

Caspar ([00:01](#)):

What if the key to a thriving relationship isn't about finding the right person, but about becoming the best version of yourself? In today's episode, our guest reveals powerful truths about how self-acceptance and healing shape the love we attract. As a Certified Relationship Coach, teacher, author, and a podcast host, she'll share insights and guidance on transforming your relationships from within and offer practical advice on supporting those you love through challenging times, including chronic illness. This is the Story of It Begins with You with Jillian Turecki. Jillian. So nice to have you on.

Jillian Turecki ([00:38](#)):

Oh, thank you so much for having me.

Caspar ([00:40](#)):

And congrats. This is your first book, correct?

Jillian Turecki ([00:43](#)):

Oh, yes, it is my first <laugh>.

Caspar ([00:45](#)):

How tough was that to write a book your first time? I hear it's quite the endeavor.

Jillian Turecki ([00:49](#)):

It is. You really have to have the fire in your, like you have to have a compelling reason to write it, otherwise you'll never make it. You'll never write it <laugh>. Exactly. You'll never write it. Yeah.

Caspar ([01:00](#)):

And that compelling reason was about, you know, your relationship, self-love, all of that. Can you go into kind of what guided you throughout that process to write this book?

Jillian Turecki ([01:11](#)):

Yeah. so honestly, my whole journey began 25 years ago or more when I found yoga. And it was like love at first sight. I don't believe in love at first sight, but for me and yoga was love at first sight. And and so for many years I taught yoga, okay. And I taught at studios, and I also taught individually. I, I worked with a lot of couples and I started to see that there was a relationship between a very strong relationship between how our bodies feel and how our minds feel. And that we can't, it's very difficult to feel mentally well if we don't feel physically well and very difficult to feel mentally well if we don't feel physically any other way around, right? Physically well, if we don't feel mentally well. And I also saw it as incredibly nourishing to not only your relationship with yourself, but also relationship with others.

Jillian Turecki ([02:17](#)):

And I saw the how yoga and doing this with the body and the breath, and 'cause yoga to me, the practice of the physical practice of yoga and also meditation, all of it really is the practice of toning the nervous system. It's toning your physiology, and so you're, you're build, you're the goal, the aim is to build resilience and also flexibility. And that is a metaphor for how to approach life. And but about seven years into teaching it, which was about 10 years into practice, seven to 12 years. Seven to 10 years, I started to feel that there was something missing that I wanted to do more, but with my life. But I didn't know what that was. And I also wanted to ha get married and have kids and go that route. So, and but I felt like there was some way that I wasn't like maximizing my full potential, but I didn't know what that was.

Jillian Turecki (03:16):

So I ended up meeting the man who had become my husband and then ex-husband. And that was a very difficult journey. And the, the marriage only lasted two years, and it ended abruptly. And he broke up with me over text, and my mom was dying of lung cancer. And so everything sort of came to a screeching halt in my life, and my life fell apart. And I became obsessed with two things. One, how am I gonna feel better? How am I gonna get myself out of this catastrophic hole? And how, what the hell does it mean? Or what the hell does it take to make a relationship work? Because I was horrified by the fact that, you know, going through a divorce or separation and being of a certain age did not match what I believed my identity to be. My identity was you know, I'm a yogi.

Jillian Turecki (04:17):

I've done the work. We met, we met in our late thirties, like we should. This should be able to work out. You know, I, I even took a year off of dating before I met him. I was ready, even though upon reflection I was actually quite vulnerable when I met him. And so this idea of, you know, put together grounded yogi who on the, on the outside looks like she has everything together, and then going through a divorce, you know, and, and going through a divorce after a relationship that like, never even be like ever got to blossom. Like it just, it died before it blossomed. And that's when I started my journey into figuring out what makes a relationship work. And I got into relationship coaching and I thought, this is, this is definitely what I was put on this earth to do, was to help people on this deeper level. And I'm a teacher by nature and I thought, I have to teach this to people. And this is sort of how the book was born. I felt very compelled to, to share this because it's fortunately it's been changing lives already, just in the way I help people. Just my methodology. I've been able, I've been blessed to help a lot of people. And so it seemed like the natural progression. So that's, that's sort of like the medium story, medium version story of how that book was birthed. Yeah.

Caspar (05:59):

No, it's your hero story and it's a great one. It's one people really need to share a lot. It's the reason I started a podcast called Your Health. Your Story, to share the stories that help others figure out their path and their journey in healing. And, you know, it's, it's the thing we brought up briefly before we even got started, that sometimes that missing piece, we're always looking for like the physical pieces. Is it my nutrition? Is it, you know, my yeah. Workout regimen. Why am I not feeling my best? Or even in a state of chronic diseases, 60 plus percent of us are these days mm-hmm <affirmative>. But it really kind of goes to this missing piece of the relationships, relationships in our lives, relationships with ourselves. Yes. Why is it that you think so many people overlook that fact and really start to look at more of the, the physical sides of, what can I do and look outside of themselves? I mean, medicine as a whole looks, you know, put it on the doctor. Yeah. Right. The doctor heals you. Exactly. But the truth is, it's on us. That's, it's,

Jillian Turecki (06:59):

It's like Exactly.

Caspar (06:59):

It begins with you, right?

Jillian Turecki (07:01):

Yeah. Like, well, I mean, if we're talking about relationships and, and how it relates to health, you know, there's, there's nothing that's gonna influence and impact your mental health more than your, your most important relationships. Yeah. The, the, the quality of your relationship with your parents, your family

members. If you're in a romantic relationship, there is no, no one's gonna have more influence over your overall wellbeing than your romantic partner. Because it's where we are most vulnerable. It is where we are. You know, the stakes are high, you know, with family, you're just like, we're kind of stuck together. With a romantic partner, you might feel you might have that closeness that feels like you're stuck together. Not that level of commitment. But, you know, we all know that a relationship can end and, and people if you don't, people don't have to stay.

Jillian Turecki ([08:01](#)):

People don't have to stay. And so this idea that, you know, we just haven't as, as a society understood the value of a relationship and of relationships in our lives, and really the quality of our relationships. I know Esther Pearl says this a lot, but I've heard it elsewhere. The quality of our relationships really determine the quality of our lives. And I would say that a romantic relationship in particular. And so in the past, a also a lot of romantic relationships, many, many, many years ago before the, the surge of romanticism, they were mostly, you know our parents knew each other. We know each other from the local church or synagogue or, you know, mosque, we, or there's arranged marriages in certain cultures. It was like, it made sense. You know, our families know each other. We come from a similar background. We're, we're gonna build a family together. And today that's very different. You know, everyone's looking for a soulmate. Mm-Hmm <affirmative>. Everyone's looking for that feeling of intensity and aliveness that we get from watching a romcom or, or reading or looking at, you know art or reading certain literature.

Jillian Turecki ([09:26](#)):

And so and so we get very heavily involved, and the stakes are really high. And so because of that if it's not going well, it will really impact your whole life. And this, again, it goes beyond just the romantic relationship. And so when we're talking about mental health and physical health, we know, you know, like it's now becoming sort of well known. Science is backing this, that our mental health affects our physical health, and our physical health can affect our mental health. So if you are not feeling well physically, it, it is, it behooves a person to look at their lives to see what's, what's not working. And maybe it's not even their relationship to another, maybe it's their relationship to themselves. Maybe they feel a bit stuck in life. Maybe they don't feel like they are living the life that they really wanna live. And so when we feel that stuckness, we will feel that dis-ease within ourselves, which will then manifest in, in back pain, you know, allergies, all sorts of things. Because, because it affects our, or affects us emotionally so much.

Caspar ([10:55](#)):

Yeah. It's funny you mentioned back pain. I know so many people that, that have back pain that they just don't know where it wasn't an injury, it wasn't anything in their lives. Yeah. You know, you start to pry back those layers of the onion and say, okay, where is it? And they start to talk about, oh, well, my relationship isn't that good with my wife, with my partner, with other people. Even my, myself.

Jillian Turecki ([11:14](#)):

I'm stressed out. Yeah. I'm stressed

Caspar ([11:15](#)):

Out. Right. And they don't make a connection 'cause It's hard to say this, this, you know, poor relationship is a physical ailment. They don't see that connection to it. Right.

Jillian Turecki ([11:24](#)):

Right. How does,

Caspar ([11:25](#)):

How does one start to unravel that truth when they're not seeing it? Like, how do you start to realize that the relationship is the source of the pain?

Jillian Turecki ([11:36](#)):

Well, I think it's you know, taking an honest inventory of just, you know, how, you know, what have my stress levels been? You know, am I where I wanna be in life? Are there certain things that need to change? Am I, are there things that are changing perhaps too quickly in my life that I feel overwhelmed? Do I feel stagnant?

Caspar ([12:05](#)):

Mm-Hmm

Jillian Turecki ([12:06](#)):

<Affirmative>. So it's really just having that awareness and starting to take that inventory of, and that, that, you know, that that necessary self-examination that we all have to do in order to to figure some things out.

Caspar ([12:23](#)):

Yeah. It seems like everyone these days distracts themselves from that internal discussion. Right. We go to social media and just, you know, Netflix or whatever. Yeah. And not many people sit with themselves and just ask, where am I right now? How am I feeling? Is, do I feel stagnant? Why is that? And just sit with themselves. Yes. Right. Isn't that a big part that we need to put in the work and the time that's uncomfortable to really go inside and, and ask those questions and sit and ruminate?

Jillian Turecki ([12:55](#)):

Yeah. Well, we're not, well, we don't wanna ruminate.

Caspar ([12:59](#)):

Yeah.

Jillian Turecki ([12:59](#)):

We don't wanna ruminate. I, you know, we're just not, we're not taught this in, you know, I mean, this is what quote unquote therapy is supposed to be used for. Right. But this idea of mindfulness and self-awareness to just be like, it's, it, it's, it's emotional intelligence. It's it's emotional intelligence, and then it's emotional fitness. It's being able to, oh, you know, what am I feeling right now? Where am I feeling it? Mm-Hmm <affirmative>. We live in a society where everything is a reaction. And so we're very habituated towards, you know, because feelings are faster than thoughts. We will feel something and then we'll immediately react as opposed to, I feel something, what is that all about?

Jillian Turecki ([13:57](#)):

Am I really angry or am I upset? Where do I feel that in my body, what just happened? Like, this is what regulating emotions are, and this is what emotional intelligence is. This is what self-awareness is. This is what yoga is, is aimed to to kind of develop within a person. It's what meditation is sort of meant to develop within a person. But, but culturally speaking, we're not really taught this, you know, it's, it's starting to become popular now in the zeitgeist, but we're not, we don't, we don't learn this in school. Right. And and our, most of our parents didn't learn it either. So learning how to build that emotional

intelligence muscle is so important. And then the emotional fitness part is, okay, you know, how long have I been sitting in this sort of self pity stage? Or, you know, what kind of emotional patterns do I have? You know, what's happening and that I am you know, am I, am I vacillating between depression, anxiety, or anger and sadness? Like what, you know. So it's about being able to see like, okay, I'm stuck in an emotional pattern right now that's not serving me. Why?

Jillian Turecki ([15:16](#)):

And then usually when you dig with the person, there's some sort of internal conflict. Maybe there's an external conflict with a particular person in their life. Maybe there's an internal conflict in terms of like, I wanted to be an artist, but I'm a lawyer. What am I supposed to do with that? You know? So the, again, the, this is, this really is what the work is. The work is really just to question our programming and our conditioning to que to do this necessary self-examination when we're not feeling well in any way, shape, or form. Yeah. That's, that's what the work is. And yes, it can be, to your point, very uncomfortable 'cause it means then we have to face something that is universally true and very difficult to face is, which is that most of our problems, not all, but a lot of our problems are there because we are in some way standing in our own way mm-hmm <affirmative>. And I think that as hard as that might be to confront, I also think it's incredibly relieving. Because if you're standing in your way, then you have the power to get out of your own way. Right. Versus if someone else is standing in your way, like you can't, you don't have any control.

Caspar ([16:48](#)):

Yeah.

Jillian Turecki ([16:49](#)):

But that's, but that's ultimately where it is. And I think we live, you know, we live in a society, there's a great book called Dopamine Nation. Like we are very driven by by pleasure. You know, we, we want, we try to avoid pain at all costs, and we try to attain pleasure at all costs. So if we're not feeling great, you know, if we're distressed in some way, our natural inclination is to find something to get that's going to release dopamine mm-hmm <affirmative>. So that we can feel better. It's not natural or instinctual for us to go, oh, maybe there's something deeper going on here. But we can train ourselves to be self-reflective in that way. And when we can, we tend to be better partners.

Caspar ([17:48](#)):

Right. And that, that goes so well with what you see happening so much in medicine, healthcare, disease, is that we look for the quick fix. Yeah. The pain. There's, there's a, you know, an anti-inflammatory or a pain reliever, just pop the pill. Yeah. Rather than going the harder route, it is harder to start to, you know, really work through the pain and figure out why it's there. But do you feel like we have to start giving up on short-term fixes and really looking at long-term solutions here?

Jillian Turecki ([18:22](#)):

Well, what do you mean by that?

Caspar ([18:24](#)):

Do, do we have to look Pat? Because I feel like what you'd like a lot of this is the dopamine nation thing. It's just quick fix. Right? A quick hit of something. And in society as a whole, I believe that that's what we're told. We're told, all right, you have pain. Take the pain, you have a headache, take the aspirin. Right? Yeah. Instead of a long term look at it, maybe still take that, but also with an understanding of why am I having this Right. Going to the why's, maybe let's relate that to relationship. Why am I in a habit of

choosing the wrong person rather than quickly jumping to the next person online dating? Something else like that, the quick fix of, I need someone in my life quickly let me do this. Yeah. And not actually finding a solution and like, but, but they say it's the solution is the pill, the online dating, the, the keeping yourself busy.

Jillian Turecki ([19:16](#)):

Yeah, I know. And you look, I mean, sometimes you have to take the aspirin, right? Sure. Like sometimes, like, you know, sometimes you have to take the Advil, you know, and sometimes you have to get back on the horse again and start dating. So I, it's not about, I don't think that it's a fine line. We don't wanna encourage endless self-examination because then we become endlessly self-obsessed. So, right. And then, and then it's like, you know, I get, I have a headache and then I'm gonna look at the why. But if, but if I'm getting a headache every day, right? Then, then we have to look at why. If I just randomly have a headache, it could be a million things. It could be I didn't have enough water, you know, or something like that. And I'm just a human, I have a headache, whatever.

Jillian Turecki ([20:01](#)):

It could be my hormones. It could be I didn't sleep well, it could be I ate something, but what, you know. But if I'm waking up every morning with that headache, then something is wrong. When it comes to a relationship, because you bring up a really good point of jumping from relationship to relationship. Look, I, I think that the dating pool would be a much cleaner pool if people, after they ended their relationship, took the time to self-reflect to see how they contributed to whatever did not work in their relationship. And if people did that, then the dating pool would be, like I said, a lot healthier, a lot

Caspar ([20:48](#)):

Cleaner. Right. Right. It's a diseased dating pool in some ways.

Jillian Turecki ([20:52](#)):

Well, yeah. I mean, and, and it has been, you know, yeah. It's not even, it's just, it has been people poison the pool because they're not actually taking time to reflect on what happened in their relationship.

Caspar ([21:06](#)):

Yeah. And part of that also is probably a lot of people just don't have that self-love and are seeking it from someone else. Yes. To complete them. Sure. Right. And, and didn't take that time. And I, I do see that a lot. And that word self-love, though, is really difficult to assess. You got a lot of confident, cocky people out there that are beautiful and, you know, intelligent, and yet maybe they don't have that true self-love and keep seeking it in someone else. Yeah. How do you, how do you, you know, combat that? How do you you know, find a solution to, you make this the truth, number four, right? You have to love yourself, but

Jillian Turecki ([21:43](#)):

Yeah. So, but how do you

Caspar ([21:44](#)):

Define that?

Jillian Turecki ([21:45](#)):

Yeah, it's a great question. So in that chapter, I go a little deep into that. I define self-love, ultimately as self-acceptance, which means that you learn, you hold yourself in high regard despite your ambivalence towards yourself,

Caspar ([22:04](#)):

Right?

Jillian Turecki ([22:05](#)):

So you see yourself as a valuable, worthy human being, worthy of love, deserving of a good life. You know? I mean, you're not owed a good life. You have to put in the work for a good life, but you deserve that. Even though there are parts of you that suck, right? Like we all <laugh>. It's, it's just it. And I think that it's that fine balance of like, oh, I have, I really believe that at the core, everyone is good. Mm-Hmm <affirmative>. I really do at the core. But what we do have is some faulty conditioning, some bad habits. You know, I, some people, there's no question, there's some people who are really, really, really messed up and, you know, I don't know if they'll ever get un messed up, you know? But for the most part the things, if you have an awareness of the things that you're not, that are sort of your shortcomings, but you accept yourself anyway because you understand that that is part of the human experience, it doesn't mean that you don't work on those things.

Jillian Turecki ([23:21](#)):

It doesn't mean that you don't keep it on in check. I mean, when we, when we meet someone, what we really, what we really need to hear from someone else that we don't even realize what we need to hear from each other is, this is how I'm great. This is how I'm difficult to live with, but I'm aware, just so you know, like, that's really, that's it. You know, like, that's sort of like the thing. And if we can't, if we can't accept the parts of ourselves that are, that are not our highest nature, then what we do is see, the more I believe that, and everyone is guilty of this, but the more we or the less I should say, we accept ourselves, the more we were, we will unconsciously hope for someone to come into our lives who actually embodies the perfection that we wish we had.

Jillian Turecki ([24:28](#)):

Right? It's like, because we can't, if we can't accept that in ourselves, we can certainly can't accept that in someone else. And part of the reason why we have to be flexible with people and accept some of their shortcomings is because we want them to accept ours. Now, there's a line there and there's a fine line because I've worked with plenty of people who tolerate way too much crap from others. So it's really about understanding what is intolerable to you, and then can you just live with the rest? And that doesn't mean that you don't say, Hey, I love you, but this habit of yours, like, really would like for you to work on that, you know? But it's, that's not the same thing as this habit of yours. You know, I don't wanna be with you anymore because of it. Mm-Hmm <affirmative>. You know, and, and again, it, it depends what it, it depends what it is, right?

Jillian Turecki ([25:25](#)):

But the main, the main message is we are all flawed. No one is perfect. No one is going to love you unconditionally. You know, like there's always gonna be some conditions. But the goal is for us to love each other with as few conditions as possible. And those conditions being more like you're mean, like you, you're disrespectful. Mm-Hmm <affirmative>. You're mean to me. You cheat like these things. Not you know, sometimes you get a little anxious or you're having a bad day, or you know, you didn't do the dishes or something like that, you know? So yeah.

Caspar ([26:07](#)):

Yeah. Let me ask you about that, because a lot of people I know that, that are kind of going through things and it's, you know, slight depression or just anxiety based off it, and slipping into that sort of, if this continues mm-hmm <affirmative>. This'll probably manifest itself in something worse and disease and all sorts of things that you'll just suffer because of. Yeah. How does someone start to work on that and bring that up with their partner? Case in point, I know someone that is in a loving relationship, but every time he comes home, the, the partner is just leaving a mess. And he keeps saying, it would really be great. This really helps ease my mind if I come home to a happy home. That's, that's well organized. Yeah. And the other person is just saying, why are you making this such a big deal? And then he suffers that a problems because of it's a

Jillian Turecki ([26:54](#)):

Yeah. But you what, that's a bigger problem than you think.

Caspar ([26:57](#)):

Yeah. And some people would say, well, maybe it's just me and I have to, and it's just life. Right. And I just need to just accept that <laugh>.

Jillian Turecki ([27:06](#)):

They probably shouldn't live together.

Caspar ([27:08](#)):

Yeah.

Jillian Turecki ([27:09](#)):

I mean, I have pretty radical, you know, point of view about this. Maybe they would be happy not living together. They would be happier in a relationship, not living together. Listen, living with someone is not easy. And if you live together, like you really do have to be, I mean, sort of aligned in how clean and or messy you want the house to be. Look, there are some people who are so incredibly controlling and so type A, that, that, that to live with them is impossible. But overall, overall, I think that if one person is very messy and other one other person is very neat, they probably shouldn't live together. And that's like, that's a, but they can have a great relationship.

Caspar ([28:03](#)):

Right?

Jillian Turecki ([28:05](#)):

But it's like, okay, so then what if you want kids figure out a way, hire someone to come and clean if you can. But you've gotta, I guess the, the larger point that I'm trying to make is you have to figure that out, because believe it or not, someone being really messy and someone being really clean and living together can actually lead to a breakup.

Caspar ([28:30](#)):

Yeah. And then there are the underlying belief systems too, that, well, I can't not live together 'cause societal just norms are that you should and have to live together. How much of that the, like, the belief systems we have, do we need to really start to look at and see, is that serving my best? Good to just follow societal norms? Because that is the belief system.

Jillian Turecki ([28:56](#)):

I believe that really at the essence of there's, that the at, excuse me, the essence of doing the quote unquote work on oneself is challenging your belief system.

Caspar ([29:10](#)):

Yeah.

Jillian Turecki ([29:13](#)):

You don't, and, and when you challenge your belief system, there are certain beliefs you might say, no, I'm, I'm keeping this one. But that really is, you know, that really is at the core. Challenge the beliefs that are in any way leading to more negative states of mind.

Caspar ([29:33](#)):

Mm-Hmm.

Jillian Turecki ([29:33](#)):

More stress. So yeah. You have, you have to challenge your conditioning and belief system. I think that people who do that tend to live much more authentic lives. Yeah. Why, you know, maybe living together doesn't work for you, like you as a couple, but, and you're thriving because of it.

Caspar ([29:55](#)):

Right. And you talk about authenticity here. In truth number five, you speak about, you know, speak up and tell the truth, right? Yeah. Yeah. A lot of people feel are a little fearful of communicating their truth because of the conflict that may come from the truth. Yes. But it's better to step into the conflict and communicate that is a part of that also how you communicate your truth?

Jillian Turecki ([30:18](#)):

A hundred percent. So first I will say is that people avoid the truth all the time because they're afraid of what it might uncover. Yeah. They're afraid of the other person's reaction. They're afraid that they're not gonna be enough for the other person if they tell the truth. 'Cause sometimes telling the truth is, I'm just gonna start to, I'm gonna stop pretending to be who I always thought you wanted me to be. And that's not the other person. That's me. I'm so used to doing that. Yes. The, you know, communication is an art form. I really do believe that.

Caspar ([31:05](#)):

Yeah.

Jillian Turecki ([31:06](#)):

And you don't have to be perfect, but there are certain principles that you, that you need to follow if you wanna have better relationships and more effective communication. And one is leading with love. So instead of going into the conversation with you statements, you do this, you do that, you know, blame, and you go more to I statements and we statements. One is also being, I think directness is very important. Mm-Hmm <affirmative>. So rather than going into like a whole story about whatever it is that you're gonna say, you wanna lead with love, but also be direct in what it is that you're going to say as best as you can. Vulnerability. So sometimes, you know, many people, especially if they're experiencing a lot of emotion, don't have the words to articulately describe what it is that they're feeling. So sometimes you just have to say, you know, I'm feeling really overwhelmed. Yeah. Or I'm feeling all this tightness in my

chest, I just need to breathe. I just need a moment. Believe it or not, that's actually very artful and very skilled communication because when you convey that you are, are immediately speaking to the human that's in the other person, because everyone can relate to that ex that feeling. And it, it, it brings compassion out, it brings empathy out in a person. Right.

Jillian Turecki ([32:56](#)):

So these, so again, there's certain principles that if we follow in communication will make our communication much more effectively. So it's not about just like telling the truth and being blunt and not caring about the other person. It's really just about no more avoiding the truth and no more avoiding your own truth. Because telling the truth in a relationship begins with telling the truth to ourselves. Mm. 'Cause most of the time we're lying to ourselves.

Caspar ([33:28](#)):

Yes.

Jillian Turecki ([33:30](#)):

And so it's part of that chapter is really helping the person, the, the listener, the reader, I should say. So used to podcasting, <laugh> the reader to to really think about how they might be not honoring themselves Yeah. Inside of a relationship or in their lives. Yeah.

Caspar ([33:55](#)):

Yeah. That, that communication of truth has to come from a place of love, compassion, like a higher level of consciousness and not an attacking way. It reminds me of like a, an episode on the office with Jim and Pam, where they start going to therapy and they start every sentence with, to speak my truth. I feel you are doing this wrong and the other well, to speak my truth. And they go back and forth and then their coworker thinks they're high <laugh>, uhhuh,

Jillian Turecki ([34:22](#)):

Uhhuh,

Caspar ([34:22](#)):

<Affirmative>. But, but,

Jillian Turecki ([34:23](#)):

But you and that, and by the way, you don't wanna say, my truth is you don't wanna do that <laugh>. Right. You just wanna say, you know I might be, you know, this might be a story that I'm making up, but you know, the story in my head is blah, blah, blah.

Caspar ([34:37](#)):

Yeah. Yeah. And leave that openness to communication both ways, that it's not just attacking and one side is the true truth. 'cause Everyone has their own truths to the relationship also. And, and have to find that. Yes.

Jillian Turecki ([34:49](#)):

Yes. And it's also about have making sure the other person understands. So it's very useful for the other person to say, okay, so what I heard you say is this, so that you don't have to agree, you don't have to

agree mm-hmm <affirmative>. But you do have to leave that conversation with the understanding that the two of you actually comprehended what the other one said.

Caspar (35:15):

Right. You know, truth number eight was a scary one. When you read it. It's, you know, no one is coming to save you, Uhhuh <laugh>. Right. And some people are like, whoa, <laugh> that. It's hard. Right. Yeah. Can can you elaborate on, on that truth of, of no one's coming to save you?

Jillian Turecki (35:34):

I think that we are, we think that there's gonna be this one person who's gonna come into our lives. And when we get that relationship, and we, when that, when we find that quote unquote right person, that everything else is gonna fall into place in life, and it's a very heavy burden to place on another person, this expectation that, that they can make you happy mm-hmm <affirmative>. And whereas I think that you are definitely selecting a good partner for you. When you select someone who adds value to your life, who can put a smile on your face, who makes you feel supported and safe and understood, you're, they can't actually meet all your needs all the time. They can't heal your trauma for you and they can't fulfill you. That is an inside job.

Jillian Turecki (36:47):

And so a relationship should make us happier, but it can't actually make us happy. And it will feel as though it is in the beginning. Because in the beginning, we're drunk on all the hormones and, and the love chemicals. And you know, we meet this person and they are the catalyst, they are the stimulus that triggers inside of us an aliveness and love that may have been dormant for a very long time inside of us. So we think this person is the ticket Yeah. To my freedom, to my happiness. And, but then, you know, just wait until a year, five years, 10 years go by and you realize, yeah. Nothing could be farther from the truth.

Jillian Turecki (37:43):

That ultimately we are responsible for our own happiness. And and that's a tough one to kind of confront, but it, it will make our relationships much better when we think this person is like, they're the ice cream of my life. You know, they make, they make life sweeter. Mm-Hmm <affirmative>. But, you know, the protein, the fat, the car, like, you know, the meat and potatoes, the things that are actually gonna like, make it so that I can get outta bed. Like, that's on me. Yeah. That's something that I, I have to find meaning in life, and if I just depend on this person for this happiness, I'm going to get very angry at them because they're gonna fail me miserably constantly. And I'm going to then I'm gonna forget how to make myself happy. And so it's a recipe for disaster.

Caspar (38:55):

Yeah.

Jillian Turecki (38:56):

And I think that people know this intellectually, but yet we, I'm begging people to examine their sort of unconscious dreams and desires and what they think a relationship is really meant to do in your life

Caspar (39:14):

Yeah.

Jillian Turecki (39:15):

Or meant

Caspar (39:15):

To serve. I think that there, there's so much of that, you know, there's still the personal responsibility even in the relationship of two.

Jillian Turecki (39:22):

Oh yeah.

Caspar (39:23):

There's still an onus on you to do your part

Jillian Turecki (39:27):

Always

Caspar (39:27):

Of what you always Right. Yeah. And that, that, yeah. That's such an important message throughout life itself. It's like, yeah, no one's come to save it is on you. You could be happier with that person Sure. But it's still on you. And people sometimes forget that, and they want someone to be their savior knight and shining armor.

Jillian Turecki (39:45):

Yes. Yes, they do. And, and part of, and, and part of why some people want that savior is because they feel broken inside. Mm-Hmm. And so they want that person to come into their lives and put all the pieces of them back together, but that just creates a really messed up dynamic. Then you're just, you're gonna attract the person who is a fixer of broken things, and then your relationship is only gonna work as long as you're broken.

Caspar (40:25):

Mm-Hmm <affirmative>.

Jillian Turecki (40:28):

And you also wanna be able to see yourself as more resilient than that, that you don't actually need someone to come and put the pieces back together. So the no one is coming to save you is really about how do you see yourself, why do you, why do you see yourself in such a way that you need to be saved?

Caspar (40:51):

Yeah. You know, one of the things that, that I feel in the book was really you know, stood out, but many people probably would never think about this as the last truth here. Mm-Hmm. You must make peace with your parents.

Jillian Turecki (41:06):

Yeah.

Caspar (41:07):

Talk about that 'cause I feel like a lot of people have very complicated relationships with their parents. Yeah. Especially in this generation where so much has changed from when they grew up, or so many beliefs. And, and how you should do things is different from your parents. Why do we need to make peace with that?

Jillian Turecki ([41:25](#)):

Well, because if you don't, basically our relationship with our parents are gonna show up in our romantic relationships mm-hmm <affirmative>. Whether we like it for not rightly or wrongly, for better or for worse. I had a very complicated relationship with my father. There was a lot of emotional abuse in my fa in my childhood. So making, just to be clear, if you've been molested or severely abused, I don't think you need to make peace with your parent. Mm-Hmm <affirmative>. I think it's best that you just never speak to that person again. But making peace with your parent, number one, doesn't mean that you actually have to have like a great relationship with them. You can still have very strong boundaries. Number two, you could have a wonderful relationship with your parent, but making peace with the parent with whom you have a loving relationship might mean breaking up with them as the leaders of your belief system.

Jillian Turecki ([42:29](#)):

Mm-Hmm <affirmative>. So you're changing your relationship with them. So instead of being a lawyer when you really wanna be an artist, because you always felt like your parents really wanted you to be a lawyer, making peace with your parent is basically saying, I am, I'm gonna now live the life that I wanna live, and I'm not gonna be afraid of your judgment of me, because that's not our relationship anymore. Making peace with your parent is, is learning how to relate to your parent, even if it's just in your mind as an adult, rather than through the filter of your childhood. And so it's changing any story or narrative that might have that might have its hands gripped around your neck, constricting your, your, your breathing so that you're not living the life that you're meant to live because of some story that you have around a parent. So making peace with your parent is really making peace with the story that you have about your parent, and that comes with a different perspective. And that's what that, that truth is all about, and it'll set you free. And I felt very qualified to write that que to write that chapter because of my own relationship with my father. So I think that it's going to make people gasp when they see it, but I think that reading it is going to be life changing for them.

Caspar ([43:54](#)):

Absolutely. I mean, I, I've noticed that how impactful it could be, even with certain therapies like family constellation work and things uhuh like that, that Bert Hellinger put through, and, you know, telling those stories from, from a familial standpoint of where our kind of blockages are that are creating such trauma and, and, you know, emotional distress and releasing that, right? Yes. The release of that and making peace without actually having to have that person there that may have harmed you, hurt you, or, you know, done something. Right. Yes. So it's, it's so important in your own healing and own self-love journey.

Jillian Turecki ([44:28](#)):

Yes. Even if it's, even if the making peace is recognizing that whatever love you did not receive as a child has nothing to do with your worth. And being able to see the experience of your parent and why they may have acted that way so that you can free yourself from that narrative.

Caspar ([44:51](#)):

Yeah. Now, Jillian, a lot of what we've talked about here are relationships that are, are actually there, but a lot of people are searching for relationships, and it's a complicated, like we said, the dating pools a bit diseased <laugh>

Jillian Turecki ([45:04](#)):

Yeah.

Caspar ([45:04](#)):

People, let's say people have done the, the work to get themselves to a place of self-love and worked on themselves. What is your advice for, for kind of going through the, the dating scene right now where it's all very social and app related and people are ghosting and all these things? Yeah. I mean, we were talking about what, you know, you're from New York City. I've, I've done that dating stuff and you're, and it's tough, right? <Laugh>.

Jillian Turecki ([45:28](#)):

Yeah, yeah.

Caspar ([45:28](#)):

It is. It is a minefield. It's like, what's your advice for those people that are searching for it?

Jillian Turecki ([45:34](#)):

I, I think so have a little fun with it. Mm. Be very clear about what your boundaries are, about what your non-negotiables are. If you want a long-term relationship, if you're looking to get married, be long-term relationship and marriage material. Mm-Hmm <affirmative>. Now what do I mean by that? It means that you're very, very clear about what it is that you want, and you are open to get to know someone as long as you feel good when you are around them, and that you feel like there's some, like-mindedness there. And when you don't feel that you're out mm-hmm <affirmative>. You, you don't let people infiltrate your entire system when, when you barely even know them. So you keep your life, even when you're dating, you have to really keep in, check your desperation and be really honest with yourself about your desperation. I think that that's, you know, it's such a taboo word, but I think we all, we would all be better off normalizing when we're feeling a little desperate mm-hmm <affirmative>. And just to kind of be sort of mindful of that, I think that you have to be very mindful of what the role sex is gonna be. Like, are you gonna partake in casual sex? If so, why? You know, why you're doing that. You know, so just being very intentional.

Caspar ([47:12](#)):

Yeah. The intentions lead to manifestation. Correct. Yeah. It's, when you have those good intentions, you could manifest that person into your life. Yeah. But when there's ambiguity and vagueness to what you're really doing, justifying somebody is just not enough. You, it's not, you have to set those intentions. Right.

Jillian Turecki ([47:30](#)):

I, I really believe so. Yes. A hundred percent. Yeah.

Caspar ([47:33](#)):

Yeah. I mean, there, there's so much in this book, obviously nine truths, but so much more into it. What are you hoping listeners or readers, again, I podcast to book? Yeah. What are you hoping readers take away from, you know, going through that book? What's like the, the one core principle you'd love for them to take away?

Jillian Turecki ([47:53](#)):

I actually want people to feel very empowered. Mm-Hmm. I want them to feel like that, that they, they need to be the change that they wish to see in their love lives, and that they can, that, that it doesn't matter what their trauma is, it doesn't matter what their past is. If they are willing to really take on the principles in this book, I've seen it happen. Like, you can actually turn your love life, whether you're in a relationship or single or heartbroken, you can turn it around. You really do have more agency and power over your life than you actually believe yourself to have.

Caspar ([48:32](#)):

Yeah. No, it's a beautiful message. It's like when, when you have that empowered healing, so much falls into place, right? Yes, you do. And, and you just feel different rather than like, do we said like, just this despair and I can't do anything like that. That almost victimhood mentality really is tough to break through and and you're just not gonna be a happy person with that.

Jillian Turecki ([48:54](#)):

No, no. And look, I mean, I definitely can fall into patterns of learned helplessness and feeling like a victim and, and it's very difficult. So it's, you don't have to feel shame about it, but you do. I wanna try to get people out of that narrative so that they can make some really great change in their life.

Caspar ([49:11](#)):

Yeah. Amazing. And where can people learn more about you? Pick up the book.

Jillian Turecki ([49:16](#)):

Sure. So it's JillianTurecki.com/book, and that's where you can pick up the book. I had, and then JillianTurecki.com, Jillian Turecki all over social media, Instagram, and then my podcast Jillian on Love, which is on, you know, YouTube, Spotify, Apple, anywhere you listen to podcasts.

Caspar ([49:35](#)):

Amazing. Well, thank you so much for this. It was really enlightening, and I Oh, thank you. I really hope it impacts people to live their best lives and accept their truths.

Jillian Turecki ([49:44](#)):

Oh, well thank you so much for having me. I appreciate it.

Caspar ([49:46](#)):

Thank you. And for those listening, go to JillianTurecki.com. That's J-I-L-L-I-A-N-T-U-R-E-C-K-I. And the book comes out on January 14th, so please do pick it up. We'll also include links to her social channels, show notes, everything. And until next time, continue writing your own healing story.