.

Absolutely so it's just, it's just not weak.

0:21:17 - Michelle

There's so much strength in surrendering the desire or need to be right. Yeah, there's so much strength. Guess what you might be right. You might be looking at the answer right now on Google. You might let them have it. Let them have that win. Let them have it. Yep, it's not worth dissension and distance in the relationship that that causes.

0:21:43 - Stephanie

Yeah, 100%, 100%. I love that, one of the things that I hear the most and felt the most. When we're talking about singleness and dating, when our love lives aren't turning out the way that we want them to and that can look a lot of different ways I think that one of the fastest like one of the, the person we immediately blame, I think, is ourselves. We feel like this is not working out because something's wrong with me or you know, no one like it's. It's it's because there's something wrong with me. Have you experienced that and like it? How do we find truth there? Is it like? Is it all our faults?

0:22:30 - Michelle

No, Some stuff is not. You know all of your fault. I'm telling you, the root of a lot of that is insecurity. And what's the root of insecurity? Betrayal disappointment, over and over and over again. Maybe you were even bullied and talked about in a certain area. So you just walk around questioning everything about yourself.

Or when they say you didn't get love as a child, when you do not get proper, those proper emotional needs met, you're walking around so empty as it is.

You don't have it to give, nor do you trust. And if you're, and if you're the people who supposedly love you didn't give you that, you're walking around wondering well, if mama and dad didn't give it to me, I'm so not worthy of anybody else to give it to me. You don't even give it to yourself because you don't think you're worthy of it and you project that. Or you go into relationships with the desire for that love cup to be filled, and sometimes you're almost in a place where so much healing has to take place, where God does so much work in you. Now it's going to be his job to fill you up with all those needs that you need met. Let God fill you up. That way, when he's filling you up, you are giving that other person his love, Not the world's way of love, Not what you saw growing up that might have been contaminated and toxic. When God fills you up, what comes out of you will be so healthy and loving.

0:24:13 - Stephanie

You know I love that I'm working on that.

0:24:16 - Michelle

I'm working on that love to contain as much of the fruit of the spirit as possible.

0:24:22 - Stephanie

Yeah, yeah, I love that. What are some of the things that you like when you are feeling like unwanted? I guess what are some of the things that you, that we, can tell ourselves in moments like that, I think that the message so easily goes from you know so, and so didn't call me back or so, and so didn't want to go on a second date or so, and so broke up with me and we're like it's my fault, it's because I'm not worthy.

0:24:53 - Michelle

It's because I'm in love. Rejection, rejection sucks. Rejection will have you thinking all kinds of things about yourself. Rejection will have you doing stuff to your body, your face, or maybe because see what happens is say they broke up with you and then they go date somebody else and you're like, well, maybe that's what they really wanted, so let me go look like what they have right. Rejection can tell you a bunch of lies other than rejection needing to be protection, rejection being redirection. I was rejected, but I know, because I'm doing the work on me, God's got. God's going to bring someone to me. Who's what I need.

You know, have you ever looked back at someone you were dating and then, 10 years later, you see them and you're like, thank you, Jesus, I'm so thankful they cheated on me. Rejection, I'm so thankful that they went in another direction. God, I thank you for them rejecting me. Oh my gosh, they look terrible now, you know, or they're not able to provide, you know they're. Oh my God, things happen. I understand things happen to people and you know you can I'm not saying, look for someone rich, but you want somebody that can, you know, pull their own weight to the table right.

So you look back at some people you dated and I'm like God, I'm so thankful that it didn't work out. I know I didn't feel that way in the moment, but I'm like, thank you, Jesus. You know, no one wants to hear, no one wants to hear a cliché when you've been rejected and rejection is going to be a part of life. I work in a business where you are constantly rejected. I'm pitching the show as we speak to tons of networks. There will be networks who are going to say this is amazing, but it's not what we're looking for right now. That's still a form of rejection. I can't go and be like man, what I have sucks, no, it's just not what they want. And we can't be mad that someone has a preference. Yeah.

0:27:09 - Stephanie

Yeah, how do you keep like and I guess this is like we could talk about this professionally, because I think it's the same like the same muscle but how do you keep going Like, because what if the fear is? You know this network goes, love what you have not for us? Like, how do you keep going and push past that? Like little fear that goes, like no one's going to say yes.

0:27:35 - Michelle

I'm reminded of things that I really, really, really wanted. An audition for the project came out and it didn't do good or scandal happened on it, and I'm like God, you were protecting me from this. You were protecting me from my name being attached to something that's not successful. So I look at it as that, and I and I also, but it makes me say keep working. It makes me also maybe check my entitlement. Did I feel entitled to this? You always check that too. Check the heart. You

know there was something that I really wanted and I really boohoo. I think I've only cried, I think I literally cried once at not getting this particular opportunity and I'm thankful. I'm like because it was so much mess that happened afterwards that I'm like God. I see he looks out for me. Now I don't know about you, but God looks out for me.

0:28:46 - Stephanie

I love that. I love that.

0:28:48 - Michelle

Yeah, so you know hearing. No, it's horrible. You know, because you work so hard at something. You know I heard Tyler Perry also say and he, he walks what he talks. You know, when people don't invite you to their table, build your own. Build your own, and either they'll invite themselves to your table or you'll be able to invite them to yours. Hey, yes, even you that rejected me, I got a seat for you at my table. Yeah, yeah, I love that. The table that, through God, helped, helped me. You know, he will prepare a table for you in the presence of your enemies.

And that's what the word says.

0:29:40 - Stephanie

Yeah, One of the things that I've seen over and over again for a long time now is that there are resources and podcasts and books and stuff for women who are single, like in their early twenties, but as we get older it's like the resources sort of drop off. Or people say things like you know, here's something that's helpful and you're like, ah, that would have been helpful for me 10 years ago. It's different now. What are some of the things that you've seen like through the conversations you have and through the work that you've done? What are some of the things that you see like change about singleness and dating?

when you're in your early twenties, to like when you're older than that.

0:30:31 - Michelle

Maybe I'm paying attention more because I'll be 44 this year, but I'm loving seeing people get married for the first time in their forties, even having children for the first time in their forties. So don't let anybody tell you oh, you're past the age of 25, good luck for you. No, no, no, no. No. People have focused on their careers. You know, because you know. There was a time we grew up where as soon as you go to college, you're supposed to get married and have kids. I just knew at the age of 25, I was going to be married by 27. I was going to have my first child. It didn't work out that way.

I'm okay, because there are marriages that you see online and they don't even like each other in real life. Why are we envying and I don't mean filtered relationships because of a actual filter, but it's filtered I know maybe a hand full of couples that are really about it in real life. They love each other, they respect each other. They've come through a lot of things. I told someone yesterday happy anniversary, you are a relationship goal. I can't say that about a lot of people you know. So there's so many things that I've learned about relationships because I know what

it's like to be the only person at the wedding that's showing up single. I know what it's like, where I used to feel so ashamed because Beyonce and Kelly are married and they have children. I used to feel like man, I don't bring that to the table. I haven't felt that way in a long time, I think because I've been so invested in doing my work and just being happy by myself.

0:32:33 - Stephanie

I love asking this question this way because I just love what people have to say. But when you're looking at people in your life and you're thinking they're married, they have kids, and you're feeling all the feelings that come with that, if you could go back and whisper something to yourself when you were having the hardest time in one of those moments, what would you say?

0:32:58 - Michelle

I would have asked myself do you really want it? We think we want marriage, we think we want children. I would have to say, did you really want it at the time when, to me, it was just the enemy in my ear saying look at them and look at you right? And when I look back it's like, did I really want it Right? And so you have to be okay. There are some people who don't want to be married. There are some people who do not want children, and that's okay too. You can show up at the parties, you can show up at the holidays at peace, just like people who are in a relationship, and be, I promise you, and be okay. There is still a place for you in society. Single and childless, it is okay. Do not let anybody pressure you into big lifelong commitments like that, not even yourself, because you will settle and don't do that.

0:34:27 - Stephanie

I have so many cases. I'm sorry now. I love it so much, I love it so much Wait until you know that.

0:34:36 - Michelle

You know that. You know, and it's not even. Somebody brought something to my attention and I stopped asking could I marry this person? Now I say can I do life with this person? You can marry anybody. The wedding is going to be amazing, can't you do life? Think about that. Are you cringing at the fact of life with them now? Because if you are, you will cringe at doing life with them later. It doesn't make them a bad person. Maybe you're better off as friends and to guide them into who they're really supposed to be with. It's okay, I promise you. It's so good. How many people have we seen that? You know that. You know that. You know they settle. They're miserable. Why do you want that? Because you're tired of going to grandma's house at Christmas time alone. I love waking up in the morning and it's peaceful. I do, I promise you.

0:36:03 - Stephanie

Yeah, yeah, I love that Something about when you said settled that last time.

Do you want to settle? I think that we have this idea of what a person to settle for is. It's like, oh, they have this job, or they're annoying like this, or they look like that. Whatever, settling for all of us is different. It could be someone with a great job, who's the handsomest person ever, who

has a great personality, blah, blah, blah. They're just. We're not looking for the perfect person. We're looking for a person that really fits us.

There are people that you could that would look great on paper but that wouldn't be a good fit for you. I think you know that when you're dating someone and you know that something is just off you were talking about with red flags you kind of know, even if they look great on paper, if you can't see yourself partnering with this person through all of the stuff that life brings the ups and the downs, the craziness, the ups and the downs in the middle, just the normal kind of day to day things If you can't picture really partnering with this person in life, even if they look great on paper, don't do it, stephanie, that's so good.

0:37:18 - Michelle

Absolutely, absolutely. Again, there are certain decisions that I make, stephanie, that are no brainers. I have instant peace about it. And then there are some decisions where it takes a minute through some prayer and some, you know, like it's a no brainer. I know where I go get my gas. I have two places, my favorites to go, where I go get gas. Right, there are some moments you're like man, I don't see my two favorite places where I go get gas at.

This is you don't want to equate gas and partnership of life, but there's basically what I'm trying to say. There are certain things where this is a non-negotiable for me. You're just certain things. And then there are certain things you're like, okay, I see them committed in this area and they're growing and they're persistent and consistent and you're seeing some changes emotionally, spiritually, maybe visibly then that's workable. But if they're just stubborn and they're making you feel like you're the problem, you need to go get help and uh-uh, because they will be like that in marriage and when you really, really need them to stick with you through something difficult, you'll be by yourself.

0:38:47 - Stephanie

I heard someone say one time that the only thing worse than being single and wanting to be married is being married and wanting to be single.

0:38:58 - Michelle

Being married and still alone.

0:39:04 - Stephanie

So I have a feeling that you have something to say about this, so tell me if I'm right. One of the things that I think can happen when we're single is that we really, really, really want a relationship, but we're not necessarily putting one foot in front of the other in order to make that even a possibility. We're not necessarily doing our part, yeah.

0:39:33 - Michelle

Yeah, you gotta do your part. Do your part. Like I said, do it, whether it's being cute when you go to the grocery store or go into any van and you put a little extra effort in. I like staying home, I love staying home. But they are really correct. Your husband is not going to knock on your door

at home. Your wife is not going to show up at home unless you get a lot of deliveries and that person that's delivering is happened to be single and you strike up conversation. I don't know, but you've got to go out. Or, if you know, you've been doing the work and you can trust some friends ask them, hey, to set you up on some dates. That's okay, yeah, if you know.

Hey, singleness some people know singleness is not for me. I know that. I've even heard people say there are certain levels in life that they believe like they can own that will only be unlocked if it's through partnership, through marriage with someone, and that's okay too. I want you to go for what you believe. I want you to go for what you think God has for you and if you believe marriage is one of them, a healthy relationship with one, healthy relationships, business, personally, friend, just ask, friend, that should be your goal. Let's get to healthy here. Is this a healthy relationship? Do I trust you? Are you a safe person? Am I a safe person for myself and for you? I would encourage people.

Go to church on Easter, everybody that don't go to church throughout the year. They're going to be there on Easter, mother's Day, christmas. Go to church on the holidays. Go to the mall around the holidays and everybody's at the mall, so put yourself out there. Put on some earrings. Men, get your hair cut, step up a little bit. It's okay. It's okay. I love that. I love that.

0:41:57 - Stephanie

This is such a random story, but I think about it all the time. I was walking around a park that I love in Nashville a couple years ago and I was looking at just the plants growing on the side of the path and I started thinking about gardening. And I don't have a gardener. I'm not a gardener and I have a totally black thumb, but the only thing I know about gardening is that if you want something to grow, you need to plant it, and the thing you want to grow, that's the kind of seed you need to put in the ground.

I just started thinking about that and I'm like am I doing that with my friendships? If I want to have more friendships, I need to be planting friendship seeds and I need to be tending to them and wait a little bit. But that's the same for everything else. What am I putting into the ground and what am I expecting to come out of it? And do those things match? And I just thought about that ever since. But if we want to be in relationships, we need to be putting the things in that are going to grow a relationship and not meeting people.

0:42:54 - Michelle

Yeah, I worry sometimes because even I'm guilty of where you don't have to talk to your friends every day and, before you know what, a week goes by and two weeks go by, then three weeks goes by, right. So you have to be intentional about sending that text or, if you can travel, say hey, we're going to meet up in August for a girls trip because friendship is so vital, it's so important. So I don't know what has happened where we've gotten really, really busy and preoccupied and we're putting so much on our plate Everything is me, me, me, me, me, me, me, me, me, me and we don't invest in our outside relationships.

0:43:37 - Stephanie

Yeah, yeah, but we need to.

0:43:39 - Michelle

We do need to, we need to, we need to Okay.

0:43:42 - Stephanie

Yeah. Is there any last thing that you want our listeners to hear, or to know, or to do?

0:43:50 - Michelle

You can come through anything. You can come through anything. I am a living testimony. You know, being hospitalized, you know I voluntarily checked myself into a treatment facility for depression and you know, looking at going on almost five years later, the growth, the healing, overcoming you know so much in my life. You know, even since 2013,. I look back and I'm like, would I do it over again? You know, but I'm thankful and I just want to encourage people. I promise you it does get better. Get the seeds for yourself too, the relationship you want with yourself, the relationship that you want with others and the relationship you want with God. It is an investment and even some sacrifice, but I promise you you can overcome.

0:44:52 - Stephanie

Thanks so much for coming.

0:44:54 - Michelle

Thank you for having me. I'd love to come back anytime. Anytime you think of me, I'll be there, Perfect.

0:45:00 - Stephanie

Perfect. Thanks, Michelle. You're welcome you guys. Isn't Michelle amazing? I just love her and I love this conversation and I'm so happy I got to share it with you.

One thing I wanted to mention quickly is I know we talked about a lot in today's episode, and so if you want to find the links for any of those things, all you have to do is go to my website. It's girlsnightpodcastcom, and for every episode we have a blog post with the show notes. All the links will be there for everything we talk about, including all of Michelle's contact info, so you guys can follow her and so y'all can be friends. The other thing I wanted to mention is that, if you haven't had a chance yet, it would mean so much to me if you would take just a second to leave us a rating and a review on iTunes.

We've gotten so many amazing five star reviews from y'all and you've left the sweetest comments. I cannot tell you how much it means to me, and it also helps out the podcast more than you can imagine. So if you haven't yet, please take just one quick second to leave us a rating and a review. Thanks so much. Alright, friends, that's all we have for today, but we'll be back next week with another episode of Girls Night and, trust me, you are going to love this next one. I'll see you then.

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