



## The Limitless Women Podcast Real Connections

### [Stop the Spinning: Moving From Surviving to Thriving](#)

#### Chapter 5

Remember that no man (or woman) is an island. Take a step out of your comfort zone and strive to create those genuine human connections. The world is so much richer when you have another being to share your experiences with. I am not proposing a huge change -- just small steps in giving and receiving companionship and communication.

#### **Want to skip head? Episode Highlights**

- [03:00] Learn an experiment you can run in your life to feel lighter and more supported.
- [04:40] Discover the most important thing you can do for someone to create deeper, more open connection.

#### **Episode Transcript**

*[MC]* Welcome to the Limitless Women Podcast. Our mission is to help women business owners, like you, grow profitable businesses and actualize your opportunities to serve and give to yourself and others. Here's your host, the founder of Limitless Women, Laura Gisborne.

*[Laura Gisborne]* Today's episode is chapter from my book 'Stop the Spinning: Move From Surviving to Thriving'. If you'd like more strategies on how to manage your time, grow your revenue, and improve you mindset, you may download a complimentary copy of the entire book at [www.LauraFreeBook.com](http://www.LauraFreeBook.com). Enjoy the show!

When I was growing up, I felt few genuine human connections. My parents lived in constant fear and we were very isolated outside of our time spent at school. It wasn't really a function of their financial struggles, although I don't think that helped matters. It was more a fear of being hurt or taken advantage of. I don't remember consciously wishing to be wealthy, but I do remember feeling that rich people were somehow different from us. When I saw someone whom I perceived was rich, I assumed that person was happy and had everything going for him or her. I didn't know much about people who were different. My family didn't have friends over, and extended family members rarely visited. When they tried to connect, they were quickly dismissed and invited to leave.



My parents' fears that everyone was out to get us were well ingrained in my brother and I. It was terrifyingly ironic that the "uncle," who was unrelated to us, but willing to care of us on the weekends, sexually molested me for more than six years. Needless to say, my perceptions were that my parents' beliefs were true and that it wasn't very safe to get too close to anyone.

When I was twenty-three, the insurance company I worked for offered me the opportunity to move to Texas and open a branch office. I had finished college and had not yet been accepted to law school, so I decided to give it a try. My relationships with others at this time started to shift. People in Texas are friendly. I was extremely surprised and taken aback when complete strangers greeted me at the grocery store or at the gas station.

Initially, when someone would ask me how I was doing, I would put my head down and avoid the conversation. I was always prepared for them to be dangerous, or to start asking me for money. After several months of this, I began to realize how very lonely I was, so I decided to take a chance and respond when I was spoken to. At first it was terrifying, but slowly I began to get more comfortable. I made my first friendship with a girl who lived in the apartment below mine. I decided this was going so well, that I was probably safe to actually smile and allow myself to engage in brief conversations with the people I met at work. A part of me that I had never recognized began to blossom.

I decided that if it was OK to speak with other people, perhaps I could do a little experiment. I had never received compliments or acknowledgment in my home as a child, but I had received recognition from employers and teachers, and I knew enough to know how wonderful it felt. I began to experiment with recognizing the goodness in others and offering them my compliments.

Even though this felt strange at first, I recognized something special in the people around me and loved to see how they lit up when I gave them compliments. I didn't go overboard, and I managed to keep my observations appropriate so I wouldn't be inauthentic. Almost miraculously, the world began opening up and I began to feel lighter and somehow supported. Coworkers and others I came into contact with on a day-to-day basis could not seem to do enough for me. It was more than a little mind blowing for a girl who grew up in survival mode and constant fear.



This quiet personal experiment has become a way of life for me today. I am constantly honored by the people I meet in the world and am blessed to share an intimate relatedness with complete strangers on a regular basis. I was at first surprised and uncertain about why I would be speaking to people on planes and all of a sudden they would begin to share with me their most personal stories. What I have come to realize by writing my story is that I am available to people in a way that most people do not experience in their day-to-day lives. Many people are never listened to because we so often get so caught up in our lives and so busy earning money, we forget about our real lives. Likewise, we get into routines and habits and take the people around us for granted. When a complete stranger shares with me his or her deep, full story, I feel deeply moved and honored to listen. When I began personally mentoring clients, I discovered (because I asked) that almost all of them felt unheard. Again, something so simple can make such a profound difference.

I do believe that I have been open to connections because I was blessed with one person in my childhood who really heard me. When my brother and I were very young, we had a babysitter named Barbara Wiesinger, and she is one of the most generous, amazing women I've ever met in my life. She provided my brother and me with a safe, stable place to stay, when the rest of the world felt very scary. Whether or not my parents could pay her, we were always welcome in her home. I never realized how much she meant to us when we were small, but I have come to know as an adult that she was the role model who taught me about compassion and the best of humanity.

Not long ago my husband and I were passing through Miami, on our way to the Caribbean and Scott suggested that we give Barbara a call. We got lucky and she was home. I used the occasion to tell her that one of the most important values that I have in my life is the opportunity to make a contribution, and that really came from being with her and watching how she always contributed to others. I thanked her again for always offering me a safe place for me during my childhood.

Over the years, Barbara has cared for many children and opened her home to hundreds of them, showing them all love. She was the person I turned to when I was in need, and hers was a safe place to be. On this visit she told me that I called her from the hospital when I was in labor, giving birth to my son, almost twenty years ago. To this day, I have no recollection of making that telephone call. She told me, "You called me and told me how much you love and appreciate me." Although I did not necessarily have the relationship that I wanted in my family of origin, I was blessed to have this woman in my life. She truly is and has been a role model for me for healthy connections and unconditional love.



The rewards of being connected with others are too measurable for me to address in this short book. If you have felt, like I did, that the world was not necessarily a friendly place, I encourage you to try on my personal experiment and allow yourself to be available. Most of the people that I meet who live in isolation are beautiful beings who just haven't been given the tools for connecting. The world is so much richer when you have another being to share your experiences with. I am not proposing a huge change, just small steps in giving and receiving companionship and communication.

For those of you who are seeking business distinctions from this book, please remember that "no man (or woman) is an island." The only way to grow your abundance and your productivity in life and in business is through collaboration and partnership. By reaching out and being open to new communications, you may just meet the ideal person to support you and your new adventures.

Thank you for listening to the Limitless Women Podcast. We release new episodes every week including business tips, interviews, topics from the Limitless Women Business School, and stories of Limitless Women just like you. Visit us at [LimitlessWomen.com](http://LimitlessWomen.com) to learn more.

*[MC]* You've been listening to The Limitless Women Podcast, with your host Laura Gisborne. Our mission is to help women business owners like you, grow profitable businesses and actualize your opportunities to serve and give to yourself and others. Are you a Limitless Woman? This is your personal invitation to learn how you can join our online community, grow through our business school and play with us at our live events. Go to [LimitlessWomen.com](http://LimitlessWomen.com) for all the details. That's [LimitlessWomen.com](http://LimitlessWomen.com). Thanks for joining us!