

What Happens When Life Forces You to Slow Down

Most people don't slow down by choice.

Life does it for them.

A layoff.

A loss.

A season where nothing seems to move forward.

And when that happens, you're left with something most people avoid:

👉 Yourself

In this conversation with Pauleen Hope, we got into what that actually looks like when everything stops.

When You're Moving Fast, You Don't See It

For years, Pauleen was in motion.

Sales.

Targets.

Deadlines.

Always chasing the next number.

From the outside, it looked like success.

But underneath it...

There wasn't much time to stop and ask:

👉 Is this actually working?

The Moment Everything Changes

Then it stopped.

A layoff.

A year without work.

A job market that keeps saying no.

And suddenly, the pace of life shifts.

"I was forced to kind of slow down my life... and just be present."

That's not easy.

Because when you slow down...

👉 everything you've been avoiding catches up

The Thought That Hits Hardest

This is the line that stuck:

👉 “I was good enough to serve my country, but I can’t even get a job.”

That hits a lot of veterans.

Because it challenges identity.

It makes you question:

- your value
- your worth
- your place in the world

When You Can’t Numb It Anymore

For Pauleen, alcohol had been part of the lifestyle.

Social.

Accepted.

Normal.

Until it wasn’t.

She made a decision:

👉 Stop drinking completely

Not because someone told her to.

Because she knew she needed to.

What Sobriety Actually Does

A lot of people think sobriety just removes alcohol.

It doesn’t.

It removes the filter.

Everything you pushed down:

- emotions
- stress
- doubt
- pain

👉 comes back to the surface

And now you have to deal with it.

The Hardest Part of Growth

She said it plainly:

You don't like how it feels at first.

The emotions.

The vulnerability.

The uncertainty.

But that's where growth actually happens.

Rebuilding From a Blank Slate

This is where most people get stuck.

No job.

No routine.

No identity tied to work.

Just time.

And that can feel overwhelming.

But it's also an opportunity.

👉 To figure out who you actually are

Faith Shows Up Differently Here

When everything is going well, faith is easy to ignore.

When everything falls apart...

It becomes real.

Pauleen leaned into:

- prayer
- community
- trusting God's timing

Even when it didn't make sense.

The Reality About Timing

This is something most people struggle with:

You want answers now.

You want progress now.

You want clarity now.

But as she said:

👉 God's timing doesn't work like that

Letting Go of What Isn't Real

Another hard truth:

Not everyone stays when you change.

Sobriety cost her relationships.

But those relationships were built on the wrong foundation.

And when that foundation goes away...

So do the people.

What She's Building Now

This isn't about having everything figured out.

It's about becoming someone different.

- More present
- More honest
- More grounded
- More self-aware

She's not chasing the next title.

👉 She's building a better version of herself

What This Means for You

If you're in a season where things feel stuck:

1. Slow down on purpose

Or life will do it for you.

2. Stop numbing everything

You have to feel it to fix it.

3. Expect it to be uncomfortable

That's part of the process.

4. Lean on something bigger than you

Faith matters when things get hard.

5. Use the reset

Don't waste it trying to go back to who you were.

Final Thought

Sometimes the worst seasons of your life...

are actually the ones rebuilding you.

Not into who you were.

👉 Into who you're supposed to become



Listen to the full episode:

👉 <https://open.spotify.com/show/7fQ5oHlOZe94Jcjj6ytL2h?si=0c4c82fc29c6465f>

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