



Stephanie Jo Johnson
**How to Stand in Your Power
Regardless of the Circumstances**
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Stephanie Jo Johnson, creator and founder of **The Powerful Divorce**, was interviewed regarding how you can stand in your power regardless of your circumstances, about where the power lies in each decision we make, and how we can choose to be powerful, no matter what.

The link to listen to today's call is: <http://www.blogtalkradio.com/divinely-intuitive-business-radio-show/2014/09/24/stephanie-jo-johnson-how-to-stand-in-your-power-regardless-of-the-circumstances>

Anne: I'm going to welcome my guest Stephanie Jo Johnson. We're going to talk about how frankly we all go through a lot of divorces in our lives, but she knows how to be powerful in the face of incredible circumstances.

I want you all to first get present and set an intention for today of how you want to move your consciousness and being in to a new place of awareness. And we say thank you for this awareness and consciousness that we are bringing to this show today.

I'm going to bring forward an angel card... The card is **Magnetic Marketing**. It's perfect for what we're going to be talking about today. The funny thing is about marketing is that you have to stand in your power and own it to see your work, be powerful in who you are as you share your gifts with the world.



Let me welcome Stephanie. Stephanie is on a mission to change the face of divorce. When someone says “I’m out of here,” you end up wondering “What am I going to do?”

Her mission is to inspire women to create the life they want after divorce. That goes back to our magnetic marketing card; it’s all about standing in your power. It would be devastating if you had to let go of a team member, a partner in your business or your life – you want to stand in your power.

Stephanie: Thank you. I’m so excited because I could talk about this all day long.

Anne: What to you is a powerful divorce? Most people are NOT feeling powerful at all when they go through a divorce. They’re like “really?”

Stephanie: Most people have the same reaction. In my case, it was my ex-husband leaving. I didn’t have a choice. I went through denial. Then realized that he was leaving, I had no choice, but I realized that I could control my



experience through this horrific transition not only for myself, but for my children. I had seen through other peoples' divorces how it can really affect the parents and the children: what they see, what they hear. That goes onto how they feel in their life: victims of life, powerless.

I made a conscious decision to pay attention with my actions or words when I talked about it. I thought clearly about my intentions before talking with anyone. Even if I wanted to vent.

Anne: It was your profound love for your children that made you stand in your power. You said, *"I had to face my reality."* You did a reality check, but once you did, you chose to surrender, which is what we talked about with Kim last week. *"He's leaving, no amount of crying will keep him here. Now what am I going to do?"*

For you, you said, *"Where I want to stand is a place of power, love, service for my children."*

Stephanie: Honestly, I didn't realize until a couple of years later that I was standing in my power. I was going through the motions of what I needed to do. Building a strong foundation for my new home. Whatever the hurt, the loss, business or personal - that can bring someone to their power. I realized I can use that same power in every area of my life.

Anne: The real power is: *"I am not a victim"*; you choose not to see yourself that way, even if you feel different.



Stephanie: That's with everything in our life every day. We live our lives making decisions based on love or fear. I decided not to be afraid of the unknown – of how to pay the bills, of how to get them to school on time. I decided not to go into a downward spiral.

I started making decisions not on fear, but based on self-love. What I needed to feel safe on my path.

Anne: That is so juicy: “What do I need to feel safe?”

Stephanie: Even if it's an illness, “What do I need to feel safe?”

Anne: Let's take this into the world of business. Say a team member leaves you. The question for the person who has lost the team member, they have the unspoken question, “What do I need to feel safe?” if someone has up and left.

One of the things *we* do immediately is to change the access to the systems they had access to: your website, your list service provider. So, it's like “What do I need to feel safe?” and then take the actions that will support you in feeling safe. Let's go back to your example, what did you need to feel safe?

Stephanie: I had to set a lot of new boundaries – with my ex. When he decided he was going to leave, he had a vision of how it was going to go. I decided: you don't get to come in snoop around. I changed my passwords on everything. I needed to feel like he wasn't violating my new life because he gave that up. It was hard, but I had to do that.



Even setting boundaries with some of my friends, or some of his family members. They would call and ask about the children and then talk about things where I didn't feel safe.

Like when we did the child handovers, or telephone conversations. We put in place that we only did email for several months. That made me feel safe because it didn't give me the opportunity to vent. I could always hit back space or delete.

Anne: That's brilliant.

Stephanie: Yes, you can't take back the words you've said.

Anne: So you did a lot of damage prevention, you thought about the situations that could erupt and avoided them. Well, back in business, how do you manage situations similarly? I've never had anything that rancorous. There have been a couple of non-amicable situations...

Stephanie: Everyone has different personalities. You might have someone who is really technical and can manage that, but has a different type of personality. So that would be thinking about how you're going to present a project to them, preventing anything that they could view as being negative and avoiding that. Other people on your team shine their light in other areas, so thinking ahead on communications with team members is damage prevention.

Anne: So how did you then...when you had new boundaries with your friends, what did that look like?



Stephanie: Whenever you're going through a painful situation, some people think that supporting you is saying, "He's a loser, I never liked him anyway." They think that's supporting you; but that really didn't help you. It's dumping negativity. I had to limit calls and lunch dates with them, or not engage in those types of conversations.

With some, it was difficult because they wanted to give me advice because they had been through the same, but their household was in a hot mess. That's not to say that was wrong for them, but it wasn't right for me.

Anne: You were checking in constantly. You were really conscious.

Stephanie: It's very hard to do because it's not one decision. You have to work on it, implement and be aware of it constantly.

Anne: It's an ongoing thing. Especially if you're feeling like you've been punched in the gut.

Stephanie: When we think of powerful women we think of TV shows the boss in the Devil Wears Prada. That's what society puts out as powerful women.

I discovered that all of us have a special feminine essence and we are so powerful when we tune into that and we use that coming from a place of grace and love, and it's so much more powerful being used that way rather than using aggression.



Anne: To me, this is the essence of intuition. But it's also feminine power. Being in this place of grace and love - I see people doing this and I'm fascinated by it. My husband does this *"If you can't say something nice, don't say anything at all."* My mother was like that. I'm more like *"If I have a problem, I say something."*

I'm curious about this, because there's a fine line.

Stephanie: Yes, sometimes you think *"Why am I not saying something?"* My mom used to say the same thing. For me, I see more power being in silence. It doesn't mean you agree with them. You're just choosing to let them express themselves. You can also choose to let them know how you feel about the situation, with love and grace rather than *"Hey, wait a minute!"* because something else starts evolving.

Sometimes I'll go away and think *"Do I want to respond to that?"* And sometimes I go back and say *"You know, that conversation we had earlier?"*

Anne: What I'm hearing is being conscious about your conversation and the ramifications of words. There's a whole world on non-violent communication. This is a lot of that. It's really checking in, listening, being present, and understanding the ramifications of you saying that little bit. Give me an example.

Stephanie: Sometimes it's just stepping away and coming back.



Sometimes just being able to walk away and think “*What didn’t I like about that situation?*” and “*Why didn’t I like that?*” Maybe it’s something that triggered inside you from the past that the other person didn’t know about.

Anne: I absolutely agree. In my own life, when my husband annoys me, I walk away. I love him dearly, but it happens! [laughs]

Stephanie: Yes, don’t give away your power by reacting instantly. Think “*Is it something that I need to deal with?*” When you connect with the feminine power, you feel like a woman.

Anne: OMG, That is great.

Stephanie: We were made to be powerful. In the 17 years marriage with my ex I lost a lot of who I was. I had to go back to think who I was. In doing that I connected with my soul and myself. When you connect that is where your power is.

Anne: In order to reconnect with your power, you went back to what you loved as a child.

Stephanie: I realised that in my time with my ex, I had given up everything that I had, that I wanted to do.

Anne: Why do you think you did that?



Stephanie: I wasn't aware of it. You do this in a daily job, with friends. I believe we do it because we are afraid of being judged, being left. You bury things just to get along in life.

Anne: I think you do it because something else is more important. For you the value of a happy home and husband was more. So you chose to hold that value higher than your own individual expression. But then, you were like *"I'll go back to who I was, and find my light"* and see what that looks like.

I think sometimes we don't realize what we give up to have the higher value of a happy home.

Stephanie: Yes, and sometimes this looks perfect from the outside.

Anne: Sometimes it's as perfect as it can be.

Stephanie: I didn't want a divorce because I wanted my kids to have both parents, but when I sat back and got real with myself, I knew it wasn't the best situation. I knew I was pretending. I kept wearing those masks every day because of how people would look at me. I wasn't being true

Anne: Really realizing. You can feel the Divine tapping of *"You're living a lie"* and you're like *"Yes, I know, I'll think about that later."* And then BOOM it blows up in your face.

I went through this myself. This is your Divine initiation.



Stephanie: Right.

Anne: But even the idea of changing at all is too big. So something happens that forces you to look at it.

Stephanie: Finally the Divine is going to stop you in your tracks and you don't get a choice of whether you want to look at it anymore.

Anne: Yes, you have to clean up.

Stephanie: And you think, perhaps it would have been easier to listen to the first tap.

It's so much easier to be the victim. Sometimes we need that as part of the grieving process. But there comes a time when you think, "*What do I need to do to move forward?*"

Anne: There's something you said to me about doing gut check and being aware of fear or love. We want to be making our decisions from love, and using our communication to speak from love and grace.

How do you determine if you're making a decision from fear?

Stephanie: Sometimes you have to break it down. Ask yourself:

- What am I afraid of?
- Why does that scare me?
- Have I done it before?



- What was the outcome?

I did hear that someone once said, *“Think about it: if we didn’t have a past, what would you be afraid of?”*

Fear comes from the past. We hold that as a protective mechanism. Sometimes it’s not even related to a situation that we’re in now. Sometimes just a word can trigger us.

It’s like, *“If I choose to do this, or say this, what’s the worst thing that can happen?”*

Anne: I love that. I’m thinking about how by breaking it down and being aware of the worst that can happen, this for me is where tapping comes in because I can tap on the fears. But sometimes you don’t even know where the fear comes from.

It’s like understanding where the fear comes from. I spent a week recently in a space of malaise and I did some work on Monday on what this was, and it was an old fear, and it cleared up. I had a little help with that. I wandered around for a week feeling off about something. That’s an important space to be in, but you have to do something about it. What do you do when you get to the bottom of the fear?

Stephanie: I’m new to tapping, since I joined your [*Divine Business Club*] group. For me mainly, I just have to be still. Some people have to run, or swim. Or walk. Going running gets you to a place where you aren’t crazy. It might be



a 5-minute session you have with yourself. Or it might be a process, you wandered around for a week and you did what you needed to do to process and release it. It wasn't even related to that situation, it was from a while back.

Anne: And you have a gift...

Stephanie: Yes, I'm offering listeners a free 45-minute clarity session with me, worth \$69, which they can claim by going to <https://stephaniejojohnson.acuityscheduling.com/> and entering the code DIVINE2014. That's the direct link to my calendar. It will show the appointment available. Put in the code and it will waive the fee.

Anne: Stephanie, thank you so much for sharing the Powerful Divorce, how to access the Divine feminine power through grace and love, for helping us to see there are way to access our own Divine awareness and to be able to choose consciously what we want, how we want to go to know where our fears are, and what's stopping us and to get to the bottom of this and move past. Thank you so much.

Stephanie: Thank you. I enjoyed our conversation.

Anne: Always!

Anne: Now we're going to the blessing. Thank you all for being here, for sticking it out for really learning more about who you are and how you show up in the world. You are here to bring your Divine gifts to the world powerfully, sharing you gifts with the world. The world needs that light, those

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