**DEALING WITH A LIFE ALTERING EVENT**

**Male speaker**: Welcome to The Chalene Show. Chalene has helped thousands with her books, seminars and online academies. She’s the author of the New York Times Best-Selling book PUSH and a mother of two.

**Chalene** **Johnson**: Hey there, I’m Chalene Johnson and thank you so much for downloading this episode and spending some time with me today. I would like to also invite you to my other podcast. That’s called Build Your Tribe. Now, Build Your Tribe is specifically designed for those of you who are interested in starting your own business or perhaps you already have a business and you’d like to find ways that you can grow it without killing yourself, in particular, how you can use online marketing to build your business.

Today’s episode is something that I think can help absolutely everyone. I mean, we’ve all been there. When something devastating happens, you just weren’t expecting, hadn’t planned on it and it just feels like nothing else matters. It’s so upsetting. It’s so life altering that it’s hard to imagine like why you should even bother returning an email. I expect everyone who’s listening to my voice right now has experienced that on some level and maybe you’ve lost a job or been in an accident or maybe you’ve lost a loved one unexpectedly, learned that someone close to you or even maybe you have been diagnosed with an illness that’s going to change the course of your life, an affair, finding out that your son or daughter is on drugs or just that devastating news that just - it knocks the wind right out of you.

And it feels like the day will never be bright again. And you wonder how you’re going to battle back from it. And you’ll wonder if you’ll ever be the same, if you’ll ever be happy again and how seemingly impossible it is in that moment to understand that there’s a plan for this. And that this traumatic, life-altering event can somehow be a blessing.

My guest today is Jen Delvaux. She’s not just a guest. She’s one of my closest and dearest friends. And in 2009, Jen and her husband Darren received the devastating news that Darren had stage 3 brain cancer. At that time he was given 18 months to live. Jen and Darren decided to ignore the statistics and the diagnosis, to use this experience to help them to grow closer, to find ways to live life to its fullest, to live their purpose, to help other people and to make the most of every single day.

In this episode, Jen will share with us how you can take the most traumatic moment in your life and rebound and recover with more strength and purpose than you ever imagined possible. In this episode, Jen shares what it’s like to feel that, how to pull yourself from it aside from just having people tell you to change your attitude or look through the silver lining. She literally - she walks us through the process, the what to do so that you can feel better, so you can start to live your purpose. I know you’re going to find this episode so inspirational. And I’m so proud of Jen for sharing her story live with me.

As a matter of fact, we recorded this episode live on camera on Periscope. If you haven’t figured it out, I’m in love with Periscope and it’s a great way for me to be able to interact with you live, face-to-face, almost daily. So download the Periscope app. It’s available on both Android and on iPhone and be sure to follow me. It’s @chalenejohnson.

And before we get started, I just want to remind you, no matter what you’re going through right now, it is going to get better. Tomorrow will be a brighter day and you can get through this, you can get through anything. You are a warrior. Do not give up. Pull yourself up by the bootstraps. You are a lifer and that means you’re positive. You’re resourceful. You’re going to find a way for this to become a blessing because that’s who you are. And God has a plan for your life. I know he does. On to the show.

Thank you everyone for jumping on the Periscope tonight and for listening to this on The Chalene Show which is my podcast. My name is Chalene Johnson. I’m a New York Times Best-Selling author. I’m the creator of several online academies like the SMART Success Academy, the Courageous Confidence Club, SMART Success, Marketing Impact Academy. And many of you might know me from my work in the fitness industry as well. I’ve done multiple fitness DVDs and infomercials. And I just love helping people get through stuff and find a better way and I’m just obsessed with learning and I’m a lifer. And the people who I like to help are what I call lifers. And so you know you’re a lifer if you’re the type of individual who’s humble, has a sense of humor, doesn’t take yourself too seriously. You like to learn. You know there’s lots of room for improvement. You’re constantly seeking more information so that you can be better. You can be better at who you are and what you do and, I don’t know, just make the world a better place. I know it sounds like super - like schmoopy-woopy or whatever, but that’s just how I feel.

**Jen Delvaux:** Yeah.

**Chalene Johnson:** So nice to have some courageous confidence members here like Jess. Hey, Jess. And a few other people. Tonight, we’re doing this broadcast live for The Chalene Show on Periscope. So I’d like to invite those of you who haven’t already to please subscribe to me on Periscope. These broadcasts only stay live for 24 hours.

My special guest here tonight is Jen Delvaux. We met when we were probably 15 and 16 years old I would guess.

**Jen Delvaux:** Or, yes, right. Younger.

**Chalene Johnson:** Maybe younger.

**Jen Delvaux:** Like 13.

**Chalene Johnson:** Oh, okay. And we’ve been friends for a really, really long time which is pretty rare. I mean, it’s - I don’t think it’s rare to stay in contact with people, but it’s rare to truly want to keep them in your life because they...

**Jen Delvaux:** Right.

**Chalene Johnson:** ...and you learn from.

**Jen Delvaux:** Totally agree.

**Chalene Johnson:** And Jen is like the most awesome person in the world. And people meet you for like five seconds and they’re like, I - I love her.

**Jen Delvaux:** Oh, you’re so sweet.

**Chalene Johnson:** It’s true. And I wanted to invite Jen here because I just know so many people who are going through hard times and they think it’s just never going to end and it’s hard to see the light at the end of the tunnel.

**Jen Delvaux:** I remember those days.

**Chalene Johnson:** So, Jen, I wanted to ask if you would share with people a little bit about why we should listen to you. What have you been through that you can share with us and share some of your answers?

**Jen Delvaux:** Well, in 2009, it was actually - well, Darren, my husband Darren wasn’t feeling right. He just felt like something was weird and he - and so we went to the doctor and they said, “Well, let’s schedule an MRI.” He was having problems with like his thoughts and just like words weren’t coming out right.” So the doctors said, “Well, let’s just schedule an MRI. You’re fine, but let’s just do it.” And the MRI happen to be in my birthday. So we went out to dinner and that night the MRI was at 10 o’clock.

**Chalene Johnson:** In the morning or at night?

**Jen Delvaux:** Night. They schedule MRIs around the clock.

**Chalene Johnson:** Mm-hmm.

**Jen Delvaux:** So we went to the MRI after dinner and wine and we were planning on just going back home. The kids were at our friends and we were just celebrating. And so they took them back for the MRI and the guy said, “I’ll be back in 45 minutes.” I’m like, “Okay, cool.”

**Chalene Johnson:** So what are you doing?

**Jen Delvaux:** Sitting there, texting people on my phone. And an hour passes and I’m like, something is not right. So I started pacing the hallway. And then I remember seeing the guy that took Darren and he’s the one that said, “I’ll bring him back to you in 45 minutes.” And he’s coming towards me without Darren. And I thought, “Why is he not bringing Darren? Like, what’s going on?” And immediately something went up and I’m like, “No, no, no, everything is fine.”

And he said, “Hey, just come with me. He’s just getting dressed. And I thought, well, maybe Darren is just worried because it was taking a long time. Because that’s how he is.

**Chalene** **Johnson**: Mm-hmm.

**Jen Delvaux:** So we go back into the waiting room and he - we’re in this tiny little room. I’m in this like where - a changing room and he comes back and he has an IV in his arm. And I’m like, “What the...?” you know. And he was like, “I don’t know. We’re going up to the ER. They saw something in my brain.

**Chalene Johnson:** What did they see?

**Jen Delvaux:** Well, they saw a mass but I literally at that point just froze and I had - I didn’t hear anything else. They **[wisp 0:08:26]** us up to the ER and doctors and nurses came in and they were treating us like king and queen and bringing us blankets and water and I’m like...

**Chalene Johnson:** But your alarms are going off like something is wrong.

**Jen Delvaux:** Major, like this does not happen, you know, usually in the hospitals hours before you get help and then something is not right. And then, in walk three doctors and they say, “We found a tumor in your brain.” And that from that moment on, I didn’t hear anything else and I went - got physically sick. I went to the absolute worst-case scenario. I thought I lost him right then and there.

**Chalene Johnson:** Mm-hmm.

**Jen Delvaux:** Like I thought, that was it. And...

**Chalene Johnson:** So what was - you know, not to bring us too far along the story but to kind of bring people up to date, what did they discover ultimately?

**Jen Delvaux:** Well, it’s brain cancer. He’s had two brain surgeries. He has a grade III anaplastic astrocytoma.

**Chalene Johnson:** Anaplastic - say it again?

**Jen Delvaux:** Anaplastic astrocytoma.

**Chalene Johnson:** Okay.

**Jen Delvaux:** It’s in the glio family so it’s glioblastomas is like a grade IV, the worst. He is one grade lower. So he’s a grade III.

**Chalene Johnson:** Mm-hmm.

**Jen Delvaux:** So yeah, we’ve had some major ups and downs and I’ve learned a whole lot along the way.

**Chalene Johnson:** Mm-hmm.

**Jen Delvaux:** So I’m just hoping...

**Chalene Johnson:** And you are one of the strongest people and you have found a way - oh, it’s - the thing - the reason why I wanted to have Jen on the program with me today is because she just has gone through this with such grace and determination to help other people and to help her husband and I just - I can’t think of a happier couple.

**Jen Delvaux:** Yeah.

**Chalene Johnson:** I can’t think of a happier person. It’s helped your spirit. It’s helped you connect with your fitness. It’s grown your business because instead of selling something...

**Jen Delvaux:** Right.

**Chalene Johnson:** ...you’re like, “I just want to help people...”

**Jen Delvaux:** Yeah.

**Chalene Johnson:** “...because I want to help people.”

**Jen Delvaux:** Right.

**Chalene Johnson:** So Jen has agreed today to share with us her dos and don’ts...

**Jen Delvaux:** Yeah.

**Chalene Johnson:** ...for dealing with bad experience, a traumatic experience. And maybe it’s bad news or maybe it’s a divorce or maybe you just found out that your husband is having an affair. Or maybe you are having a cancer scare or your child was murdered, I mean - and I want to bring you even down from that because sometimes you’re like, “I feel bad that this is stopping me in my tracks and I’m obsessing about it...”

**Jen Delvaux:** Right.

**Chalene Johnson:** Because there are people like Jen who are dealing with, you know, a grade III brain tumor or someone who’s lost their child but yet whatever it is, right now it’s bad news and it stops you in your tracks...

**Jen Delvaux:** Right.

**Chalene Johnson:** ...and it can be something as simple as, you know, like lose - I shouldn’t say as simple but, you know, we all know that there are levels to this and losing a child is certainly not on the same level as losing your job.

**Jen Delvaux:** Right.

**Chalene Johnson:** But when you’re in it, sometimes, you know, we get stuck.

**Jen Delvaux:** Right.

**Chalene Johnson:** And so, Jen has got some great advice for people. This is really why so many people have become part of your tribe because you help people get through these traumatic life experiences.

**Jen Delvaux:** Yeah.

**Chalene Johnson:** Your first don’t is don’t freak out. Don’t panic. So what did you do? If what you did initially was to panic and you freaked out...

**Jen Delvaux:** And I did. I completely did everything wrong. I freaked. I was - I couldn’t stop crying. I had to - I just didn’t do it right. And so we’ve had so many ups and downs and anybody that’s dealing with cancer, divorce or any of those situations, you know there are so many highs and there are so man lows. And - and so I’ve learned along the way that you have to remain calm.

**Chalene Johnson:** Mm-hmm.

**Jen Delvaux:** And you have to think through it. And you cannot go through that worst-case scenario. You have to think, okay, we’re going to get through this and you - and you just have to really start researching and just be calm.

**Chalene Johnson:** How do you stay calm? Like, it’s really easy to say stay calm, like I remember when we were kids. I’m going to have you lean forward a little bit so we can see you. I remember when we were kids, my dad would say, “Now, calm down. Calm down.” I’m like, “That’s not making me calm.” It was like freaking me out. So how do you stay calm?

**Jen Delvaux:** Well, you can’t think the worst and you have to stay positive.

**Chalene Johnson:** Mm-hmm.

**Jen Delvaux:** And you have to look at - there is some sort of blessing in this. And you may not know it yet but know it’s there. And know that this may be the worst day of your life and it’s not going to get any worse and you’re going to get through it. I mean, to just have to stay positive, Darren is the most positive person I know and he’s taught me so much.

I mean, I remember looking at him and just thinking, how is he even accepting this news and just talking through it like I was a zombie. He - he taught me a lot about how to handle this and being calm and - and really just thinking about where you are and what you’re going to do.

**Chalene** **Johnson**: Well, your next don’t was you said, “Don’t gossip about it. Don’t talk - no matter what it is, don’t talk to everybody about it.”

**Jen Delvaux:** Right.

**Chalene Johnson:** And the worst thing to do you said was to go on the internet and just read forums and chat lines.

**Jen Delvaux:** Terrible.

**Chalene Johnson:** So that’s the don’t. What’s the do?

**Jen Delvaux:** You want to research credible, like we went to - we went to - we looked at Duke University. We looked at - where we ended up was MD Anderson. That’s great information. We went to doctors that we knew. Friends, we talked with them. We - I searched up people that were going through something similar and I talked to them.

**Chalene Johnson:** Mm-hmm.

**Jen Delvaux:** You have to do the research.

**Chalene Johnson:** So, for those people who aren’t dealing with a medical trauma like maybe it is divorce or they just found out that their - their teenage daughter is on drugs.

**Jen Delvaux:** Mm-hmm.

**Chalene Johnson:** You know, so then now we’re not necessarily talking about medical resources.

**Jen Delvaux:** Right.

**Chalene Johnson:** But where do people research those kinds of things where they’re not getting the hype...

**Jen Delvaux:** Right.

**Chalene Johnson:** ...and all the worst-case scenarios from online chat rooms, et cetera, where can people go? What do you suggest people do to find like credible information?

**Jen Delvaux:** Podcasts.

**Chalene Johnson:** Oh, cool.

**Jen Delvaux:** Books.

**Chalene Johnson:** Yeah.

**Jen Delvaux:** I mean, that’s huge, like, if I’m dealing with - and I’m not even talking about this. If there’s something else in my life, I immediately start, go to the bookstore and I look in that area and I start reading and researching and figuring out the best way. I plan things out.

**Chalene Johnson:** Mm-hmm.

**Jen Delvaux:** For me, I get into my own little place and I have to research and I make a plan.

**Chalene** **Johnson**: I see a lot of people bringing up some points that we’re going to...

**Jen Delvaux:** Oh, therapist.

**Chalene Johnson:** ...get to shortly. Yeah, but - and we’re going to get to that. But I wanted to ask you a question about your faith and staying calm.

**Jen Delvaux:** Mm-hmm.

**Chalene Johnson:** Did your faith play a part in helping you to stay calm?

**Jen Delvaux:** Absolutely.

**Chalene Johnson:** How has your faith developed in dealing with all of this?

**Jen Delvaux:** Well, you just pray.

**Chalene Johnson:** You know, because sometimes you hear people say like, if there was a God...

**Jen Delvaux:** No.

**Chalene Johnson:** ...this wouldn’t have happened to me.

**Jen Delvaux:** No.

**Chalene Johnson:** Don’t make it worst by focusing on the worst-case, devastating news. Like, how do you not focus on the worst-case scenario if you’ve just found out, you know, any traumatic life event? Like, how do you not focus on the negative?

**Jen Delvaux:** Oh, you have to look for the positive. I mean, you just have to. It’s taught Darren and I so much, like here we are - if we did the research of - we don’t ever go there. We know - we don’t ask questions and we just think about the everyday life and how we’re going to live each day to the fullest. But, we are always trying to be as positive as possible. I mean, we just...

**Chalene Johnson:** That’s what we have to do.

**Jen Delvaux:** ...smile.

**Chalene Johnson:** Yeah.

**Jen Delvaux:** We wake every day.

**Chalene Johnson:** I mean, it’s easy to say. I mean, how many of you who are watching this right now, are going through something so hard? Tell us. How does that feel to hear advice? Like, if you’re going through this right now, that’s the beauty of being here live, can you tell us? And whether or not you can or cannot see that?

**Jen Delvaux:** Absolutely, starting your day with positive thoughts. I mean, you guys, that’s hard. I know. And - but I would wake up every day, I would open my eyes and I would say something really, really, really good is going to happen. Even though it might be the most difficult time and you’d literally don’t even want to get up, you’re going to feel better. And you may not feel great that day, but it’s just going to keep getting better. I mean...

**Chalene Johnson:** I’m seeing so much great advicefrom people here that just - so much great advice. This person says, “My son has brain tumor. I stayed so positive and it touched other people and moms”. It’s not easy and no matter what it is, like you were saying the other day that people will often say to you, “Oh, this doesn’t even compare to what you’re going through, so if you...” and what do you always say to those people?

**Jen Delvaux:** No, everybody has their thing. It may be so minor but that’s what you’re going through.

**Chalene Johnson:** And I’m seeing so many people share their own personal struggles. Like someone said that her husband is suffering from MS.

**Jen Delvaux:** Oh.

**Chalene Johnson:** They lost their son.

**Jen Delvaux:** Oh.

**Chalene Johnson:** Their son was murdered. I think that’s really important is to realize that you’re not alone.

**Jen Delvaux:** Right.

**Chalene Johnson:** You know. Your next tip for us was - oh, this is a really good one, Jen.

**Jen Delvaux:** Yeah, it’s my favorite.

**Chalene Johnson:** This is a great one. Not to lose yourself and become obsessed. And the way that we protect ourselves is to constantly be thinking about it.

**Jen Delvaux:** Mm-hmm.

**Chalene Johnson:** And so when that happens, you start to get obsessed with this thing.

**Jen Delvaux:** Completely.

**Chalene Johnson:** You can’t return an email. You can’t return a phone call.

**Jen Delvaux:** I mean, my whole life, I would go to workouts. I’d be that person in the backroom, kind of, going through it and then go home and have glass of wine and pizza. That used to be me.

**Chalene Johnson:** I mean,you can avoid taking your anti-depressant medications. I’m not telling you to go off.

**Jen Delvaux:** Right.

**Chalene Johnson:** But I’m just saying like, try that first. It’s amazing what it does in your brain.

**Jen Delvaux:** Yeah.

**Chalene Johnson:** It’s amazing what it does for your confidence, for your energy level. It’s a traumatic life event so I need something to look forward to, so I’m going to work on my bikini body. That’s not ever...

**Jen Delvaux:** No.

**Chalene Johnson:** ...my goalwhen it comes to fitness. It’s self-care.

**Jen Delvaux:** It is.

**Chalene Johnson:** And it’s being able to stay youthful and young and energetic. And how did you deal with just - aside from exercise?

**Jen Delvaux:** Therapy, for sure. I had to do some EMDR, even therapy like to - there were some friends who’d be like, “Jen, you need to cry”. I remember, even you -

**Chalene Johnson:** Yeah, yeah.

**Jen Delvaux:** When I was here visiting, you’re like...

**Chalene Johnson:** I’m like, “You don’t cry?”

**Jen Delvaux:** “How are you getting through this?”

**Chalene Johnson:** EMDR therapy, for those of you who are not regular listeners of The Chalene Show, I talk about EMDR therapy a lot. Because I think it’s pretty, freaking cool.

**Jen Delvaux:** It’s awesome.

**Chalene Johnson:** Smart people go to therapy. It’s not hypnosis, but it kind of, unsticks the brain. And so, you did EMDR therapy for yourself. I would...

**Jen Delvaux:** Right.

**Chalene Johnson:** ...suggest if you want to learn more about EMDR therapy, you can go to drmcayla.com.

**Jen Delvaux:** But I would definitely when you’re looking for a therapist, it’s best to find somebody you know, don’t you think? Like talk to people.

**Chalene Johnson:** I think so. I - you know, I’ve heard some people have really good success on Yelp.

**Jen Delvaux:** Yeah. Oh, I...

**Chalene Johnson:** Oh,Brandon had such a great comment and I’m sorry to interrupt you Jen.

**Jen Delvaux:** Yeah.

**Chalene Johnson:** We’ll go back to that, but so often the person who’s dealing with the diagnosis feels like they are losing their independence.

**Jen Delvaux:** Yes.

**Chalene Johnson:** And so that’s another really reason - another really great reason why people should consider going to therapy together.

**Jen Delvaux:** Right.

**Chalene Johnson:** You know.

**Jen Delvaux:** Yes, that helped us huge because that’s so right on. That happened. That completely happened with us. No, but with an EMDR therapist, you need to find a good one. Because there are some that will say they are and they really don’t.

**Chalene Johnson:** So Jen, I know that we’ve got some people here live on the broadcast who wanted ask, how do you combat adrenal fatigue and stress and overeating and lack of sleep because you’re dealing with his incredibly traumatic life event? How did you deal with that? What was your med? What was your solution?

**Jen Delvaux:** Well, I did start out on meds just for the week. I actually was on anti-anxiety in the beginning but I didn’t want to do that. That was like that first week when I found out because **[inaudible 0:19:14]**.

**Chalene Johnson:** I think it’s really honest.

**Jen Delvaux:** Yeah.

**Chalene Johnson:** You know, I mean, gosh.

**Jen Delvaux:** It was something, like valium or something because I needed to chill out. But just eating healthy and exercise and...

**Chalene Johnson:** But people know to do that. How do they do that? What do they need to know they’re going to feel? And how did you start getting through it when - you know, I think a lot people, when they don’t know what to do so they turn to food or alcohol or they’re just not sleeping and they just - it’s like, you want comfort, you know. So you - it’s like, I don’t care if this doesn’t have calories and I just don’t care right now because I’m going through this. So what do people need to know? What are they going to feel?

**Jen Delvaux:** They’re going to feel amazing. If they are not exercising, sleeping all day, that’s going to make you feel worse.

**Chalene Johnson:** Right.

**Jen Delvaux:** That’s it.

**Chalene Johnson:** Yeah.

**Jen Delvaux:** I mean, that is going to make you feel worse. So you have to take little steps. I mean, if you are that person that’s struggling so bad that you can’t even get out of bed, baby steps. Just do little tings every day. You don’t have to change the world in one day but just do things for you and your family. It’s going to...

**Chalene Johnson:** Food can heal you. I mean...

**Jen Delvaux:** Totally.

**Chalene Johnson:** ...food can heal you, if it’s the right food. If it’s the healthy food.

**Jen Delvaux:** Right.

**Chalene Johnson:** If it’s toxic food, all you’re doing is damaging your spirit, you’re hurting your energy, you’re prolonging the time you feel depressed and it becomes a vicious cycle, where you’re not exercising, you’re not eating right so you just keep doing that. And you stop caring about yourself and you feel like, “What’s the point when I’m going through this thing.” It’s the ultimate - I know you don’t want to do this and I know you don’t want to hear this. Just promise yourself baby steps, “Today, I’m going to stop eating whatever that is that is junk”.

**Jen Delvaux:** Right.

**Chalene Johnson:** “And I’m going to replace it with this. Tomorrow, I’m just going to exercise for 10 minutes, only 10 minutes”. And just make those promises to yourself to do things in small, incremental baby steps so that you can feel the result of that. And when you feel what happens and how good you feel, then you’ll want to do it the next day, as supposed to just somebody sitting here on a Periscope telling you.

**Jen Delvaux:** Right.

**Chalene Johnson:** That it’s the right thing to do. Just see it for yourself. Test it out and see how much better you feel.

**Jen Delvaux:** “**[Inaudible 0:21:12]** nothing cheers me up.” Something has got to cheer you up. Go back. I mean, maybe, you’re in a rough time right now, think about what made you happy previously.

**Chalene Johnson:** It’s a good advice. Yeah, you know, and let’s talk about mindset for a second. Because it’s really easy to get into that spiral - that downhill, like everything is...

**Jen Delvaux:** Yeah.

**Chalene Johnson:** ...terrible. Bad things are going to happen.

**Jen Delvaux:** Right.

**Chalene Johnson:** The friend, you said, who had a lump in her breast and she was like, “Well, I probably have cancer.”

**Jen Delvaux:** Oh, yeah. But it’s not. I mean, you cannot think the worst. Because that, a lump in your breast is common. Oh, so what she did was she was like, “Okay. Well, so I have to have this removed”. And I thought, well, why not get a little breast augmentation while they’re there.

**Chalene Johnson:** Now, there’s some positive for you. Not that everybody needs to go do that.

**Jen Delvaux:** Right.

**Chalene Johnson:** But like, you find the silver lining.

**Jen Delvaux:** Yeah.

**Chalene Johnson:** And It’s funny, you know. I know a couple of friends too who, especially women, you know, we have to have breast exams all the time and I’m sure we’re going to have lurkers in here now because of what we’re talking about. But, you know, there are those people who are like, “Yeah, it’s probably cancer”.

**Jen Delvaux:** Right.

**Chalene Johnson:** And then, there are those people who are like, “Yeah, it’s probably just a mass. It’s just a tumor. I just grow cyst, it’s now big deal.” That’s the attitude you have. You know, if you start to worry, all you’re going to do is to expend energy and love and emotion on something that may never be. Why waste time worrying? Why waste energy? Why waste, you know, this beautiful day that you have and the love and energy and attention that you can give to other people about something you don’t know how it - like, wait until you know it’s bad news to figure out what you need to do next and then go...

**Jen Delvaux:** Right, exactly.

**Chalene Johnson:** ...into research mode.

**Jen Delvaux:** And I think Darren - I mean, he is the most positive person I know, right? It’s crazy. I mean, like the...

**Chalene Johnson:** The happiest, nicest, most...

**Jen Delvaux:** Right.

**Chalene Johnson:** You can’t get enough of him.

**Jen Delvaux:** They gave him a year and a half to live and it was 2009, so, you know, I’m like...

**Chalene Johnson:** In 2009, theytold him, “You have a year and a half to live”?

**Jen Delvaux:** Yeah.

**Chalene Johnson:** Wow.

**Jen Delvaux:** Yup.

**Chalene Johnson:** Did he just ignore that?

**Jen Delvaux:** He never believed it. He never believed it. He was like, “No, I have kids. And I’m going to get through this.”

**Chalene Johnson:** People want to know if Darren has a Periscope. Would you like to see Darren on a Periscope and meet the happiest, nicest, coolest, most positive guy on the planet, with a brain tumor?

**Jen Delvaux:** Just got ghost bumps.

**Chalene Johnson:** With or without?

**Jen Delvaux:** Well, he’s going to be, for sure, on my podcast. We’re going to be doing a lot of this because his advice is amazing.

**Chalene Johnson:** Yeah, he’s amazing. Amazing person. So you know, that - I think that’s a great testament, to hear that kind of devastating news...

**Jen Delvaux:** Mm-hmm.

**Chalene Johnson:** Right? And then to say, “I’m not - that’s a statistic.”

**Jen Delvaux:** No.

**Chalene Johnson:** “That’s not my statistic”.

**Jen Delvaux:** Right.

**Chalene Johnson:** “I’m going to do my own thing and live my own life.”

**Jen Delvaux:** Yeah, he’ll say, “Okay. If they’re going to give me 10, I’ll make it a 20”. And he doesn’t even say that much. That - I only heard him say that a couple of times. He’s usually talking about when we’re 80, what are we going to doing. Which is amazing. And he lives his life that way.

**Chalene Johnson:** Mm-hmm.

**Jen Delvaux:** He lives every day to the fullest. And here’s an example of how important it is to have really positive beliefs, is another person that we met going through a similar situation. His grade was actually lesser.

**Chalene Johnson:** Okay.

**Jen Delvaux:** It was a grade II. Darren’s is a grade III. And his wife has talked to me, they are in a deep depression and it affects the whole family. He is - it’s just a terrible situation for everybody, so you to have to try to really look at the positive and believe in yourself and believe that you’re going to beat those statistics. And those are just statistics.

**Chalene Johnson:** And I have to talk really for a second, when all of your focused on is the negative and how terrible things are and all you’re seeing is the worst-case scenario and you’re wallowing in your pain, all you're doing is putting pain and burden on other people.

**Jen Delvaux:** Yeah.

**Chalene Johnson:** Including yourself. You’re making it worse for yourself and worse on everybody else. Negativity breeds negativity...

**Jen Delvaux:** It does.

**Chalene Johnson:** ...as **[Mojo Marie 0:24:50]** just said. And it’s not fair to do that to the people that you love. And it is a mindset and it is contagious. It’s what you’re telling yourself. So there was somebody here, in our live chat, who said, “All I can see is the negative”. And that’s because it’s all that you’re looking for.

**Jen Delvaux:** Right. You got to see the positive. You got to change your thoughts. You can do that. You just have to change your thoughts.

**Chalene Johnson:** It’s practice and it is a habit. It’s just like when you buy a new car.

**Jen Delvaux:** Yeah.

**Chalene Johnson:** And then suddenly, you see that car everywhere. You’re like, “”When did everybody start driving my car...”

**Jen Delvaux:** Yeah.

**Chalene Johnson:** “...and the exact same color?” Because that’s what you’ve chosen...

**Jen Delvaux:** Right.

**Chalene Johnson:** ...to focus on. So chose to focus on something incredibly positive. And somebody earlier, in a comment, and I’m sorry that I don’t who left this comment but said, “I wake up every day and I make a list, even if it’s a short list of everything that I’m grateful for”.

**Jen Delvaux:** That’s awesome.

**Chalene Johnson:** You have to be - you’ve got a device to be watching this on right now. You’re listening this to your podcast, you’re watching this Periscope. You have so much to be happy about so much to be grateful for. You’re alive. You can use your mind. You’ve got technology and people you can connect with round the planet who can help you and support you. And there’s so much to be grateful for.

**Jen Delvaux:** There is.

**Chalene Johnson:** It is - there’s blessings in everything. You have to focus on that.

**Jen Delvaux:** Yeah. I mean, I know another person - this is, kind of, on the negative side, why you don’t want to, but she was diagnosed with cancer and she said, “When is - when am I going to die?” and they said, “Well, here’s statistics” and she died even sooner than that.

**Chalene Johnson:** Yeah.

**Jen Delvaux:** It’s just - it’s a - you don’t want to look at that. Darren, we don’t ask those questions. We think the positive. We look to our future. We plan our future. We plan out the year and years after that like what we’re going to be doing.

**Chalene Johnson:** Yeah.

**Jen Delvaux:** And we’re excited about that.

**Chalene Johnson:** You know, life in general is terminal. We’re all going to die.

**Jen Delvaux:** Right.

**Chalene Johnson:** So like, why focus on that?

**Jen Delvaux:** Right.

**Chalene Johnson:** Can you imagine? I absolutely love how important it is to talk about this kind of step...

**Jen Delvaux:** Yeah.

**Chalene** **Johnson**: **...**and for people to connect and the one tip that I want to leave people with Jen is you said that when you’re going through something like this, something really difficult, and I know that everyone who’s listening to this has had a moment in your life where you had such devastating, unexpected trauma.

**Jen Delvaux:** Mm-hmm.

**Chalene Johnson:** Something you just weren’t anticipating it and it just knocks the wind of you and you think to yourself, “Why me? Why is this happening to me? This isn’t fair. And it’s difficult to focus and it’s hard to see that there will ever be a bright day again. And it’s hard to imagine that there’s ever going to be a blessing for this”. And all you want to do is make it go away or rewind the clock and pretend this never happened.” But it did happen. And one of the biggest mistakes you see - you said that people make is that they expect other people to know what to say, or they, you know, to expect that people are going to be kind or even understanding or even use common sense is too high of an expectation.

**Jen Delvaux:** Yeah.

**Chalene Johnson:** And that people often say really incentive things and they - just because they don’t know what to say.

**Jen Delvaux:** Mm-hmm.

**Chalene Johnson:** And that - what is your advice people who are like, you know, you have to deal with the dumb things people say? Or that people just don’t understand?

**Jen Delvaux:** Seek people that are going through something similar. They understand. It feels good.

**Chalene Johnson:** Were you - were you reluctant to connect with another group?

**Jen Delvaux:** Absolutely.

**Chalene Johnson:** Tell me why.

**Jen Delvaux:** Because I thought it would be just sad and depressing and I did not want to go there. Darren and I would go to the hospital where Darren went.

**Chalene Johnson:** Okay.

**Jen Delvaux:** It’s like a cancer center. Or just, if you’re going to chemo. You know the type of people you see. Well, when Darren and I went...

**Chalene Johnson:** What does that mean?

**Jen Delvaux:** Very sick people. And I didn’t want to be sad. We - I - we weren’t - we’re not cancer. And we didn’t want to be that. We still live that way. Yes, it’s a big part of our life but it doesn’t define us. It’s not who we are.

**Chalene Johnson:** Okay.

**Jen Delvaux:** It’s just there.

**Chalene Johnson:** So at what point did you finally say, "Okay, I think it might be helpful to connect".

**Jen Delvaux:** And it wasn’t in a support group. And not - anything against support group, I know that’s - that helps a lot of people. But for me, it was meeting people online and hearing their story and helping each other through it.

**Chalene Johnson:** So no matter what it is that you’re going through, don’t expect that your friends - your...

**Jen Delvaux:** You’re not going to get it.

**Chalene Johnson:** Even if people that love you so much, they just - they don’t know. They don’t know what you’re going through.

Jen, I know that people are going to want to connect with you. If haven’t already, please be sure to follow Jen on Periscope. And we have a massive demand here, live, for people asking for you. What is your website?

**Jen Delvaux:** jendelvaux.com. J-E-N-D-E-L-V-A-U-X. Somebody who said A.

**Chalene Johnson:** I just want to thank everybody for...

**Jen Delvaux:** Yeah.

**Chalene Johnson:** ...staying on all the way to the end. You guys are amazing. Thank you for your support. Thank you for each one of you who stay in touch. I saw so much of that networking and support happening during this live broadcast that I just know it was **[inaudible 0:29:22]** that the two of you will meet, that you are able to meet Jen tonight and hear her story. I just want to thank each and every one of you for all the hearts that you were giving while we were sharing this time with you.

**Jen Delvaux:** **[Inaudible 0.29.32]**.

**Chalene Johnson:** And then up a little bit. And you’ll see a little blue circle, you can click subscribe or...

**Jen Delvaux: [Inaudible 0:29:38]**.

**Chalene Johnson:** Bye guys.

**Jen Delvaux:** Bye.

**Chalene Johnson:** This episode has been sponsored by courageousconfidenceclub.com. It’s a club that I have created specifically to help people who struggle with confidence and insecurities and social settings and just standing up for themselves, being yourself and feeling good about it. All of us could benefit from having more confidence.

I’d love for you to just experience the taste of it. So please be my guest by going to chalenejohnson.com/confidencetips.

Now if you don’t feel like writing that we address down, or remembering to go there later, all you have to do is, while you’re listening form your phone, send me a text message. The number is 949-565-4337, and that is for US residence. Then just send me the word, confidence, and I will send you access to this video.

This video will help you to eliminate self-doubt and just feel more confident in any situation, whether it’s work or personal or just your social interactions. Every one of us can benefit from having more confidence.

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I think you’ll find his incredibly useful, whether it’s business or personal or just in your everyday interactions. Confidence is something that makes life easier. It helps you to raise more confident, self-efficient children. It allows us to speak our mind, to stand up for ourselves, to the things, that otherwise, we are paralyzed by fear. And we just allow our own thoughts to stop us.

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So thank you for checking out my free tools by going to chalenejohnson.com/confidencetips.

**[END OF RECORDING]**