



Overcoming Addiction & Shame - with Sex Addiction & Betrayal Trauma Therapist Tyler Patrick "The Wandering Therapist" "Overcoming Addiction & Shame - with Sex Addiction & Betrayal Trauma Therapist Tyler Patrick "The Wandering Therapist"

INTRO: Welcome back to the **“Victim 2 Victor”** podcast. My name is Anu and I'm your host, and in today's podcast episode, I have Tyler Patrick from the therapy brothers, my show will be discussing the interplay between shame and trauma. We'll also be discussing the trauma cycle the fear cycle, what it means to be wholehearted, and the importance of connection. Tyler, also known as the wandering therapist is a licensed marriage and family therapist with a clinical practice based in Logan, Utah, and it's called love. He has dedicated his career to mastering and understanding both recovery from sexual addiction and healing from betrayal trauma. He believes that the men and women who embrace and live the principles of recovery do far more than get their lives. They become the best kinds of persons and wives, fathers and mothers is grateful because it acts as a guide and support to those who embark in the life transformation of living and connected lifestyle. Tyler is a public speaker and podcaster. And he loves presenting powerful information, along with personal stories when he speaks. He's the co-host of the therapy brother's podcast alongside his brother, Brian.

Anu: Hello Tyler. Thank you very much for making it today on my show, it's so great to see you again.

Tyler Patrick: How are you? I'm doing great, it's good to see you too. Thanks for having me.

Anu: It's an absolute pleasure. And I know today's gone be a very valuable talk. Because the fact that you know you are a wandering therapist, somebody who's obviously dealt with probably hundreds of 1000s of trauma, pain, I think patients or clients even, and, obviously, you know, you're in this work, and I just feel that in this day and age now, everybody needs some sort of therapy.

Tyler Patrick: Wherever we live, we live in a world that is full of trauma. So it's not just about a profession, but it's also personal life, too. You know, we, we definitely have our own traumas that we're working through. And I think that's how we get a chance really, ultimately to learn even though it comes through pain, sometimes.

Anu: It does. And I always find that with pain, you know, common spirituality with pain comes just wisdom and life experience. And, you know, even though pain might be termed as a negative thing for me, I see it as gross. Right?

Tyler Patrick: Right. It's, it's, I try to distinguish with my clients sometimes that there's a difference between pain and suffering. And that pain is truly actually one of our greatest learning tools. And it's necessary, it's unavoidable in our lives, but suffering is, is our choice as to how we're going to deal with the pain. And, and that gives us that opportunity to either learn or grow or to going deeper into our own misery and our own struggle.

Anu: That's so true. That's so true. And so, so tell us about yourself, Tyler, I know that my listeners will be very keen to understand about your history, you know who you are and where you are today.

Tyler Patrick: You bet. So yeah, I'm, I'm a marriage and family therapist. I live in Logan, Utah, in the United States. And I've been operating my own practice for about just over about 10 or 11 years. And I focus specifically on betrayal, trauma, addictions. And then of course, when you work with addictions, it becomes a lot of work around other forms of trauma and shame. And so that's kind of what I specialize in. And the reason that I've kind of come to that place is largely because of my own life experience with some significant trauma in my own life, overcoming my own form of addiction and, and then working really hard to try to overcome some of the betrayal that I had caused my own marriage with my wife several years ago, about probably about 10 or 11 years ago that that'll happen. So, so it's a personal story as much as it is a professional story. And I try to use my personal story to help my clients are going through similar things.

Anu: Yeah. And that's very powerful, especially coming from just authenticity. And that's why I can sense from you. You're just highly authentic and honest. You know, I don't really sense any ego because I know ego has a big part to play when it comes to, you know, trauma survivors, and just anybody who is trying to hide, you know, something, which is deep down inside. And I just think that you know, when you can let go of the ego that find your authenticity flows. And I can imagine that it's been a very fulfilling, yeah, probably tough journey that you've been on to get to.

Tyler Patrick: It's funny that you talk about ego, because if you were to talk to my wife, she'd say, got plenty ego. So But with that, like, there's also some truth to what you're saying that I think one of the ways that we start to break through our own ego, the thing that gets in the way of our own progress is to go through those hard things. Because when you're broken in, and when you have that included, like humble, good ways, it allows us to lay down those defenses that we typically put up and then and that's where our learning starts to happen. And that's where the growth starts to happen. And, and sometimes the best way to lay down the ego is the actual challenge in the struggle itself.

Anu: And so, obviously, you need to talk about your own journey of trauma. Did it start from when you were quite young?

Tyler Patrick: Yeah. So for me, I mean, there's all of these different things that we can be traumatized by right. So sometimes there are things that are just ways that were raised that we don't even realize, but they're just normal things. And then there's also some significant, like big kinds of traumas that happen in our lives sometimes. And so

I was, I was raised in a really good home, I have parents who love me, I have parents who try to take care of me, we're very religious home. And that religious background was really good in some ways. But it was also really hard in some ways, because there were expectations that were inherently placed, that that I felt a lot of pressure to perform. And that pressure led to me feeling like I couldn't show certain parts of myself my weaknesses, and I felt like I was a hypocrite all the time. And then, around the time that I was actually, in high school about my sophomore year in high school, which would have put me around age 16, I had a really traumatizing experience where I witnessed, actually, I almost felt responsible for the death of one of my best friends. And, and in the aftermath of that, I started to have two things happen. One was that I started to feel responsible, and I felt a tone of shame about who I was, and that I was at fault for things and, and then I got into coping in certain ways that weren't healthy, where I got depressed. And I turned to certain things to try to cope that weren't healthy for me. But on the other side, I started to get help. And I got help from good therapists and good church leaders. And my parents started to step in. And I started to realize that, you know, maybe my life experience was actually going to be something that could help people in the future as much as I was still struggling trying to overcome all of my own demons and my own struggles. And that started to wrestle for a while, until, until about the third year of my marriage, which would have been about 10 years later, when everything broke loose, and all of my secrets, ended up coming out. And that's why I was finally able to lay down all the things that were keeping me stuck, and really confront those, those traumas that had started early on in life, but had never been fully addressed.

Anu: Oh, wow. So and it sounds as though from whatever you recovered, it obviously came back to you, because it always does. I always find this with any kind of trauma survivor, even though you know, they might have felt like they've healed, suddenly, something will trigger them again, it especially for me, I mean, you know, I'm talking from my own experience here is that, you know, as soon as I had a child, all of my trauma seemed to have come by and I fell back to stage. And I was having to go through the whole process is again, going for divorce there was a delay, like, depression again. And that's when I decided to write and that really helped me to heal. So it is it's interesting, I don't know, did you believe that? Trauma does happen in cycles, does it?

Tyler Patrick: Yeah. There's a really phenomenal book that I've referred my clients to, for those who you're trying to overcome childhood sexual abuse called healing the wounded heart. And, and one of the premises inside that book is, is that once we start to have certain traumatic events in our lives, without really knowing it, we end up having what he calls reenactments of those same traumas. So if I, if I was traumatized in a certain sense, where I was betrayed by somebody as a young child, eventually what I'm going to start to see in my life is I'm going to find all the other ways where that betrayal continues to happen, and that trigger comes up, right. And the crazy thing is, is that the littlest things even things that we don't even know could be triggering to us. And so I can feel like I've put my trauma Like, I'll give you an example of one of my clients where she was, she was abused as a child growing up really significantly. And then

she came into my office as an adult. And she said, I'm having terrible nightmares, I can't sleep at night, I feel like I'm being re-traumatized when I go to bed at night, but I don't know what it's about. And we started to kind of explore what had happened in our relationship was at the time safe and she was being successful in her work. And, and finally, what it came down to is, is that when she went to bed at night, the smoke alarm in her house had a blinking red light. And, and what she realized is that when she was being abused as a child, she would focus on the red light that was blinking on her clock, while the abuse was happening to dissociate and to try to cope. And that the very the red light in the smoke alarm was bringing out that same response in her body. And that's what trauma does is it remembers things. So we could be listening to a song or we could have a certain thought go through our head, or somebody could say a certain phrase, and instantly we're back in that same experience of trauma, even though we think we put it away. Because the brain and the body are just looking for ways to protect itself. Right.

Anu: Yeah, and I guess that's, that's the sign of PTSD as well. Right? Flashbacks.

Tyler Patrick: Yeah, yeah, exactly. That's, that's part of what flashbacks are, is the brain, the brain is basically still in the process of trying to organize all of that information, but it's never quite able to so then it keeps coming up trying to protect itself. Right.

Anu: So what might you know, regarding your own experience, what is the solution for this? How does one overcome these flashbacks and come out of the trauma cycle and, and break free?

Tyler Patrick: There's, those are great questions I can kind of tell you, from a personal and professional place, if that's okay. So the journey for me has been, I think, number one is we should see it as a process. So it's not going to be a one-time therapy session, it's not going to be an instant fix, it's going to be an ongoing process where I learned, I learned to physically ground myself, I learned how to build a team of support that I can talk to and share some of the things that I feel like I'm never going to be able to talk about, and that's scary for us. And then and then I have to go to work on actually looking at how the trauma has affected my belief systems about myself and about relationships. And I have to start challenging those beliefs and inserting what I would call the truth. So for me, I always felt unworthy. I felt like I wasn't good enough, I felt like things were always my fault. I felt like I was never going to measure up and when I started to learn that maybe those were lies that I had listened to and believe that they didn't have to be true, then I went to work on self-compassion, I went to work on connection with other people. And then I want to work on something that we call dailies, which is living a life that's pursuing connection and growth instead of living a life of trying to hide. And then the last part of it for me, if we're looking for something practical, is I am a big fan of EMDR as a form of trauma treatment. And I'm sure that that's, you know, really familiar with a lot of your, your, your listeners as well. But EMDR was life changing for me, and I see a lot of help in my clients that I work with doing EMDR as well.

Anu: Yeah, it is I mean, and that's something that I've been looking into as well because, you know, it's a very skillful technique to actually cure or when would you say it actually cures the trauma, because you're in there, right? You and you're in there

actually fighting it, rather than just disguising it or just trying to, you know, dismiss it. Because, I don't know, for me, there's only so much amount of talking therapy that I could do, you know, I needed healing I needed like real, like spiritual techniques, you know, like the EFT therapy are, unless you did a decade of just healing.

Tyler Patrick: Yeah sure.

Anu: And that really helps. And, you know, I'm sitting on this journey. Because obviously, you know, you also mentioned about the fear cycle. Again, you know, this is the first time I've ever heard about this, so it'd be great to kind of gain your understanding of that.

Tyler Patrick: Sure. Yeah, you bet. So some people call it the trauma cycle or in our in our, you know, practice where we call it the fear cycle. And what it consists of is basically this idea that we're always walking on eggshells after trauma, we grow these rolling go these really long antenna that kind of like, look for any potential dangers that might cause us to be traumatized again. And then we start to shrink away from all of those things. We actually create our own our own prison cell for living by doing that. So what ends up happening is that the fear cycle happens, where I start to see things as triggers. Those triggers scare me. And it puts me on an emotional roller coaster. And so when I'm on an emotional roller coaster, I'm trying to look for safety and stability. And so I'm obsessing, thinking, thinking, what else? What else? How can I fix this? How can I do that, and as we obsess, we start to lose all of our emotional and mental energy. And so we feel burned out and tired. And then then the roller coaster of emotions gets worse. And so we're like, I still want to find safety, I still want to find stability. And that obsession leads to something we call control. And control is where we go about either trying to control everybody else around us to try to stay safe, or we go inward, and we go, man, if I was just blank, you know, if I, if I was just, I was smarter, if I was skinnier, whatever, then then I'd be okay, because everyone would see me as okay. And ultimately, either fixing everybody else, or trying to control over control, those things in my life are going to stop life from happening. And then I get burned out and I get tired. And when I'm burnt out and tired, I feel unstable emotionally, which scares me. And then I continue to move through this cycle where I'm constantly living in fear. And my primary motivation in life is fear based. And that's, that's a hard place to live. Like, you know, when you think about being like a goldfish in a tank, like a fishbowl where everyone can see there's that stress all the time. Because you're living out of fear, where, in reality, we want to try to break the fear cycle, we want to start moving to a place of authentic living, which allows us to say, look, I live in a world that's going to give me some stresses, it's going to give me some struggles, but I can train myself, proud to be a person that lives in that world instead of being a person that has to avoid that world. There's a quote by Robert Frost, I love this this quote that he gives in it says, basically, the best way out is always through. And that's what I love about EMDR. That's what I love about exposure therapy. That's what I love about like, this idea of wholeheartedness that Renee brown talks about in her books is it really it's about learning to live a wholehearted life. That's where that's where we're gone find our freedom, instead of always living out of a place of fear.

Anu: Yeah. Oh, wow. No, but it's interesting. You mentioned about burnout, because, again, that's really common for trauma survivors, right. I mean, again, you know, we had an episode of this just recently about the fact that a lot of us will overwork, you know, we'll just work, do 70 odd hours a week, just because we've just in avoided avoidance behavior, aren't we which want to avoid what we're really feeling? And I actually believe that I've been carrying this through till this day. Yeah, and you're right, and is about, you know, being present and about practicing compassion and, you know, wholeheartedness. And, yeah, I mean, what would be the first steps to this journey of Self-Realization for someone who has hasn't even know that they've got trauma, you know, they're just probably work and work and work in and just trying to avoid seeing in silence? What would you recommend for somebody like that?

Tyler Patrick: So it's a good question I recommend to anybody whose falls in that category, but always being busy to pause for a minute. And if you can, try to take a place where you have to stay in silence with your own brain for 24 to 4872 hours and see what actually comes out. And most, most, most people realize pretty quickly that the internals story in their own head is the place that they don't like spending a lot of time. Because we live in a world we live in a world that's like, trying to teach us shame, trying to teach us that we're not enough. I mean, even look at the advertisements on your television, it's everything is geared towards making you feel less than so that you'll buy the product so that you can finally arrive and then when you add that to trauma, then yeah, we don't like spending a lot of time in our own minds. But then after that, okay, let's say we do say, Okay, I know that that's me, I'm running away from things. I'm having a struggle right now. I teach my clients to look at it from very broad perspective first, and then we narrow down into certain practices. And the broad perspective is that the life that's worth living is a life that is seen from a growth mindset where I'm allowed to make mistakes, I'm allowed to make my own choices and I'm allowed to grow and learn as a result. And then we pursue a lifestyle of what we call connection, a lifestyle of connection to other people with authenticity and honesty and humility and accountability. A lifestyle of connection to something bigger than ourselves, purpose, God, other meaning, and then a lifestyle of connection to ourselves where I can be comfortable connecting my heart and my mind and saying, this is my life. I'm okay with it. I'm a work in progress. These are the things that I'm really good at. And these are the things that I've got to work on. And I can own all of it. And when I'm living that pursuit of connection, three ways higher power, self, others, that's a wholehearted life.

Anu: That's beautiful. Wow, what a great answer. I love that. And yeah, and Kenya, this is something which I feel that everybody has to try and understand what that means. And just to what you said, just sit there and just go with it with your thoughts. Because I know, again, you know, a lot of people are quite scared of what comes up. Because, you know, a lot of the time it's not going to be that great. But, guys, I think the power comes when you can actually accept those thoughts.

Tyler Patrick: Right, I think I think that's built into all of us in a certain way. You know, like, we all love certain movies, we love the story of, you know, the person who gets sent on a journey, and they have to conquer the demon, and then they arrive back home with

a new power. And like, we all relate to that, because that's the part of us that feels that way about our own problems. And, you know, I heard him say, I'm like Mr. Quote guy today, but like, by Joseph Campbell, he was kind of like the originator of the hero's journey, he said, in the cave that you most fear to enter lies, the treasure that you must seek. And in a sense, that's being able to go into that place in our own mind is the cave, its okay, I'm, I'm afraid of what I might find when I go into myself and actually look at what's there. But the truth is, is that for most of us, it's like the movie Kung Fu Panda with the dragon scroll, when he opens it up, all he sees is his own reflection. And he goes, Oh, there is no secret ingredient like we are, we already have what it takes, like inside of us is everything that we need. It's just that we need permission, we need to give ourselves permission to unlock that part of ourselves and realize that we already had it. We just say don't we just need to live with it instead of instead of avoiding it.

Anu: Yeah. And tapping into you know, the hidden potential, which we all have. But I know because a lot of this at the moment for a lot of trauma survivors, it's all being obviously, you know, hidden by shame and guilt. Would you say shame and guilt are the two most kind of negative? Why are they that? Because, again, I had this from a previous episode, where they're not actually part of us, are they they're these uninvited guests, you know, that come into our lives, shame and guilt, and it's about kind of not allowing shame and guilt to pharmacy takeover. I mean, you know, when, for example, I'm looking back, you know, My days are when I was a bit troubled with shame and guilt, and anything that would come into my head would be our, you know, you're not worthy, you know, look at you, you're ugly. And, you know, you're, you're worth nothing. And it's just awful, you know, having to...

Tyler Patrick: Absolutely.

Anu: Yeah, just having to listen to that. And I just think like, I, you know, I really understand, you know, a lot of listeners who might be listening to this talk, they're probably still a bit confused in Kenya, how do I overcome these negative emotions?

Tyler Patrick: That's a great, great question. You know, I think when I when I look at the work that I do, I often say that it feels really complicated when you look at the details, but when you look at the roots, it always boils down to shame. And, and shame is this belief that there's something so wrong with me that if people saw it, they wouldn't love me and so, so you start to see that shame is the unravelling of connection and unravels us from connection to ourselves that unravels us from connection to our bigger purposes and higher power and unravels us from connection to other people because we're so afraid of not being loved, you know. And so, when I looked at the difference between shame and guilt, I think shame is the one that's like we all feel it. But it's a shame as a defining emotion, it tells us that we are blank, we're not blank enough. Whereas guilt is more of that emotion that we don't like to feel it but it's a moving emotion that says, Oh, I did something that's not in line with my life or my values, and I better do something different and, and so I encourage my clients to try to shift their Shame into guilt because guilt allows movement, whereas shame just keeps us paralyzed and stuck. And so when you started saying, Okay, well, how do I overcome that? Then how do I overcome? How do I become shame? How do I? How do I manage

my guilt differently? I look at the very base level, I talk about three C's of safe chain resiliency. And the first C is context. When I'm feeling shameful about something, I, I should look at the bigger picture. So like, when I'm feeling like I'm the only one who has a problem with a substance are, I'm the only one who's ever experienced, like childhood sexual abuse, or I'm the only one who's going through a divorce. If I go and look at the bigger picture, which is the context, I start to realize, I'm not alone, like, this is the world that we live in there, what one in three women are going to experience sexual abuse before they're adults. Like, that's, I'm not alone, you know. So the first scene is context. The second C is what Renee brown calls courage. And she says courage is the ability to tell your story of who you are with your whole heart. And so I need to find places where I can speak the things that I feel like I can't speak. And if I can lean into that, and if I can act with courage and tell that story, I can liberate myself and I can start to move again. And then the last C is compassion. Instead of meeting myself and others with judgment, that judgment of I'm not enough, or I'm stupid, or I'm dumb, I'm fat or whatever, it's more of like, Can I start to meet myself and others with compassion, with love, love is the greatest motivator in the world, even though shame would argue with that, and sort of I can meet shame with love, then I can become resilient to it.

Anu: Wow, I love there's so much power in what you've just described there. Because I just think that it's so important for anybody to, first of all, accept what happened to them, right? And then to start to communicate it to people to share their stories. And I guess this is why you got platforms like social media, and you know, the fact that you can self-publish now, you know, and blog just right out, just go and share your story, get it out there.

Tyler Patrick: And look at, look at the power that you're having right now on your platform, because you're willing to put yourself out there. And this is a direct result of your own life. Like you're a perfect example of that.

Anu: Yeah, we are same with you. And we're both walking examples. And I just think it's amazing, because I listened to Russell Brand a lot. And obviously, you know, he's had a real addictive history as well. And, you know, he's adopted this 12 step process, which, you know, again, there's mixed reviews about that. I don't I don't know what your kind of views are about that. And if there's any other techniques that you would recommend for addiction, survivors?

Tyler Patrick: Yeah. For me, I tossed up principles, if you really look at the principles of the 12 steps, there's, there's a lot I believe there's a lot of truth inside of those principles. Because it's really, you look at the first few steps and it's about, it's about wrestling with your idea of something bigger than yourself. And then the next step, so wrestling with yourself. And then the last few steps are wrestling with how you're going to make an impact on the world and in the context of other people. And so it kind of goes right in line with those kinds of lifestyle of connection I was talking about earlier, but to me, to me for overcoming addictions, it truly for most people comes down to shame resiliency, it's making peace with making peace with the demons that are in my closet that I felt like I'm gonna have to keep there the rest of my life and, and, and realizing that they don't, they don't have to be as scary as I thought they were once you really

start to shine some light on them. I tell you a story. When I was a little kid, I lived in the basement of my house. And I had like, I don't know how many of your listeners love this. But I had a monster that lived in my basement and how monster the monster was a purple octopus. So within the utility room. And I never actually saw the monster, but because it could only live in the dark. So every time I flipped on the lights, I never saw it, but I knew it was there. And really the point of that is I think it's kind of a metaphor for our lives in a way where monsters are a lot scarier in the dark. But when we have the courage to turn on the lights, they retreat to the corners and they don't necessarily need to impact us the way that we think they will. In fact, you think about our pain and suffering most of us our greatest suffering comes from the fear of the No more than the axe more than the actual trauma we've experienced. And that's actually really encouraging to me in some ways, because that means I have control over a lot of my suffering. Like, I have the ability to actually make a better life for myself, regardless of what happened to me in my life.

Anu: It's just that one decision that you have to make one decision which is going to change your life.

Tyler Patrick: But it's a decision that is hard to make, and it's one that has to be made over and over again, because it's scary.

Anu: I mean, yeah, I have no idea what the percentage of let's say, you know, drug or alcohol addiction, I have no idea that percentage of people that actually go back to, you know, to their old behaviors, because that, you know, they've just not been ready, but I'm sure it takes many attempts for anybody to quit. Drugs and alcohol, even smoking. I guess. Addiction doesn't solve a addiction to technology to phones to work. You deal with? Wow, it does addiction just goes like, yeah, beyond a dinner. But what you finally get in the moment, what are people most addicted to? Who come to you?

Tyler Patrick: That's a good question. I think all of us could probably pick our favorite right, like favorites. I think the ones that I see the most over right now is a lot of a lot of media addiction. Social media is a big one video games, I think people are addicted to energy, drinks, caffeine and things like that. And then for me, my world that I spend a lot of my time in is around sex addiction, where, you know, that's a little bit of a different one. But, but really, all of them are to the same end, which is, I'm trying to cope emotionally with what I'm afraid my life is. And I'm too afraid to confront what's causing the problems. So I'm looking for a way to either numb out or find excitement or to feel alive again. And, you know, so my wife drinks Diet Coke. And I know what kind of what kind of a day it's been when she's like, on a fourth Diet Coke for the day. Because it's the same processes like me, if I wanted to go smoke marijuana, or if my friend wanted to go do alcohol or, or whatever, it's all the same process. It's the acting out part of it is just the flower of a plant that's got the deeper roots into shame.

Anu: Interesting, interesting. So suppose you know, for somebody who is addicted to, you know, media, let's just say they're about to pick up their phone. It's just about, again, having that self-awareness thinking, right? Okay, why do I need to pick up my phone again? What is it that I'm checking? Can I not be doing something else right now? So you think that's what that's all? It's just that moment to just stop and think.

Tyler Patrick: Yeah, I think it's we, you know, we talk about mindfulness all the time, which is also another really big tool for overcoming trauma. And, you know, as I was at the car shop, waiting for my tires to be fixed the other day, and I, I, somebody sat down next to me, and I thought to myself, I had to start up the conversation with them. And then I felt stressed about it. So I reached into my phone and started getting on my Facebook page. And then I paused for a second, I'm like, why am I doing this? The truth is, is that I was avoiding the discomfort of having to talk to somebody. So I'm like, Okay, I'll put my phone away, instead of talking to them. And then of course, they looked at me like I was crazy and went back to their phone where they feel the same way.

Anu: Let's face it a lot. And it's made us more antisocial. We should be socialized. Very shy. To Say hi. Yeah,

Tyler Patrick: exactly.

Anu: Yeah, I was at the bank the other day. And yeah, I think I was on the phone and I just put my mask down a little bit and Oh, God, the amount of grief that I got from this woman behind me.

Tyler Patrick: She missed out on the beauty of being able to enjoy your smile instead of judging you.

Anu: I know, my church. Oh my god, I think that's another episode. Judgmental ness, right?

Tyler Patrick: Sure.

Anu: Oh, wow. Honestly, you've got so much knowledge and I just think you've come such a long way. And so tell us, you know, what you're doing out there now and how my listeners can find you.

Tyler Patrick: Sure. Yeah. So Just a couple of quick things, I do a podcast with my brother who's also a therapist called therapy brothers. So you can find that on all the podcast places. And then you can also just go to love strong calm, and we have all of all the information that we have about our YouTube videos and everything there. So.

Anu: Yeah, and I'll also add some links on the description as well, so that you can also directly link on to Tyler. And are you offering your services to the nation as well?

Tyler Patrick: Yeah, so we do we have two practices. We have one that's local for in person clients. And then we also do online coaching as well.

Anu: All perfect. Sounds great. And you know, I think it's always beneficial. Now, the fact that we live in, you know, a very technology savvy culture where anybody can hit you up. You know, if they're down in Australia, you're in the States. Want you as a therapist, it's amazing. Isn't it? Technology?

Tyler Patrick: Yeah it's pretty incredible?

Anu: Yeah, look, we're on here today. Otherwise, you probably wouldn't have had this talk if it wasn't for, you know, zoom and the lockdown my.

Tyler Patrick: Yeah.

Anu: It's changed everything. Wow. Thank you so much. It's been such an honor to have you on. And yeah, so just a few questions. Before we close off for today. That's all right. Excellent. So first of all, is and what is your biggest regret today?

Tyler Patrick: My biggest regret today. I wish I wish I would have learned about how to speak the truth of who I was 20 years earlier than I did. Because it would have it would have allowed me to have a lot more deep connection with some of the people that I consider my best friends that still never actually really knew who I was

Anu: It's powerful. And so in terms of your future, what do you have plans in the future for yourself and your career and your profession?

Tyler Patrick: That's a good question. I really, my whole goal is to try to basically, everything that I've been through is only as good as my ability to help somebody else who's been in the same situation. So my goal is to continue to build the platform of love strong so that people can learn how to climb out of the dark and step into the light a little more fully with the with what we call the wholehearted lifestyle. And then I'm, I'm a family, man. And so I like spending time with my daughters. And I would just want to be the best father that I can be mixed with my daughters know, I love him, and that I'm there to help them learn and grow.

Anu: That's amazing. And there's just as one quote, which I've been contemplating recently, and I wanted to get your professional view on it, what do you think of that quote, which goes, if you're not growing, you're dying.

Tyler Patrick: I love the quote, I think about think about what we have here we have, we have these so many years, most of us about 74 years to live in this world. And, and the way that I kind of view my own life is that I get to be a work in progress until I die. I will never I'll never reach perfection. I'll never reach the final gate. And that's beautiful that there's an unlimited potential for us to grow. So I fully endorse the quote, I like the quote.

Anu: Excellent. I love that. Yeah. I've always liked it too. And then I had a bit of a contradiction in view on it say, No, it's not about growing all the time. It's about staying present to write. And I'm thinking okay, yeah, I get that I get that we Yeah, it's about.

Tyler Patrick: It's about that. That's the paradox, though, is is that even learning to stay present is part of the growing process.

Anu: Yeah, right. Yeah, absolutely. No, no, I'm glad I'm better. Thank you so much. And so amazing. I will obviously be publishing this talk on all the major podcasts. So you'll be able to find this talk on YouTube as well. And yeah, it's just been an absolute honor to have you on Tyler. And I wish you all the success for your podcasts and your practice and also your future.

Tyler Patrick: Here as well. Thank you. It's been a pleasure.

Anu: Thank you. God Bless.

And while this episode comes to an end, do you may want to check out my book of victim to Victor, now available on audio and where I have shared my journey of evolving through self-help and a determination to cast off my damaging past. My goal is to reach out to fellow so drivers of abuse and provide hope and motivation in their lives. I hope that I can help victors transform their lives and achieve amelioration in the process of discovering their true self. I also have a 12 week self-development plan which is absolutely free and it aims to guide you on your journey to recovery. You can find the link in the description below. Please like this podcast and tag or share it with somebody whom you know is going through a similar situation and may need help. I will be back with another podcast soon. Until then take care and stay empowered.

