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Welcome to the Sharing the Heart of the Matter podcast where we bring you talented creatives who inspire you to reach your next level of personal growth.

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I'm Wynne Leon, and in this episode, I'm with my co host, Dr. Vicki Atkinson, and blogger, Deb Tecca.

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Deb is one of our colleagues on the heart of the matter blog. And we've loved her take on growth, acceptance, and personal evolution. So we asked her about her courageous writing, and she explains how she's come to see it more as reclaiming herself. After growing up in the shadow of her mom's blame, dead fine, she's had a voice all along that she's worked her way back to being courageous enough, pushing fear to the wayside, to allow the space for authenticity. Deb's heart, soul and spirit, her own voice, the essence that is depth.

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We asked Deb about a recent description that our mutual colleague Erin wrote about Deb and her blog, close to the edge.

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In that description, Erin encapsulates all that Deb writes about kindness, community, family and trends. Then Erin sums it up with a description of Deb as feisty and self assured, yet kind and understanding.

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Deb responds to that summary with a virtual hug for arid for seeing the glory and depths, feisty demeanor, a badge of courage and confidence from a dear blogging friends. Sometimes our friends see our strength before we do.

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Vicki and I asked Deb about the courage to write about family when life was anything but sunshine and rainbows. We asked about Deb's process, and she writes and true to form are amazing, contemplative and thoughtful. Deb tells us that long before she writes, her thoughts begin to take shape in her head. And only then do words come together.

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And one of Deb strengths. She's a terrific listener, commenter, and thoughtful human. She often writes what others might be thinking, contributing to conversations with depth and perspective. We laugh about the moments when Deb thinks she's gone on a rant, and applaud her for knowing how to tailor her messages and points of view to provide input and insight. If that's a read, we love it.

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We asked Deb about her secret sauce for prioritizing what matters most. And in addition to her meal planning and loving nature, Deb's picked up a few tried and true tricks that we know will resonate with listeners. If they're good enough for Deb, they're great for the rest of us.

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One of the tricks she has learned is to say no.

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So we are grateful that Deb said yes to us to create this beautiful podcast. We know you'll love it.

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Hi, Deb. Hi, Wynne how are you? Great. Vicki and I are so excited to see you and have you on the podcast. We're so grateful to you being a contributing writer for the sharing the heart of the matter. And we love your posts. I would say for us. Some of your most courageous work comes from when you tackle accepting yourself and others.

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Tell us more about how you came to reinvent yourself except yourself, including coming to terms with the trauma related to your mom. Yeah, I can do that. And Vicki hi to you, too. Didn't mean to leave you out of that there. Morning.

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Our friends that are listening. We have got the biggest grins as we stare at each other in this meeting this morning. So hi, back to you. And thank you I appreciate

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the question about reinvention was kind of a tough one for me. The acceptance part I kind of fell into but the reinvention I thought about it for a long time. It ended up being a deeper exploration for me than just saying, oh, one day I was this and then the next day something happened in my life and I became something else. I always attributed reinvention to

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probably the end of my marriage. Honestly. That was a 34 year marriage probably lasted longer than it should have.

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That's kind of where I always saw that reinvention thing and then I thought to myself, you

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No, that's not correct. And I'm I'm actually going to go away from reinvention and say, reclaiming myself. Because I realized that there have been times throughout my entire life that there's, there's been a process going on. And from the time that I was a child, going through different things with my mom, and some of the trauma from that, moving into life as a teenager, and you know, everybody always says, well, teenagers rebel anyway. And I was one of those, but I wasn't rebelling, I think, in the way people think about it, it was more about rebelling from what mom had made me feel like I needed to do as a child. And the process just kept going, you know, I had these moments as a teenager where I was feeling much more outspoken, and much more courageous, much more DAB than what I had been as a child who just kind of wanted to hide, or just kind of not be noticed, because it was the safest way to be.

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And so that was one moment. But I realized, as I look through the rest of my life now at 64, I can look back and see a lot of things. So the reclaiming is a part of speaking up is, is it a part of voicing yourself? I think it can be, it can just be how I view myself as well, because there was a lot of self doubt, threw out that childhood throughout my married life.

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I think it started with mom and with the trauma with mom, she was and I've written about this on both my blog, but on the heart of the matter, as well. And

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and we always talked about, I talked about backstory, you know, and that that's my past talk about backstory, that's just my past. That's everything that's happened to me up to this point. And mom was a very, very interesting person, I've come to realize that she had a lot of trauma in her own life. And a lot of that I've had to piece together myself from stories and various things. But she kind of set the stage for how I viewed myself how I responded to other people.

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But there was there was another Deb underneath that. I was, I've kind of been able to go through the past and look at these different times and see where when there's something hard in my life when there's trauma when their struggle in my life. Something inside of me pulls out that other Deb, who is able to cope with it and step up and have the courage, I guess, to be able to do that does that kind of go? Okay, and something that you just said that reminded me of a quote and it comes from Peggy O'Mara, and it says the way we talk to our children becomes their inner voice

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that's what you were talking about. With the backstory of your mom. Yes. The way that she talked to you it became your inner voice and then you're reclaiming yourself is to is to give voice to your more authentic self is that yes, yes. That that's absolutely perfect way to put that she I was to blame for everything that was wrong her life at least that's how it appeared to me as a child. And I always had this feeling because nobody else seemed to feel that way. I seem to be a pretty okay kid in other people's eyes except for mom. But that stuck with me. Of course that stuck with me. You hear the person who's supposed to be mom who's supposed to love you take care of you want you and there was questions that even about that, you know, did was I really this wanted little person in this marriage. And I don't think I was so yes, I held on to a lot of that for a long time.

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But then as I started to work through a lot of those things, I was able to say,

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you know, there's another person here who can maybe put that aside maybe understand it or be able to put it aside and figure out there's another there's another Deb over here.

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How much is writing been a part of that reinvention or that reclaiming? Is it as you talk about processing this it seems like and and as again, coming back to your post that we'd love it right? Like this is the powerful stuff. I do a lot of processing in my own

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head. You know, I know a lot of people journal.

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A lot of people meditate. They work through those tough things in the way that they find is right for them. Another blogger, and I kind of have this thing going where we call it overthinking. But to me, overthinking doesn't mean stressing about something or worrying about something like I think a lot of people think it's more that I will sit in a quiet room or in the bed at night when I'm supposed to be going to sleep. And I will think about these things, these moments in my life. And I will work through the process

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until I come up with some answers. So writing is there. But writing is almost the after. It's the I've processed most of this now I need to put it down and see what other people think. And see if I'm on the right track, do somebody else have another viewpoint because I appreciate other people's viewpoints on what I'm feeling about myself. Because sometimes you don't see everything and you want that little extra, you know, like somebody will notice something and you want to say, oh, yeah, maybe that's another thing that I need to consider. So writing isn't necessarily the process. But it's a big part of it. And I've been doing that for the kids as well, because I want them to understand who their mom is, and how that has impacted our relationship as a family. So when I was going to ask a question, sorry, for treading on you before when I was going to ask you about that Doug, kind of in a similar vein, knowing that you're a writer that we so admire, when I think about winds question about the distinction that subtlety between reinvent and reclaim. For me, you know, reinvent suggests less than, like, you need to go and fill up or bring other things in, but reclaim, as you know what when was saying about authenticity, your essence being true to, to who you were at one time and rolling back to find that part of Deb, you know, and for the greater good. And I think I hear you about sometimes the writing comes, but that conceptualizing of like what we think and how we want to revisit parts of our lives. That happens like in your headspace, or your hearts first before you put your fingers down to write. And so do I have that? Right? Does that make sense to you? Yes, that makes perfect sense. And that's, that's, I think, what I what I do, I think of myself as kind of a logical, pragmatic person. And I think that goes along with it in that sense, that I have to just sit with myself, and sit in the quiet and just be able to take all of these things within a certain situation, say, Mom, and work my way through them. And that helps me make sense of a lot of those things. And then I can throw it out to the world and be there and see what other people would say or not say or how they respond or whatever. And that opens a dialog, which I really liked to be able to do at that point. And that's, that's for me, then what allows me to be authentic and be

able to sit just like we're doing right now and talk with you about it. But I have to have that time alone to process at first. I can't just

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Yeah, yeah, that comes through. And I think you know, is we talk to fellow writers, isn't it true when we learn something every time about process, and we love it the most when people can do what you just did and you know, kind of truthfully talk about what it's like and how writing can sustain you, it can move you forward. But it isn't like open up a journal, you know, we're gonna have a meditative moment. It's applying logic or critical thinking or, you know, all of those skills that we know you have, or perspective. Yeah, perspective, that's another big part of it. You know, it's not just my perspective, to go like to some of the marriage things, you know, and I've talked with the kids. And I don't know that everyone knows this. I have a private blog that is just for myself and my three kids. And that was kind of an outcropping of my personal blog that I started years and years ago. But I wanted to be able to tell the kids these stories, and my ideal would have been to sit down with them, lock them in a room and tell them everything for as long as it took to tell them everything. And that's, of course, not realistic. And so I put together we put together this private blog, and that's where I've been writing the stories for them. And I've asked them specifically about things as we get more into

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to

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marriage with their dad, what they are comfortable with what they want to know what they don't want to know. And I want them to be really honest with me about that. And my youngest actually said to me, at one point, as we were kind of talking about some of that, she said, we're all very aware that

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what you're telling us is your perspective on the marriage. And that said to me, and I know this, because they're intelligent adult people.

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They're doing great in their lives. So I know this, but it was nice to hear it that she was just reinforcing to me that they're going to take what I say, and they're going to evaluate it, but they're also going to take if their dad chose to talk to them, or what they saw as kids growing up, they'll take all that and they'll form their own opinions and their own story. So yes, that's where I was going with the, the perspective part of it, and everybody, everybody who hears the story is going to have a different perspective. Especially

because you are there living it, you know, nobody lived, whatever I lived with my mom, nobody lived with what you lived with Sue, and Lisa and your dad, you know, and wind has a whole nother story. So it's different, it's different for everybody. So I liked it everybody will

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add to take from take away what they see in someone's story.

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Well, that's so perfect, because, you know, what you just shared is kind of the power of really thinking about audience, you know, as you're writing and

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and the communication I think with your kids, you know about what, what matters to you, because you could go in a lot of different directions. So I love that and yet, you walk this line beautifully and are so you know, giving and loving and thoughtful and sharing in your public blog. Right that you write called closer to the edge, which we enjoy. And so this is the portion of the podcast where when and I will embarrass your shameless.

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Are you ready? Yeah. We're gonna read this most beautiful summary of your blog that our friend Aaron wrote recently. And when I read it, we're like, wow, it's there's so many things that could be jumping off points here about you know what you offer your readers as you write on on your public blog. But Aaron wrote, talking about closer to the edge on WordPress, the depths blog, it's part memoir for her kids part journey of self expression through her second half of life. Deb share stories of kindness and community in her small town, remaking, reclaiming, maybe we'll say now that we've had that conversation, herself post divorce, homeschooling activities with her beloved granddaughters and musings on current trends, and confidently forging her own path. She's feisty and self assured yet kind and understanding. And we love all of that. Because it's like Deb in a fabulous nutshell. But, you know, when people read things that have been written about them, it can be like, Oh, I don't know. So we're gonna put you on the spot here. We love that summary. But Job. Did Aaron get it? Right? What do you think?

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Erin surprised me with that.

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Not all of it. Yes, she got she got the gist of it. Correct. I will say

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the blog actually started on another platform is a memoir. And it was for the kids. It was in the years leading up to me really

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coming to understand that my marriage was failing. And I wanted to start writing about my life for the kids at that point, somewhere WordPress came into all of it. And I transferred everything over to WordPress. So that that was the impetus for the whole thing, of course, but then as I started to engage with other people, it was like, Well, no, I can write about daily things. And I can do this and I can do that. Anyway, it just became more of a blog, you know about life about me about what was going on.

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And that's kind of where it still is, I think I actually created a blog when I went back to finish my degree, a completely separate blog.

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I think in my head I had this idea that I was going to literally get a masters and a PhD. go on forever. And so so the the name of the blog was a perpetual student and I would

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write about my college experience as a 40 plus year old woman going back to get this degree. And that love the title, by the way. Well, thank you. Yeah.

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But yeah, it was it fit it. But anyway, so that kind of went away when college was over and done with. So, yes, this this blog is just kind of my personal blog is just kind of a mishmash of, of every thing, everything that happens, I tend not to write so much as I used to, it's more of a, something happens. And it seems interesting, I'm gonna write about it sort of thing.

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I do I love where I live. So I talk about that I talk about the things that happen with my kids with the grandkids, those sorts of things she got, she got all of that. The thing that shocked me, though, when I just had to take a moment and step back. Was he feisty and self assured?

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I thought to myself, is that I don't think of myself in that way. I don't I'm not even sure how I think of myself. I think of myself as pretty outspoken at this point in my life. But there was just something about feisty, that made me immediately have Do you know, the Red Hat society? Oh, yes. Yeah, you know, we're the ladies who wear purple and the red house and, and that whole thing. That's what I thought of when I first thought of that. And self assured was the most.

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It was the most shocking to me. And because and I think there's that holds over again, from the way I was viewed by mom, the way I was viewed at times in my marriage by my ex husband, self assured is not a way I see myself. But then I started thinking, Well, you know what, that's part of the reclaiming. That's part of who I am pulling out the person that I was, back when I did the whole, you know, try out for choir thing as a ninth grader. And I can see that I can see, it was just surprising to me that someone else saw that first before I was really aware of it. I'm all about living up to that I will be as feisty and as self assured. Yeah.

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You know, that's kind of what I've always thought is like, you know, I'm 64 now and I thought, I'm just going for it. I'm not, I am not going to sit back. If there's something that I want to say it might not always be the most appropriate thing. I really try. But you know, sometimes things just kind of come out. So yeah, I love that. I just want to if Aaron would have been here, I just kind of wanted to give her a big hug.

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Oh, it's like you just it was it was so self affirming to hear that from someone else to say, yeah, look at you, you you know who you are and what you want. That's great. And

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segues into my next question, which was, you know, you write about backstory, you write about your family members, there's a lot of courage that it takes to bring back those stories and to process your way through them. Can you tell us your perspective on semonin courage and why it matters? Oh, courage.

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You know, I think overall, that kind of overarching theme of courage for me has to come back to the kids, it has to come back to wanting

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my kids to know

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what my life was like.

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The process that I have gone through to try to understand that and wanting them to know

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that they have the power within themselves, which I didn't realize I had until maybe 10 years ago, but they have the power at any point in their life, to change, to make change to do what's right for them

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to be the person that they need to be and if that means changing a job if that means moving to Colorado,

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whatever that means for them for each of them in their relationships.

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That's what I want them to have. And I think as a parent, you want to mirror those things. You want your kids to be able to see you stepping up, stepping forward, speaking out, whatever, so that they know and they feel that it's okay. And so that's kind of my biggest thing as far as as

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Courage goes now at least in my life. It just reminds me of your blog name perpetual student. And that also there's that learning piece of it. And I was thinking to a moment when you and I were hiking with me and my kids, and you were showing this Oh, something. And she, I mean, it just was such a perfect moment for how you model that the learning, the interest, that inquisitiveness, that that whole approach, which goes again, a great thing to pass on to the next generation. Right? Well, you know, I've, I think when I, when I say the word courage, the opposite of that, to me is fear. It's just, it's fear. So I think a lot of people do feel, and they're influenced so much by the fear of things. What's going on in the world around us now is causing fear for people, just things that have happened in the past and families. Fear is a part of it.

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If we have the choice, and I think we do have the choice as individuals, step away from that fear, you know, it may not mean some big act of heroic type of courage that we think about someone, you know, throwing themselves in front of a bus for someone else's, something like that. But I don't want to live in fear. I don't want to live the way I think my parents did. And the trauma that came from that, and I don't want my kids to live in that way I want, I want to be able to say yes, I recognize their sphere, I know this is hard. This isn't something that we like to have to think about, or talk about, or do or fix or whatever it happens to be. But if we don't do it, if we don't try at this, then what is that doing to us individually, it's debilitating, it's and the whole growth factor there, too. You've never you never grow beyond it, you're just stuck. That was the one word that came to me is I don't want to be stuck in that sort of life. I want to be able to move on and do better, and hopefully help my kids do better as well. There's an intergenerational thread here, right, that we talked about a little bit. And actually, we've got, like a more specific question. We were going to ask about it. But when's question to you about those, those moments that matter? The learning opportunities? You know, we, we appreciate you so for the example that you said about being a role model, I think for others, you know, for the younger, whether they're your children, or you know, with children, you know, but we love that, and part of that courage about, you know, taking care of yourself. And, you know, we're all a work in progress. But thinking beyond ourselves, when do you need to use your voice, you know, and you're, you're so sweet and unassuming about the impact that you can have. But you know, we call them sometimes jokingly those soapbox rants that we can get on. But those moments in time where you need to take a stand hold a position, because others are watching, especially the impressionable ones. So when you think about your behavior in that way, and then writing about it is that when you talk about your blog, isn't important for you to be writing about those moments than matter. It is. But there's a but without one, I used to be a lot more

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vocal. I don't know if that's exactly the right word. But on my blog, and when I had the second blog, as a student, I would work through a lot of the things that I was needing to write academically by writing them out on that blog, specifically, I was a sociology major, I have very strong feelings about a lot of social issues. And

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and there were times that there would be overplay into my blog,

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about some of those topics didn't always go over well.

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And so I kind of stepped away from that a little bit. I try to be conscious of what I'm writing about.

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And sometimes you have to make some choices about those rants, that you know, I

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sometimes want to go off on about things. So

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it's important to me to be able to say those things, but I don't always want to be over the top with them. And that's a hard part of writing for me and I'm going to be really honest, that's been one of the biggest challenges of writing as a contributing member to the heart.

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of the matter, B, cuz there are times that I could

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