



## EPISODE 58: BEING A SINGLE PARENT

- Speaker 1: [00:00](#) What's up real quick, I have to give a medical disclaimer. The information in this program is not intended or implied to be a substitute for medical diagnosis, treatment, or advice. You are encouraged to confirm any information obtained from this program or through this program regarding any medical condition or any treatments with your physician. Never disregard professional medical advice or delay seeking treatment because of something you have heard or accessed through this program. You're listening to the bipolar now podcast, episode 58.
- Speaker 2: [00:40](#) Welcome to bipolar now, the weekly podcast for doing life on your terms, not the illness. And now here's the host of your show, Mike Lardi.
- Speaker 1: [00:54](#) Welcome, welcome, welcome. My name is Mike. I'm the host of your show. This is the place where we get together every week and we discuss a life better lived when you have to deal with mental health issues. And so I'm actually taking a risk today in this. This risk just goes along with the fact that this is a weekly show and, uh, in ordinary times I like to get ahead and be like two or three shows ahead at all times. But during this whole Corona virus, I've just felt a conviction that I need to take it moment by moment and live in the moment with each and every one of you. And so, um, part of that is I don't get to pick and choose. You know, how I feel when I go to record an episode. And so this week is actually a risk because I, yesterday I woke up and this happens maybe once a month or every other month I woke up wide awake at 12:00 AM midnight.
- Speaker 1: [01:55](#) And so for anybody else that might just be like, well, I'll go back to bed. Uh, but when I, when Mike Lardi wakes up wide awake at 12:00 AM or 1:00 AM or whatever, in middle of the night when he should be sound asleep, I already know it's going to be one of those days. And not only that, it's going to be one of those weeks because it liked, like I shared back in that episode about mild mania. I have a process that I go through every time manic episodes strike and you never know when they're going to strike, but you have to be prepared. So I shared in that episode about how I have this two day turnaround. And so the great thing about that, and the reason I'm sharing this right off the bat today is because having a plan in place ready to go, ready for me to deploy is so critical to helping me calm down and not get sucked into the energy of that manic pole of my brain where things are wrapping up, things are getting super stimulating and exciting.

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- Speaker 1: [02:57](#) I've got more thoughts than I have. You know how it is, right? Like when that happens, I know that I need to go to my plan. And so if you listen to that episode, I totally detailed the whole thing and I am two days into that plan. So I'm in the middle of my two day turnaround. But in reality it could stretch out several more days depending on the environment, circumstances, pressures, deadlines, life, right? Like it can just stretch. So I'm working very hard to control the speed of my thinking today and I just want to encourage you that you can still get life done when episodes pop up. You can, you can try your hardest to still appear normal. So today we're going to talk about a situation that is, um, sadly quite normal in, in our day and age. Um, I really have been having many conversations with a lot of young women in our, uh, in our community here and especially in the bipolar now podcast group on Facebook.
- Speaker 1: [04:04](#) Uh, I'm talking to a lot of people who are, who are having to cope with [inaudible] at the same time as raising kids by themselves. So today, uh, today's whole episode is about the experience of being a single parent, which is something I have zero experience in. Like I've never been a dad, never been married. Uh, it's just how my life has worked out thus far. But today I wanted to share a real story. I just wanted to open up and let you meet somebody who is extremely dear to my heart, very special person. We have history. And so I love bringing real stories onto this show. I think. I think the stories matter more than the teaching because the stories actually teach. And so, um, her name is Amber. We're, we're going to get on this show together. We're going to laugh so much cause that's just how we process the hard things that were right in the middle of, we just, we have to laugh about it. We have ridiculous lives. And so we put up with our laughter, we're going to try and control ourselves. But today I just want to talk about this whole notion of stability and how that comes under attack and how you don't have to have a bipolar disorder to have your mental health come unraveled. And so her and I were talking
- Speaker 3: [05:15](#) where you want to say hi real quick. Heck yeah. Thanks for being here. I love that you showed up at seven o'clock at night just to come over to my house. They're just chilling. They're taken care of. That's amazing. You did it. But that, that comment you made to me on the phone, you were like, it's coronavirus. I don't care anymore. No time. What is time? You said something to me when we were on one of our
- Speaker 1: [05:45](#) walks and you guys, we take these glorious beautiful walks in Lake Arrowhead, California. We walk along the Lake, we walk

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		through Meadows, we walk through neighborhoods with \$10 million homes. Like it's ridiculous.
Speaker 3:	<a href="#">06:02</a>	[inaudible]
Speaker 1:	<a href="#">06:02</a>	no, a little more, huh?
Speaker 3:	<a href="#">06:05</a>	Keep working on your business. Open that preschool co-op. \$10 million homes.
Speaker 1:	<a href="#">06:18</a>	Um, we were at a place, I remember clearly because I wrote this down after we got done with our walk. We were talking about, um, I was mentioning the fact that how I have to uh, work on, um, I was in the middle of working on a business that I would hope helps introduce an element of stability in somebody's life when they have a bipolar disorder. And so we're obviously talking about the peace plan for bipolar and that's my group coaching membership. And when I started talking about stability as the desire that comes from a place in me where I was told for the first time in my adult life, um, I was told that stability is the goal. When you have bipolar disorder. And so Julie fast is an author and a speaker. And if nominal human being, and she, she battles it out every day to bring, uh, like, like I said, real stories to bipolar disorder and real teaching and she has life experience. Obviously she's much older than me, you know. And so she's, she's been in the game and she said stability is the goal. And she even wrote a book about it. So that's what's driving that, that need in me to somehow craft, you know, environments where people can be introduced to, to stability, like stable patterns, stable thinking, stable values, like stuff like that. And you said what's stability? Like what does that even mean? Talk, talk about that.
Speaker 4:	<a href="#">07:44</a>	Well, I mean just life is life. I mean it's, it can get out of control. I mean, it's every day. You don't know what's going to be handed to you. And, um, so I mean, that's, I think probably what I meant by my comment with stability, you know? And, and also, you know, and no matter what, whenever you feel like stable, some, some rent is going to come in. And um, so it's really not, I mean it's something yes. To try to be calm about those wrenches, you know? But um, but you got to know that there's going to be life there. You're always, always life.
Speaker 1:	<a href="#">08:21</a>	Yeah. And I loved it because just in your good natured way, your likes to build and he's a joke.
Speaker 3:	<a href="#">08:29</a>	Like let's just say what it is. Stability is a big freaking joke and

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- Speaker 1: [08:36](#) I think it's so, so true. And now the world knows it because you know the headlines before it was like, we're having a rock in economy. Things are better than ever. Like we're finally bounced back from 2008 and now like how many people are like, what was that? Even that was an illusion. Works so uncertain right now. That was a complete illusion. And so the big idea of today's show is what I'm hoping we can draw out of the story today is that it's like how so? Okay. That's the joke. How are you going to respond to this big joke of stability? Like how are you going to actually respond? So you and I, our story, it goes way back.
- Speaker 3: [09:15](#) You tell me like what are your early memories of yeah. What do you remember? Like what, what was us, I mean I, I remember homecoming, right? Like I was a terrible dancer. I don't remember that. I probably think about how awesome of a dancer. I terrified, you know, I think I even remembered like the little velvety black dress blue. I don't know.
- Speaker 4: [09:44](#) And then I don't know it just throughout the years, didn't we? Um, gosh, did we ever go to like the resort and play? Like, cause Brian
- Speaker 3: [09:55](#) Brian is your brother.
- Speaker 4: [09:57](#) Um, Ray. Mickey. Yeah. We used to go play, uh,
- Speaker 3: [10:02](#) handball if he was in this room last week, measuring my windows. Okay. You guys, this is the magic of a small town. It's a little mountain community. Okay. So hold on. I don't remember Brian being in the picture. What? Tell me about this. The resort was popping. Yeah, we go, I don't know. We'd go play racketball racket ball. Yeah. And he went, he had those special little glasses that he would wear. Yeah, totally into it. I just go in there and the old guys would go there and play all day and he would like, he would get right in there with them. Yeah. Yeah. That place was crazy. So you remember homecoming? Remember the resort?
- Speaker 3: [10:44](#) Remember, tell people that you were a hockey queen. That is unusual. Yeah. I grew up playing hockey up here. That was an ice hockey. You guys Olympics. Oh gosh. How much fun, good memories. I cannot see you out there killing it with the guys. I killed it, man. You are killing it. So our story goes way back. It literally goes, go way back. Like what? 20 years at least. You know, I talked to people nowadays, this is how shallow relationships are nowadays. I talked to my friend Melissa. She goes, you know, I knew this dude from back in the day. I was like, Oh, far. How far back did you guys go? She's like, like two

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years. She's like, I knew this dude. I'm like, well I know this girl from [inaudible]. Of course, this is fun stuff.

- Speaker 1: [11:37](#) Um, let's just talking about fun. Let's take our listener back to appear in your life. That was not so fun. Let's take him back to the, just lead us up into how single Parenthood became a thing for you. How it started. Yes. What were you doing? Where were you at? What were you,
- Speaker 4: [11:58](#) well, I mean, it's not just one, you know, it was a lot of events, well, first meeting, you know, that wrong person, you know, I mean, he, um, we, you know, I married a man that unfortunately he loved himself, loved inwardly more than outwardly, you know, too much, you know, um, you know, and he, we, we had babies together and he, um, he struggled with a lot of things, you know, with drugs, women, I think just living on the edge. And I always just wanted peace. I just wanted a normal life. And um, yeah, it was, the last time was about three years ago, over three years ago now. And he, um, he, I said, you need to live for good for God, for us or go away. And he, he went away. It was pretty peaceful that last time. Like he knew it was, I think he knew it was for the better for all of us.
- Speaker 4: [12:56](#) But so that's where the official beginning. But I mean before that, I mean I had dropped him off in Alaska, gave him back to his family. I'm like, here you take this man, I don't know how to, and you know, that was two years on my own and he showed up, you know, two years later, I can't do this alone. I always wanted to work it out cause he was the father of my kids. But I can't want somebody off somebody else's life for them. Like, you know, I need, they need to want their life, you know? And so, um, yeah, that's kind of the beginning in the officially.
- Speaker 1: [13:30](#) And then in the early days of YouTube,
- Speaker 4: [13:33](#) talk about the pressures. Talk about like, yeah, I mean the first day it's, every time, you know, it was, I mean, the first day I just remember just crawling in that fetal position at sacrifice, you know? But knowing in my heart and my head, like I pay, I need to get up. And, um, you know, I would allow myself, I remember that last time I allowed myself a good cry on that floor and I remember my friend took my kids over to the pool and yeah. You know, I cried it out for an hour and hold it together. And just step by step, I knew that it would get better, you know, it will get better. It's not, this isn't the hole I'm stuck in and you know, it just, I just need to now slowly pull myself out of it and, you know, just look forward.

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- Speaker 1: [14:26](#) And so what was your, like, what was your relational environment like? What was your support system during those days?
- Speaker 4: [14:32](#) That was, um, man, the ferry, first time I hadn't come to God yet, the first time that I left him. Um, and um, I don't know. I think it was just, I had just kind of had this natural peace of like, this isn't supposed to be here. Like, it was just peaceful. I knew what was going on in my house, you know, you know, when you're just, you know, when you ha you're not on the same page, it's really hard to live under the same roof, you know, trying to raise kids and he's tried to be, uh, uh, you know, like a young kid, you know, I don't know an immature, you know what I'm trying, we're on two different pages and yeah. So coming, um, we, I ran a big bear and yeah, I just remember it was the smallest place I'd ever had with the three kids at that point. And, um, but it was just the most peaceful place. And then, um, and then I let them back in at that point and came back down from Alaska. He, Nope, that was actually assay I involved jumbled up. That's how,
- Speaker 3: [15:46](#) well, if there's so many twists and turns, yeah. It's a roller coaster.
- Speaker 4: [15:50](#) Yeah. So, um, but he, um, he was in Valencia. We up North of Los Angeles. We had a beautiful place in villain, SIA. And, um, but he was, he wasn't doing well. And so I picked up and ran a big bear cause I had a friend up there and I knew I had a job there if I went. So, um, I have found this place, I had my job the next day, found this place, um, for 700 bucks, you know. Yeah. You know, and it was great. And we lived there for like three years. And through that time he would say, well, to convince me to go to counseling and whatever drops another baby
- Speaker 5: [16:33](#) [inaudible] wasn't enough. So, um,
- Speaker 4: [16:37](#) yeah, yeah. So to, you know, on the, I always said, I feel like I'm on this merry-go-round and then I can't get off. I'm on the, you know, you're making me feel so crazy. You know, cause he, yeah, he found, um, from big bear, we moved down to Chino Hills and he found this, you know, he always, I think went too expensive for what he could afford, cause he wanted to,
- Speaker 3: [16:55](#) well you told me, you told me recently he stole a Lamborghini. He goes big. So the guy's got ambition.
- Speaker 4: [17:02](#) Yeah, absolutely. Is a P I call him a peacock.

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- Speaker 5: [17:08](#) [inaudible] beautiful man.
- Speaker 4: [17:11](#) No. Oh my goodness. Yeah. So just, Oh yeah. Um, let's see.
- Speaker 3: [17:18](#) No, what I was, I was hoping to get our listener a sense of your support system during that time. Like, was it perfect?
- Speaker 4: [17:26](#) No. Oh, no. But I had, I did have people, you know, that I absolutely reached to and, but a lot of times it was mostly me just kind of needed to be, I mean, praying and I mean, that was the second time I had come to God at that point. And, um, and I really learned to just really push the world actually out and sit on God and my prayers and really listened to what my next move is. It made me rely on him. It really did you know it. So that was in, in big bear, big bear. Um, that was, I was a Christian for six weeks and then we moved to Chino Hills, his mom, um, um, before she died, always wanted me to go to church. And it was on her birthday after she had died the year after. And I said, all right, mom, I know what you'd want for me. And I walked into church and never stopped. So that's where church started. And then we moved to Chino Hills and we went to pastor Jack Hibbs and, um, I, it was funny cause walking in there, she always, when his mom was out, she always wanted to stay in a hotel with Bogan via that, the Viney. Yeah. Right. And so I'd find her a hotel and be like, this Bogan via in your
- Speaker 3: [18:45](#) [inaudible].
- Speaker 4: [18:46](#) Uh, so, um, but I went into pastor Jack's, um, church and there's just Bogan via everywhere. And I was like, yeah, I think this is home for now. Good. I can feel it, you know. Um, and he really, I took new beginnings classes and, and just really, I just found peace through it. I, you know, I just threw him. I mean, and just growing in him and I mean I was a baby. I mean we're always still babies. There's so much to learn. But um, I, it was just, I was just soaking everything.
- Speaker 3: [19:15](#) So your support system actually was the environment that you were in as far as church.
- Speaker 4: [19:19](#) Great. I didn't go the bar. That would have been not a good idea. You know, like you go, you know, you go where there's positivity, where you know, I mean, people are building you up, not, you know,
- Speaker 3: [19:31](#) trying to perpetuate some nonsense. Yeah. Yeah. So, so at that point, you guys were still married,

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- Speaker 4: [19:39](#) still married. Yeah. And, um, but he had, um, yeah, so that was Chino Hills and he, you know,
- Speaker 3: [19:46](#) how did he do with you becoming spiritual?
- Speaker 4: [19:48](#) He was actually really excited. He, you know, and he, he actually, I mean, he went into men's studies and we did a couple of study, but he never followed through with any of them, you know, where I'm just, I would just could only do me, you know, and, um, you know, and I'd been through this rollercoaster with him so many times, and, um, I just, it, it was up to him to, to want to, he needs to find his peace, you know, you know, so, and he, yeah, he ended up, I mean, he, he had this amazing job and ended up stealing from the job. And, I mean all, you know, and they're calling me and I'm like, I haven't seen him. That was the last time that my family had seen him. And he's been in, uh, in and out of jail. I mean he's a whole, he's a whole different person, I don't even know.
- Speaker 3: [20:40](#) Wow. And this is the last two years. This is the last three, three years. Three years. Cause that's when I ran into you at brothers. Okay.
- Speaker 4: [20:48](#) Yeah. Yeah. That's when I, yeah, I lived down in Chino Hills for six weeks at a friend's house, um, because they raised our room where we can afford it and then moved and then I was quickly finding a home.
- Speaker 1: [20:59](#) So were you pretty shaken moving up here? How did you, how did you do like just give our, give our listener a sense of your mental state through all of this. Cause you talk about a roller coaster,
- Speaker 4: [21:09](#) right? I was, it was a roller coaster, you know, and um, yeah, coming up here it was actually hard cause it was my hometown and like, you know, I run into people and you know, say, you know, I really wanted to come to you on my helicopter, but that's not,
- Speaker 5: [21:27](#) no, and it was nice. I had a summer
- Speaker 4: [21:29](#) before, um, before like school, before seeing all of the parents that were, we were all friends with high school before I had the full blown high school reunion. I was able to have a summer with my kids and just kind of get comfortable up here. But, um, I remember having to really tell myself like, it was a lot of inner talk. Like, you're cool, we're good. The clerk crew's cool, you've got your, you know, and, and skip out of my home every day. Go



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- to the kids' schools and say hi to everybody. Everybody's my friend. You know, everybody's my friend. You know what I'm going to like play the, I'm cooler than you.
- Speaker 5: [22:09](#) You're cooler than me. Or where are we? I don't remember. You're welcome. And everybody else is like, yeah, we never left.
- Speaker 1: [22:22](#) Yeah, but you're making it work. So you've got a day job.
- Speaker 4: [22:27](#) I have a day job. And yeah, I mean I went to school to be a teacher and then that was a horror story, you know? And um, I did one year of that and that fell flat on it. She told me about that. Yeah. So between the two, between my marriage and my career, I really fell to my knees and looked up, you know, that's, you know, it was just, okay, show me yourself. Cause I mean, I grew up atheist with no God, you know, so this just really, I mean I got to a point where that's where I had to turn and it was one step at a time and yeah. All right. Show me, you show me what you got. You know,
- Speaker 1: [23:07](#) and you guys, the one thing I always bring up on this show is that yeah, this is not a show about Bible teaching. This is not a show about ministry. This is not a show about anything. Like we're driving spiritual points home. It's, it's more of a show of just like showcasing the fabric of our lives, which for Amber and I happens to be Christianity and we live like, the thing I love about spending time with you is we literally live day to day, right? We cannot think about the problems of tomorrow because they're too much to handle because there's literally so much on our plate today. And what I love about that is just like, we literally depend moment by moment on the things that we get from our relationship with God. It's, it's phenomenal alike. Like there's just, there's life to that, right? There's life and not having to have it all figured out.
- Speaker 4: [23:49](#) Right. And yeah, and you get to enjoy that moment because the other moments are going to come, there'll be there, you know, the hard ones, all of them will be there, but you might as well, I mean, like I'm so bad with my phone, I never bring it like she's got a picture.
- Speaker 5: [24:04](#) Okay.
- Speaker 4: [24:04](#) Oh shoot. It's like, because I don't care to look in it. I care to live the moment that I'm living, you know? I don't know. I just, I don't know. I always said, if it's, if the kid has an emergency, you call the emergency room, I'm like, they're going to know what to do better than me. You know,

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- Speaker 1: [24:20](#) one thing that's interesting to me is with coronavirus a yet again, it's shifted everything, right? So, um, you as a single parent, four kids in the house with them, you coordinated a move, right? Yeah, we did. Okay, so there's a little stress. So you, you did all that in the midst of crooner virus and what do you think, like how, how are you raising the kids? Like how are you doing it? Right? Right now it's like you like, okay, so this is difficult, but where have you had to change things up?
- Speaker 4: [24:51](#) I think, I mean, I really definitely even for myself, how to make sure that the morale was good around the house, you know? I mean it was, and that was tough. I mean, at first I was on one side of the move, like you said, and before the kids were in school as able to box things and then they, all of a sudden they're home. And I have nine more days before the actual move and they're taking stuff out on undoing my, you know, my progress. So it was, um, it was frustrating, but, um, but I remember even there just like, you know what, I'll just, we're just gonna live. We're just gonna do this. And, um, you know, we've, we've done a lot of puzzles, lots of muscles and, um, I mean, we're outside in our yard like crazy. We have, we're super blessed up here with all of our hiking trails and to, uh, and I don't know, but my kids are just super, I feel like I'm a referee in my house, like, you know, foul, you know, but I make sure that everybody is treating each other kind. Like, I think that's super important for my household to run peacefully, peacefully. And they know, I say like, if you don't bring, if you don't bring peace, kick her off.
- Speaker 5: [26:04](#) [inaudible] motto,
- Speaker 4: [26:05](#) if you wake it, you rocket. If there's a baby
- Speaker 5: [26:11](#) [inaudible]
- Speaker 1: [26:12](#) Elizabeth is two, three, she's three. She's three. Okay. She's the most precious asleep on the stairs. Right. You guys would melt if you saw her. She's the cutest. Hey, um, we've, we have talked about how our, just our ability to respond changes over time. And for you and I, it happens to change pretty dramatically because of our faith in God. Like how, how would, you know, maybe old Amber have handled all of this like single parenting and the, and like, cause that the relationship dynamic is like a mixture of, you know, it's like that can be explosive, that can drive you nuts. Right? Like, like how would old Amber have handled going through all of these massive changes and challenges?

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- Speaker 4: [27:00](#) I think that, um, I would have probably yelled at him a lot more, you know, I would have been more angry at him and instead I'm, I'm really not, I just, I don't know. I, I don't have that in me to live that way. I don't, I, I mean like the last time I could feel it was coming, you know, because when, when they're on drugs, it's just, it's such a, I mean, you're just hitting your head on the wall. Like it's just stupid. But, um, so
- Speaker 1: [27:31](#) can you think of, can you think of, can you think of what old Amber might have been?
- Speaker 4: [27:36](#) Okay. So I would have, I would have been a lot more mad at him. Like if coming home and knowing what he did, you know, or like knowing he's off, I would've probably like really tried to find out, you know, that I think that's what I did more at the beginning, like before everything really hit the fan was, and I'd always tell him, I don't want to be your mother, you know? And, um, so I think just more, I mean, an inner me would be more just uptight and stressed throughout. Yeah. Today, like w while he's at work, you know, is he really at work? What's really going on? And I mean, that was all before me, you know, and then I, yeah, I remember just coming to a place with God where I just had peace of it's, you know, it's between him and God to struggle out his, you know, what he's got going on. And um, and he, and there are resources if he needs them. And I'm here to support him. You know, I always tell him, I told him, I'm like, my Palm palms are out for you. All of our, you know, we all super care that you do well, but you know, I can't take those steps for somebody else. I can only do it for myself.
- Speaker 1: [28:44](#) Do you find that it's because once you place your faith in God taking care of things that you become, you have no interest in controlling it anymore? That's true. Absolutely true. You know, like, I think that because I, I surrendered to the fact that I'm not in control. I don't try to control, you know, and so I'm not trying to manipulate everything in my life and get to the bottom of everything and try and make people do stuff.
- Speaker 4: [29:10](#) Right. Yeah. Well, and I remember him, you know, like, I don't want to ruin your day. You know, you're not ruining my day. I'm dealing with you in this moment. I'm going to walk out that door and have an amazing day. You know? I mean, you know, I mean, there are things that you have to stand up to and you, you know, and you need to be strong in it, but, but also, I mean, but then you're in the next moment and you know, and you kind of deal with each moment, you know.

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- Speaker 1: [29:36](#) Yeah. When I, um, originally had this show in mind with you, I, I thought about the place that so many parents are in when mental illness has been a factor in their relationships. You know, what's very typical of bipolar disorder is someone like me becomes hypomanic and they become very, um, filled with, you know, flirtation and love and like that part of your nature and sex and everything is just like going, you know, to the millions. So you wind up linking up with people that you haven't really vetted or you know, that are high risk type of relationships. And then of course the high comes to an end and you realize what you've done and then you might actually, you know, break it off. And so it's kind of, it's a, it's a mixed bag out there. Like people can be in relationships that have made it work and that's, that is extremely like commendable because that, that other partner had the maturity and the long, long view in the relationship to keep it going and to help the person through that and to be the support. A lot of people wind up on their own wind up either raising kids on their own or wind up, not even me being able to see their kids. And so I'm like knowing all of that. Like how, how would you encourage the girl out there who is in your shoes? Like she's got a keto or two or four, she's got a, she's got a kid that she's responsible to every day and she's doing it alone. Like what, what could you encourage her with?
- Speaker 4: [31:20](#) Honestly, those babies are half you like, so they're half cool right there.
- Speaker 3: [31:30](#) [inaudible]
- Speaker 4: [31:33](#) you know, you raised them like, you know, I've worked at a preschool too right now and I walk in and all of them are like,
- Speaker 3: [31:39](#) yeah, yeah. Personality.
- Speaker 4: [31:46](#) Just super embracing that role that you're in, you know, just super taking that role. I mean those babies are only babies for so long. And just enjoying them. I mean just really finding enjoyment in them and, and do it through the things that you enjoy. Teach them how to, you know, I was teaching my kid, cause you said I grew up playing hockey. I was, we were out on the ice every day doing hockey. I got them all cruising down skiing last year. And you know, I mean you just go outside, throw the baseball. I dunno, I'm a obviously a sports person, but if you play a guitar, which
- Speaker 3: [32:18](#) that'd be cool. Yeah. Like whatever. Talk about the miracles that happen when you get like free lift tickets and stuff like that. Like it happens so much. I bet you can't even keep track of it.

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- Speaker 4: [32:28](#) I D I can't, I I have a drawer of I'm, I want to make a test.
- Speaker 3: [32:36](#) I've named it and well, you're going to be a movie that those notes are going to be a movie.
- Speaker 4: [32:43](#) But yeah, I mean it's, I mean God has just blessed my life, some of my kids' lives so much. I mean, it's just, I mean, it's a, it's really a walk by faith. I mean, I just, I walk in his joy and his peace and I mean, he sets before you an entire day and you just walk it like, you know, and I mean, I mean, yeah, I mean he is from the moment one of my cars died. I go in and check my messages and my friend's like, Hey, I know you already have a car, but I have a car sit in a car here if you, if you want it. She had no idea that mine died, you know? And I mean, just a check in the mail, right. When one of my husband fell off one of the times and spin our rent and there was \$1,300 just sitting. And I remember walking to the mailbox and being like, you know what, God, I'm handing this to you and I could feel my heart just release it. And I got to the mailbox.
- Speaker 3: [33:36](#) Alright, that works too. Go figure. Yeah,
- Speaker 4: [33:40](#) I figured out. I've never, you know, and I've put my kids in my family and we put so much love into other people's lives, but there's no way I'm going to have be sleeping under a freeway or something. I have too many people in my life that love us. They're not going to be all you want a water, you know,
- Speaker 3: [33:56](#) let us know. No, I mean it just happens. Your people matter. They do matter and they show up at the times that you don't even,
- Speaker 4: [34:03](#) yeah, it's crazy. Crazy man. I mean, just the other day somebody had, I mean, because of this coronavirus thing, you know, I told you I don't like technology, you know, but all of a sudden I want to be more connected and so I like, well if I get the stimulus thing, I'm going to get like a little Chromebook or something. So if you feel connected now the next day my friend's like, Oh, I have some bits freeze. She's for me.
- Speaker 3: [34:30](#) [inaudible]
- Speaker 4: [34:30](#) he hands me this beautiful Mac like computer that they has. Her husband just totally restarted for me. I'm like, wow. Like, I mean everything.

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- Speaker 3: [34:38](#) It's the first time I throw any Olof I remember saying, I need to get from that movie scene from that movie frozen, right? Yeah. I know Allah got to curate for a nose.
- Speaker 4: [34:53](#) I really wanted an Olaf and I was like, well, maybe I'll go to Walmart and see what I can find. And uh, before I even, I mean it was that day it was sitting, there was an Olaf sitting in front of the thrift store that we needed. We ran, I don't even know why we're there, but yeah, Brian
- Speaker 3: [35:07](#) brother's like, he's all, look what I just found, I had free over everything. It is everything. It's crazy. Yes.
- Speaker 4: [35:18](#) You know, and I never really have a whole lot of money, but I have more than I ever could need. It's crazy.
- Speaker 3: [35:24](#) The same thing happens to me. It's weird. I, so I'd put off paying my LLC tax, which is my annual California business tax. I don't have the money. I don't know how I'm gonna get the money. And time is just passing and passing. I'm like, Oh gosh, I'm not going to be in business.
- Speaker 1: [35:39](#) And in the mail comes up a blank envelope. I don't know even know who it's from, the exact dollar amount, \$800
- Speaker 3: [35:46](#) I can cash who mails cash cash
- Speaker 1: [35:50](#) in this envelope. I took a picture of it. I was like, this is unreal. I think it was,
- Speaker 3: [35:55](#) well either way I put a sticky note on that envelope.
- Speaker 1: [35:59](#) I will show it to you after this show. That envelope is in my drawer right there and I put a sticky note on it and says, I want you in business. And I put it like P S God.
- Speaker 3: [36:06](#) Oh, like I write little notes because like if I don't write them down, I'll forget. You gotta remind, you know?
- Speaker 4: [36:12](#) And that's why I say I got, I saved the, I try to save him and I'm trying to get, even the four kids
- Speaker 3: [36:20](#) future me will have this beautiful book. You know, you can have unrealistic expectations,
- Speaker 4: [36:28](#) but maybe, yeah,
- Speaker 1: [36:29](#) so, so the good word to our gals is just trust that there is an invisible process of love in place.

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- Speaker 4: [36:35](#) There is. And the more you love people put love on people. I mean, the women like my church have really taught me that too. I mean, it's such a cool network because I mean, they just, they teach you how to love and like, you know, I remember like going home from a women's retreat and just like, I've never like,
- Speaker 3: [36:52](#) well this is any people that you know, and
- Speaker 4: [36:57](#) I mean, but the more you put out there like that, I mean, the more, more than enough comes back at you. Yeah. It's insane.
- Speaker 1: [37:07](#) Well, that is an incredible place to end. Amber, thanks for being on the show today. This was your very first podcast.
- Speaker 3: [37:15](#) You're like, next ESPN. You're going to be the hockey lady on ESPN, so
- Speaker 1: [37:23](#) no, no, you did awesome. Thank you for joining me. So, Hey guys, uh, next week we've got a new show coming up. Next week, episode 59 is all about ordinary. Um, I want to acknowledge that we are going through a sea of emotions. Uh, as you know, maybe your area, your County is opening up, your country is opening up. We start to introduce ordinary elements back into our lives. Um, I want to talk about a very ordinary story. Uh, I know a lot of you think I'm like some rockstar that all day long is just having things popping, you know, and, and, and, and just like a nonstop party in my life. But, um, I actually do a lot of very ordinary things every day and I celebrate that. And so I'm going to tell a story. Um, I want to talk about how, um, specifically by ordinary, I want to talk about like just the nature of humility and how humility is something.
- Speaker 1: [38:16](#) It's, it's part of your character that you can develop and it unlocks an extraordinary life that literally nobody could legitimately hate on. And so I'm going to share that with you guys next week. I want us to be people who challenge ourselves to be satisfied at doing ordinary things every day, which is a huge challenge for people like you and I who have a mental illness that causes extreme thinking and dissatisfaction. So I'm gonna talk about how beautiful it is to relish in the ordinary, and that's coming up next week on episode 59. So I don't want you to miss it and I will see you here. Same time, same place. Adios.
- Speaker 6: [39:01](#) [inaudible].
- Speaker 1: [39:01](#) Thanks for listening to the bipolar now podcast, at [www dot mike lardi dot com](http://www.dotmike.lardi.com).

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