



- Dr. Irena: Please welcome our lovely Monica Bijoux. Oh, what a beautiful name.
- Monica Bijoux: Thank you. Thank you. Thank you so much for having me on; I'm excited to be here.
- Dr. Irena: As am I! As you know we've tried to come together like this for quite a while. I'd like to introduce you now to our audience.  
So because it's so big, your resume, so stellar, I have to read this a bit, so okay, here goes.  
Monica Bijoux is the founder and CEO of "Decide to Move" and has been coaching business owners, entrepreneurs, and individuals for over 15 years. She also has been working with veterans as they transition from active duty life to business owners and entrepreneurs, for the last 10 years. Monica has, in addition, worked with individuals and couples who have experienced or have been exposed to trauma, by helping them reclaim safety, power and control, trust, intimacy and esteem, all while establishing boundaries.  
Something that I will definitely want to come back to in your interview because this is like three very different things and highly necessary and very interesting.
- Dr. Irena: Monica has a master's degree of science administration with a concentration in human resources and a master's degree of social work. These have allowed her to combine her passion for helping individuals find that authentic self and work to their highest potential while also utilizing her business mindset.  
Very versatile you are, Monica!
- Dr. Irena: So Monica also combines a variety of special trainings. She's a certified coach. She worked in hypnotherapy, emotional freedom technique, then NLP( neuro-linguistic programming), and emotional intelligence to assist her in helping her clients. And I know Monica helps business owners and entrepreneurs to unleash their greatest potential through confidence, clarity and connection in order to boost their success, increased financial wealth, and truly live a life of freedom. Now of course, who wouldn't want that? Right? A life of freedom and abundance!
- Dr. Irena: Were you just saying, you are now focusing on business owners mostly?
- Monica Bijoux: Yes. So I um, I always have a passion for working with individuals, but I also have found that nowadays, individuals are going to be working in businesses, or are starting their own business. And so for me it's kind of like a win-win. I get to help individuals. But also help, like it's my passion for businesses as well, and combine the two. So, um, for me, I can actually help those that have gone through trauma or different adversities in their life and then being able to move them into the business mind. Because most times we struggle with confidence in a lot of other things, which stops us from actually growing and what we want to be because of our past history. So yeah.



- Dr. Irena: So the way you're helping business owners, can I say it this way, you're helping business owners find their way into what you say is their greatest potential, is because you're trying to clear past beliefs that hold them back or past trauma that may hold them back?
- Monica Bijoux: Exactly. Exactly.
- Dr. Irena: And how are you doing this?
- Monica Bijoux: So I do coaching, but then I also have a program. So "decide to move" is actually an acronym. It's a 12 step transformational model. And so what I do is I take them through each module to really help find where they are. And it's individualized based on the person.  
I may have a person that's struggling with one of the D's: dealing with being a decision maker, or being um, a person that has devotion or determination (issue), or different things like that. I help them based on where they are. I've actually helped business owners and people struggle in that they said they want to have success but their personality or not the personality, but the way they dress, the way that they act, what they do are not, um, sliding or coming in together. And so I help them find clarity and really hone in to what they really want to do and become. So it's kind of like clearing that path and helping them really discover their full potential.
- Dr. Irena: So you guide them not only to discover what they want to be, but then you would also tell them or show them the path of how they become that.
- Monica Bijoux: Exactly. Exactly. And if I have business owners that I'm clear on, that I just want to work on my business stuff, I'm there to help them with that too. But then if stuff gets uncovered, I don't have to worry about saying, you need to go to find another coach or find someone. I'm able to help clear a lot of that and then continue on. I'm working with their business as well.
- Dr. Irena: Oh, that's fantastic. So as you know, we are here in the relationship space, how does this go into relationships? I mean, in my opinion, relationships are the foundation of humanity without relationship there would be nothing
- Monica Bijoux: Exactly.
- Dr. Irena: Do you see that as well?
- Monica Bijoux: Yes, because of the fact that um, with even personal relationships, we want to just focus on the personal portion of it. Your personal relationship bleeds into every aspect of your life. If you're not happy, if you're: "I'm having issues with, like for me, boundaries" that is a big, huge thing. It bleeds into whether it's work related stuff, your business, your children or whoever. So if you don't have a good relationship with people or even a relationship with yourself, that right



there becomes a hard part of really being able connect with other people and really be able to be your authentic self. You can't, it's a hard thing to do when you don't even know who you are. And a lot of times people use relationships to help them become, (who they are), defining them for themselves. So if you're in a really bad relationship, you're going to think poorly of yourself.

Dr. Irena: I couldn't agree more with what you said; especially what was striking a nerve was you saying "the relationship with yourself". And the question is, how do you relate to yourself? Somebody else may be able to tell you (if you are in another relationship, and you're looking for validation and you don't get it) that you start thinking poorly of yourself and the relationship with yourself suffers. So you mentioned one thing in there...that's why you said you were big on boundaries. I know you're calling yourself the "Queen of Boundaries".

Monica Bijoux: Yes.

Dr. Irena: Something you were always passionate about or interested in?

Monica Bijoux: Yeah, because I'm actually just telling my own story. I've had a life full of a lot of abuse; emotional, physical, sexual abuse, a lot of the things that you think a woman might have gone through, is something I've experienced in my life. And one of the things that really helped me as I got older is that I learned to start being able to say no. Like if I felt uncomfortable, like really start setting boundaries on that. When I started doing that, that's when things turned around for me. Even with people who, um, when they really want something and if I say no, I don't want to do that, they back up. Um, even right now I have a coworker that I work with, a fellow psychologist and he tells me all the time, "I need to take one of your courses about boundaries" because even as a professional male, he struggles with setting boundaries and then finds himself being in situations that he can't... It takes him a longer time to dig himself out of, just for the fact that he doesn't know how to say no. I'm very clear about being able to say that. So it became a passion of mine to teach other people how to set boundaries and be able to be comfortable with saying no, or I'm not liking that or this doesn't feel right to me. So...

Dr. Irena: oh gosh, now you just have been frozen. Okay. Sorry about the interruption. Apparently the internet got unstable and the zoom call didn't really go perfectly. So we'll have to backtrack a bit. I don't know how far back; I think we went to the way of where you started saying.. calling yourself the queen of boundaries. Now what does that mean? How did you get there?

Monica Bijoux: A couple of my coworkers have called me the queen and I'll tell you a little bit of how that came about. But just my own personal story, I've actually had a life full of a lot of abuse, physical, emotional, sexual abuse. Even a little bit of abandonment, um, where I was put out at the age of 15, had a daughter at the age of...so got pregnant at 16 had a daughter at 17. And I got to a point of



saying that if I let people...cause I was a person, that if a person asks me for anything, I'd go "Oh sure". I was kind of like that "Yes Person"; don't want to make anybody upset. I already know what it feels like to be hurt because of all the things that I've been through. So my thought was, I don't want anyone else to actually have to go through that.

Monica Bijoux: And then when I had my daughter, I wanted to make sure that she didn't go through any of the things that I went through. So for me, I realized that if I didn't stand up for myself, how can I teach her to stand up for herself? And with that, with the jobs that I had, I started dispatching for 911 and just different things like that. I literally started realizing that I had to learn how to say no, how to not put myself in situations that were uncomfortable or compromise and hurt my daughter. So she was the biggest person really, who made me want to say, enough is enough. I can't just do things because other people want me to or kind of lie down and just kinda take it, as I would say. And then, as I continued to get older, I just literally started just listening to my own intuition.

Monica Bijoux: If something didn't feel right, I didn't do it. I would say no when I didn't really like where I'm in. If a person got upset, they got upset, I started thinking, Hey, they have to own their own emotions. I don't have to own those emotions for them. And so as time was going on, people got used to me being able to speak my truth. I am honest, but very tactful about it. And then I would have other people come to me and say, I want to watch what you were doing and I want to do that. Or one time I was working in a hospital and I had this woman watch me set boundaries with the nurse I was working with. And so she came up to me and told me, I now feel comfortable leaving my father here in this hospital because I see the fact that if you take care of yourself, you're going to take care of my dad. And that's when I realized people actually watch the way you respond and what you do.

Monica Bijoux: So that encouraged me even more to just continue to speak my truth. And then, um, now today people tell me they want to take my class or my course on setting boundaries because they're very clear. I'm not rude about it, but I'm very honest with people about where I stand and who I am. So that's kind of where that came from.

Dr. Irena: So you're basically saying it helped you watching over your daughter, and not wanting your daughter going through the same kind of experiences. And now of course, I'm sure she's definitely a sassy one, if I can say that.

Monica Bijoux: Yes! In fact, I actually have a book that I'm a coauthor of, a book called "fiercely speaking". And in that chapter I talk about my relationship with my daughter and how I taught her to learn how to fiercely speak her truth.

Monica Bijoux: And so she ended up writing a letter to the readers, but I never got a chance to put it in there because it was too long. But she basically was saying how,



because of the way I set boundaries and how much I learned confidence and would not allow people to do things to me that I felt uncomfortable with...It allowed her to be able to do the same thing. So she's never been in a toxic relationship or anything she didn't feel comfortable with. She learned how to say no from a very young age. So I would watch her as a teen, when she was a teenager. I'm like, man, I wish I was like that when I was younger. So, um, I can actually say that I'm excited to see the fruit of my labor pay off through my daughter.

Dr. Irena: Sounds fantastic. And I think, you know, this is probably something that everybody should be taught, right? How to be able to stand up for themselves and speak their truth and still be loved and accepted. Cause I'm always thinking there is a lot of fear behind it. If you're in a relationship where you feel you have to be a certain way or you will be ostracized, you will be shunned, will be unloved or whatever, or worse.

Monica Bijoux: Yeah. And actually what I found out by just even going to that for my own self in relationships; I was in a relationship with a man who, you know, same thing, had issues surrounding insecurity, stuff like that. And for men it comes off as narcissistic. For women, it comes off as borderline, is was what they say. Um, and so because of that, uh, so many women get stuck with men who pretty much manipulate them and they gaslight and they do these really horrible things that make a woman feel lower and insecure. And, um, in this relationship we ended up breaking up because of the fact that that I was very clear about my boundaries and I would not allow this person to put me in (that pattern). I saw the cycle, I mean, because of what I do. And I was very clear.

Monica Bijoux: No, I'm not allowing myself to be put in a relationship where you're putting me down or trying to get me to do something that *you* want me to do that's comfortable for *you*, but not acknowledging who I am. And so I ended that relationship and two years went by and this person started calling me back because they realized... And they now cater to what I want, like asking me what I feel. And it actually helped them grow too because they had to take a step back and actually do a lot of soul searching and changing who they are. So when you set boundaries, it's not just necessarily for you, it also helps the other person as well.

Dr. Irena: So I think this is extremely important, what you showed us right now, that it's not just you being the bitch or the bad person and then shutting other people out. What you have is like a dialog, an equal relationship, which is so important because I think the more you become the doormat, the more the other person allows him- or herself to be the abuser. And they might not want that, but don't know how else to get out of it.



Dr. Irena: And I wanted to ask you something; you just said before: for men it tends to be becoming a narcissist, and for women it comes across as a borderline. Can you expand on that a bit?

Monica Bijoux: Yeah. So for women they call it a personality disorder. People develop certain coping mechanisms. For instance, um, borderline personality is basically where a person has very high impulsivity. They have what's considered interpersonal relationship issues. Um, they have a hard time, like literally, establishing boundaries. They have the, "I hate you, don't leave me" kind of concept. So they'll push a person away, but as soon as that person leaves they're like, no, no, come back. And so they don't know how to really set this standard of...they don't even know who they are, but that comes from like childhood, not being validated, or coming from a household that was very chaotic, or such a perfectionist that like, "hey, I got a B on my test. Oh well, you should've got an A" or something like that, where you don't really ever feel grounded.

Monica Bijoux: Um, it comes off the woman and guys end up calling them bitches or some other derogatory name and they, um, use them. And, for a person that has borderline personality; once she knows that she can manipulate you, she's gonna do so. And then the vice versa, with the guy it all comes from insecurity and not being validated. And I've worked with both personalities very strongly and taught how to really set boundaries. And what really helped them out of the cycle is learning how to set boundaries, learning how to validate yourself and not seeking validation necessarily from other people. It would be stepping back and looking at a big picture and then getting your answer instead of making other people, um, tell you or make you...as they say, no one can make you feel any particular way. But getting involved in a situation that's uncomfortable for both parties.

Dr. Irena: you just said something; nobody can make you feel something anyway. That's probably what everybody thinks though. Everybody kind of thinks "you made me feel bad. You make me do this". It's always... It's not only the blame game, it's also they really truly believe that this is what's happening to them and they're kind of helpless and a victim in these circumstances. It's either a shitty life or they have grown up with parents who are maybe alcoholic or whatever. "That's what happened to me! I can't help it!" You say, no, this is not the way, right?

Monica Bijoux: Yes, exactly. It's like owning your own feelings. Take responsibility. Like I always make the joke, and it's not really a joke, but it's the truth... I say, if somebody holds a gun to your head, say something funny! Say something funny... Could you really..., you probably find yourself laughing because you're thinking: you can't make me say something funny when you've got a gun to my head! But it's a choice. And if somebody does hold a gun to you or tell you to do something, you have a choice. If you say, well, you know what, I want to live so I'm willing to do anything to live, you're going to do that thing. But if you say, you know



what, if that's what you choose to do, if you choose to shoot me, that's on you. But I'm not gonna do something that I don't feel comfortable about. So either way it's a choice and that's the part that makes a big, huge difference of breaking that cycle of understanding that you have the choice and the responsibility.

Monica Bijoux: Everything you do is either you reap the rewards or deal with the consequences, but either way there's a response or reaction from everything that you do and you have to make a choice of which one you're comfortable with. So, and that's something that I taught my daughter from a very young age; so before she does anything, she's like, okay, if this I do this, this will happen. If I do that, that may happen. I'm comfortable with this kind of thing. And so that's the way I raised her and that was the beginning of me helping her learn how to set boundaries and be okay with her decisions.

Dr. Irena: So you're saying basically that everybody can learn this even from a very young age? I can own my feelings is one thing, but I can make a *decision*. I have a choice. This may not be that easy for people who are saying, "well, I don't have a choice! I have to work for this person or I don't have a choice b/c I got sick and I have to, whatever, do what I wouldn't do before because I'm sick".

Monica Bijoux: Exactly. Exactly. Well, and the thing about... even if, say, you had a really horrible boss, um, and it was miserable and you're like, I have to work here. I don't have a choice. But if you accept the fact that "I'm here right now because this is what I have to do, but I'm gonna focus on the fact that this is allowing me to pay my bills, make the money I need to until I get to this. And in the meantime I'm going to work on my other goals that I have". It changes the dynamics of feeling like I have to do something that I hate, compared to: this is just a temporary thing to get me through until I get to where I want to go. And to me, it's about a mindset thing, what you choose to allow yourself to think about and believe.

Dr. Irena: so the choice may sometimes not be a completely free, but it's always the free choice of having the attitude towards what's happening.

Monica Bijoux: Exactly. Exactly.

Dr. Irena: And I think that is ultimately extremely important for everybody, to know and be able to be empowered what to do, especially in relationships. And like we said, relationships are everything.

Monica Bijoux: Uh huh. And one thing, when it comes to relationships...so I have clients that I work with that have gone through trauma, different things in their life. Um, some have dealt with a borderline personality and I tell them when they're out dating and finding a mate they consider dating, that's collecting data. Look at that as an opportunity for you to figure out what you like and what you don't





like in a person. And it becomes a lot easier once you actually find what you're looking for. Because if you don't know what you're looking for, guess what, you're going to fall for anything. And so when you look at it from a different non-threatening standpoint, like I'm going on this date, and I was telling him, "go collect your data and figure out what if it was good or bad. And if you want to keep that data going or you want to say, okay, I appreciate it, but it's not for me".

Monica Bijoux: Um, and my clients that have done that actually have come back and are like, I found the one! I'm like, Oh, so your data collection panned out! And they'll start laughing and be like, yeah, it did.

But it takes the pressure off of that relationship for you and the other person. Well, you're not trying like, oh my gosh, my biological clock is ticking. I need to find someone. And if you don't feel like dressing up and wearing a dress that night and want to wear jeans and a sweatshirt, you feel comfortable doing it because you're just being yourself and you're going to collect some data.

Dr. Irena: I love that idea, collecting data instead of going on a date; I absolutely love that. This is probably extremely helpful, because like you said it takes the pressure off. It takes the pressure off having to perform to a certain standard and just say, I'm going to collect data. If it pans out, it does. If not, not. But that probably can only come if you are comfortable with yourself. Right?

Monica Bijoux: Exactly, and like one of my clients, I'm going to use her particularly (as an example), she was one that would always dress up and wear makeup and it would take her forever just to get ready for a date and it would be so exhausting for her. And then once she got to the point of doing the data collection and said, you know what, I don't feel like dressing up. I think I'm just going to wear a jean and a nice shirt. And she was; but she was herself. You're dating someone that you eventually want to be a life partner. They're not going to always see you with your makeup on and your hair done. They're going to have to see you when you look any kind of way. Like I'll even use my mother for example. She's dating, she's almost 70. She's dating. And so, um, but her partner will call her like early in the morning because his shift is early on.

Monica Bijoux: So she was like, no, my hair is a mess. And he was like, are you always going to be having makeup on when I see you? I mean, we're eventually going to be married, so are you going to go to bed with makeup and wake up with makeup? And she's like, no. He goes, exactly, so you might as well just get it over now. And I'm like, also...she was like, oh, I never thought about that. And I'm like, yes mom, it's time to just be you and be free. And I realized that when I'm myself, that's when people think that I look the best! And I don't know how to really be anybody else. So for me it's just really freeing to just be myself.

Dr. Irena: but like you said, this was a shift or transformation that happened to you or with you or through you, that didn't come naturally, right?





- Monica Bijoux: No, it did not. It did not come natural at all. It was something to me; it was a decision that I had to make. And regardless if you have kids that you make that decision for, or you get tired of being, you know, treated as a doormat, or just whatever crossroad or place that you get to where you're like, enough is enough. That's when you start making subtle steps towards finding who you are, own your truth. I mean, you know, there's times where I'm like, do I look okay? Or you know, struggle with confidence and stuff like that. And then I have to do a reality check and say, Hey, you know what? Either people are gonna like you for you being yourself. I'd rather someone likes me for, or not likes me for me being me, than not like me for me being someone else. Because it's hard to come back from that and you're not going to be able to please everyone; otherwise you're being a chameleon. You're not being true to yourself anyway. So some people like you and you resonate with them and with some people you won't. And you have to be okay with that.
- Dr. Irena: and I believe there's a lot of pressure, you know, coming from society to be in a certain way especially for us women, right? We're always "sugar and spice and everything nice". You have to be subservient and you have to be this way and that way. And you can't really say what you think because otherwise you're labeled as whatever nasty word comes to mind.
- Monica Bijoux: The B word; I changed the B word! I call it Beautiful, Intelligent, Tenacious, Confident and Honest. So thank you. That's what I tell people. Thank you for that compliment.
- Dr. Irena: (laughs) Oh, I love that acronym. Let's do that again. For our audience.
- Monica Bijoux: B= beautiful,
- Dr. Irena: I = intelligent.
- Monica Bijoux: T= Tenacious. C= confident and H= honest.
- Dr. Irena: Alright. Beautiful. Intelligent. Tenacious. Confident and Honest.
- Monica Bijoux: Yup.
- Dr. Irena: That's being a bitch. Wonderful. Love it. So, yeah, well, a lot of good acronyms.
- Monica Bijoux: No, look when I go "thank you for the compliment" they look at you crazy and it's like, yeah. And I've actually had a guy said that to me one time and I was like, some people say I'm beautiful, I appreciate that. But how'd you know I was intelligent because we haven't even talked? And I am today (a bitch), cause I am a go-getter. And I was like, and I'm confident and thank you, because I am being honest with you right now. So appreciate the compliment. And he's like, you know...he'll never call me that again. But it's like I decided what I allow that



word to mean to me. Just like everything else that comes along. So if a person's intent is to hurt you, it's my choice if I allow you to do that to me.

Monica Bijoux: So, I'm a person that, like I said once, I think the big thing is; like once I had my daughter and all the hurt and the abuse and the things that I went through in my life; now as an adult, I don't have to sit there and say, well my mom did this or my dad did that.

Monica Bijoux: There comes a point where I have to say, *I* did this. So I can no longer use (the excuse)...their choice was to raise me until I turned 18. Well, I got put out at 15 so I didn't make it that far. But up until the age of 18 is when your parents really are responsible legally to take care of you. From that point forward it's up to you what you choose to do with your life. And so if you continue to own that hurt and not do something about it, then that's something that you have to take ownership of. And a lot of people don't want to do that. They want to blame and live in the... I call it the life of victimization. Um, you want to always take responsibility, not put other people down and say, this happened to me because of someone else. It's like living in a life of being in a victimization state and I don't consider myself a victim.

Dr. Irena: oh, that's wonderful. That's amazing. That's the real power, right? That's what we consider the empowerment. If it's not necessary for you anymore to blame somebody else and ask what happened to you? Because now it's not happening *to* you. It's happening *for* you because that's what you chose to do with it. Everybody makes mistakes. And yes, your parents made mistakes and they make grave mistakes and grave injustices and all. But do you also feel that (empowerment) comes from a place of forgiveness?

Monica Bijoux: Yes, because if you like, I'll give you a prime example from me. Um, I can give you my client's story, but my story, I mean, it's pretty much similar. But if I take my own self out of the scale of this place of victimization and really look into my mother's life; she's had a life of victimization and being abused and being raped and just a whole bunch of stuff. And she has her own story. And so your parents can only give you what they have. A person can only love you, give you love if they have love within. And that goes back into relationships. I can't give you something that I don't have. So if I don't love myself, how can I actually say that I love you? How can I actually say that I know how to be in a relationship?

Monica Bijoux: Part of that is looking at a person's lifestyle. And I actually told the guy that I was talking to, I said, hey, if you don't have a good relationship with your mother, how do you even know how to treat a woman? Like what's been your example? Cause if it's a TV then that's unrealistic. Um, did you take classes? What have you done to say that you know how to treat me as a woman? And so that's the things that you have to look for. So like your parents may not have gotten those, but now you can actually demand that from your, whoever you're in a



relationship with or seeking a relationship with. So part of collecting that data, getting out information about their relationships from the past, right?

Dr. Irena:

Yes. I think that is incredibly valuable. I mean to know that you have the choice and you can go and look for other people who are empowered as well, because you want to be with somebody who isn't constantly bringing back the victimization mode. Yeah, that is beautiful. And I think it's so important to know for anybody. Like you don't have to take all the shit that's coming your way. It's really your choice.

You don't just let other people treat you that way. Yeah. Let them put you down. If you stand up to them, they will have to take a stand. And maybe it's something that you don't feel coming or you don't want. Maybe they will decide, okay, in that case we cannot be together. But do you really want to be with somebody who is bad for you because you have to be someone else (for them)? You don't!

Monica Bijoux:

No, you don't. And who's the better teacher than *you* to teach yourself? My job, my responses really, are to teach others how to treat me. And so that's what I teach my clients. You teach people how to treat you, um, because no one else knows. Like you weren't born with a label. You don't come along with the label on you to say, "Hey, handle with care, washing 30 degrees temperature". You know, we don't have any of that. And so it's my responsibility to tell a person when they do something that I don't like to actually say, "hey, you know what, that hurt my feelings".

Yesterday a situation happened when I had a conversation with my friend. Same thing. Like something happened that he didn't particularly care for that I actually did and we actually had a conversation about it and it's like, okay, you know, that was not my intent, and be able to go because none of us are perfect and I don't know; he doesn't have a label, so I may do something that is a trigger.

Monica Bijoux:

I consider it landmines. Like I stepped on one of his landmines, something that triggered him, something that reminded him of something. And so it was his responsibility to let me know that I did that. But the only reason that he did that is because I've had conversations of saying I don't do passive aggressiveness. So if I do something, it's your responsibility to let me know that I did it and you will not tolerate it, and so and so and so. For me it's about having an adult relationship and telling me, hey, you did this. I didn't really care for it. Let's do something else.

So like a good way of establishing boundaries is this acronym I call FIS.

Fact, Impact, Solution.

So when you're telling someone something that you don't like or set boundaries, you tell them the fact of something that happened, the impact that it had on you, and let's come up with a solution. And that way you're focused more on the solution instead of the emotions of it. And that allows you to be heard as well.



Dr. Irena: I love that. I love the two things you mentioned in this, or actually three now. First you said you cannot love another person if you don't even love yourself because you don't have the love inside you anymore. Probably a lot of mothers would say, oh no, no, I can love my children. I don't have to love myself... I was one of those too. I thought that's, yeah, no, no, I know I can put everybody else above me. I don't need to love myself. But then you think about it a little bit more deeply and you know, neurologically in the brain, it's not possible.

Dr. Irena: And then I love what you said about the land mines. You know, these are landmines that come probably from their childhood that you haven't been part of, so you don't know and they don't even know the old landmines until they're triggered. And then you can go and soul search and find out what they are.

Monica Bijoux: Exactly.

Dr. Irena: What you said is the adult relationship is now to see and understand, okay, I was triggered. Why was I triggered? It wasn't because of something they did to me. It was something that was within me and I can choose to change it. Do you think that's possible for everybody?

Monica Bijoux: Yeah, it really is because there's no such thing as me being better than another person. Um, it's just matter of are you willing to do the work and then are you willing to get out of the state of being a victim. Some people honestly feel like that's the only way that they get attention is to stay in that state and to complain and different things like that. I mean, I've seen kids and even worked with kids that said that they'll do something so that they'll get at least some type of attention. I was bad because at least my mom is yelling at me, at least she's paying attention to me. Well that carries over into your adulthood; that if that's the way that you're used to getting some type of ways by being manipulative or acting out, when does that change? And so it carries over into your relationships.

Dr. Irena: Exactly. And you know, a lot of people, I mean probably 90% of people, are in victim mode because that's how we were taught to feel and think. They don't even know that they have a choice. So the work you're doing, by educating people, is extremely valuable. And telling them that they can really do it even in the direst of circumstances. What would you say though, with a relationship that goes sour because one person just refuses to see this path and just maybe they feel they're the victim; they are a victim of their childhood, the victim of whatever else kind of abuse. And now they're perpetuating the abuse by maybe numbing with alcohol or doing drugs and whatever, and feel they have really no choice anymore. That's just the way it is. What do you do as a partner?

Monica Bijoux: So as a partner you have to be true to yourself. And if that's not a lifestyle that is agreeable to you to be okay to say, you know what, I respect you as a person. I



love myself more than I love being hurt and abused. And with that I'll be here if you need me as a friend. But as in a relationship, this is not something that I can do. And so that's when you pack up your bags and take your data points that you've collected and move on. And honestly, when that person... Sometimes it may be you as that person to finally say, enough is enough, because like the partner that I have right now, no one's ever stood up to him. No one's ever said that this is not okay. They just tolerate it and they deal with it.

Monica Bijoux: He's got his insecurities, they had their insecurities and they would constantly trigger each other and step on each other's land mine. And then one thinks that they're better than the other without actually ever getting help. And then that person may just say it's enough. It is enough and I'm not going to tolerate it. You may be that person that's a conduit of change. And it's okay. I mean, just because you walk away doesn't mean that you don't love that person. So if you're with that person and you love them, it's not about not loving them, it's about loving them so much that you need to let them heal without hurting *you*. And that's what I would say.

Dr. Irena: Beautifully said, beautiful. Absolutely beautiful. So I'm sure many in the audience can relate to what you're saying and a lot of them have been in this kind of a situation. If somebody would want to connect with you or work with you or take a course, how can they do that?

Monica Bijoux: Yeah, so on my website is [www.decidetomove.com](http://www.decidetomove.com). On there I actually have a course called "reclaim your safety while establishing boundaries". And I'm actually in the process of revamping it. So I'll have the boundaries section available as a free download for your audience so that they can start learning how to establish their boundaries and really start learning how to be in a healthy relationship. And there they will see the course. I also have a free download that's available for those that are wanting to step into the role of business. Um, it's called "the ultimate guide to business success". And in there it talks about personal development and business development strategies for relationships as well. Because it's basically relationship management. That's important whether it's a personal relationship or even a professional relationship, they pretty much bleed in together.

Monica Bijoux: Unfortunately the, I wouldn't say victim, but I've had some really horrible bosses that I worked with that, based on the same thing we're talking today, they carry it over into work. And so now you're being victimized several times. Not only just at home, but also when you come to work dealing with people who, same thing, have land mines and you're stepping on them and you're wondering, what's going on? You know, what's happening? And so I'm a person that literally...my boundaries are so clear that people have learned, okay, I'll leave her alone and not try to throw my little grenades at her, because it doesn't even penetrate me. Yes, it hurts and there are things that bother me. But then I actually take a reality check and say, this is not my story. That's their story and



I'm gonna let them own that. I'm not gonna take that with me. So that's the part that makes a big, huge difference. So having boundaries doesn't mean things don't hurt or bother you. They do. It just means that you get to a place where you let the rightful owner keep their stuff.

Dr. Irena: I love it. I love it. And you're very generous. Thank you so much for offering these free downloads and again, we'll make sure, for the audience to go to [www.decidetomove.com](http://www.decidetomove.com) and you'll find those in there.

Monica Bijoux: Yes, most definitely!

Dr. Irena: So, let's help them decide to move!

Monica Bijoux: Yes, exactly. My phrase is: you can be a product of your environment or a fruit of your labor, you decide. So hopefully you're deciding to move.

Dr. Irena: Hopefully they decide to move and let's all decide to move and teach that to other people. Thank you so much, Monica. That was wonderful and enlightening and uplifting, and I hope everybody can get a lot out of this and go to [decidetomove.com](http://decidetomove.com) to get your free downloads and learn and see if you are in a place where you really want to take this further. So thank you so much for finally being able to get together, and I'd love to talk to you again in the future. So thank you.

Monica Bijoux: Thank you so much for having me.

Dr. Irena: It was my total pleasure. So ciao ciao!

Monica Bijoux: Ciao!