

The Divorce Social

[00:00:00] **Samantha:** I am joined by Micaela sharp interior designer and upholsterer. And you may have seen her on interior design masters. Hello.

[00:00:15] **Micaela Sharp:** Hi, how are you doing?

[00:00:17] **Samantha:** I'm very good. How are you?

[00:00:19] **Micaela Sharp:** I'm really good. Thank you.

[00:00:20] **Samantha:** You are getting divorced.

[00:00:23] **Micaela Sharp:** I am getting divorced.

[00:00:24] **Samantha:** You are part of the divorce, social. How does that feel?

[00:00:28] **Micaela Sharp:** It feels really strange, actually is not something I expected this year to bring with it. I know a lot of people that do your podcast are already divorced, but I am still in the mix. So yeah, it's quite a strange feeling, but also quite liberating.

[00:00:44] **Samantha:** Well, regular listeners will know that I started the podcast when I thought I'd be divorced in a minute.

[00:00:49] **Samantha:** And then it took like four series for me to actually divorced- it takes a while

[00:00:54] **Micaela Sharp:** yeah, absolutely. Like that's exactly what I kind of thought. And I remember you saying that when I listened to the podcast, [00:01:00] right at the beginning of my divorce journey and you were like, yeah, I started the podcast and I thought I'd just be divorced straight away.

[00:01:06] **Micaela Sharp:** And then actually it took ages, knows that, oh, okay. Now it's going to take awhile. That was like the first bit of real information I had. I think when I heard you say that, I thought, oh, I thought I'd be divorced in a couple of weeks, but fair enough.

[00:01:19] **Samantha:** So how far in are you.

[00:01:21] **Micaela Sharp:** Seven months I filed, um, quite quickly after chatting to my ex and finding out there was some infidelity.

[00:01:28] **Micaela Sharp:** So yeah, we're seven months in and I'm selling my flat and moving. Um, and once I've done that everything will be finalized. So hopefully I sell that quite quickly. So I'm quite looking forward to just getting it over with, you know, this period feels a bit of a, a drag having to say, like, I'm getting divorced.

[00:01:46] **Micaela Sharp:** We're not quite divorced yet, but you've kind of made up your mind that that is 100% what you want. So now I just want it done.

[00:01:54] **Samantha:** I felt like I was in a weird limbo of like, I can't start my new [00:02:00] life until I get that piece of

[00:02:01] **Samantha:** paper.

[00:02:02] **Micaela Sharp:** Yeah. I, I feel the same, that kind of limbo feeling. And also you felt I'm a very open honest person.

[00:02:09] **Micaela Sharp:** So I felt like I have to declare it to people. I don't know why, but if I was already divorced, you don't have to say just so you know, I was once married, but I'm not married anymore, but when you're still technically married, you feel like you have to declare it to people constantly. So. Yeah, I do feel like I'm talking about it a lot, but yeah, it was a bit of a bolt out of the blue and now I'm like, oh God, I just want it done.

[00:02:31] **Micaela Sharp:** I just want to not have to say to people, you know, when I go on dates and things, not have to say just so you know, technically I am married, you know, I'm getting divorced, it's not gone through yet. Like, cause I feel like you have to say that, you know, I can't withhold that kind of information. So yeah. I'm just looking forward to not having to mention that anymore.

[00:02:49] **Samantha:** Its funny you say that. Cause I remember that feeling, but now being on the other side and being divorced, I have to tell you, I still feel like I have to break my divorce to [00:03:00] people. So like on dates you're like, when do I just throw into the conversation that once I was married and now I'm divorced just casj, and they all.

[00:03:08] **Samantha:** It's always like wide eyed reaction? You're like, well,

[00:03:13] **Micaela Sharp:** I lived a life before you, what can I say?

[00:03:16] **Samantha:** Let's go back a little bit to the beginning, because you said earlier, I had to chat with my ex and there was infidelity. So we broke up very casually. Was it a nice chat? You know, how long did that kind of catalyst. Moment go on for or was it immediate?

[00:03:33] **Micaela Sharp:** Do you know what it was brief? It was really quite brief. Um, and to be completely honest, it hadn't come from him. So the person had been cheating on me with had actually messaged me and told me all the details and he was in bed next to me. So I turned to him and said, oh, I've received these text messages.

[00:03:51] **Micaela Sharp:** And he confirmed. That did happen. And we kind of spoke about it for something that half an hour. And I [00:04:00] was really tired and it kind of made sense because our relationship had not been good for a while and he'd been telling me he was depressed and. And so I'd been kind of giving him a lot of space and trying to be really supportive, but being very, very confused as to why he wasn't leaning on me more and why we weren't connecting and talking.

[00:04:18] **Micaela Sharp:** And I don't know, it just was a very isolating time for me. So then to receive these text messages, I thought, okay, the penny has dropped. I finally get it. The thought had never really even occurred to me that he was cheating on me. You know, I just thought, oh my God, I want to be the best support for, you know, This man who I've married, who is my best friends, who I want the best for.

[00:04:41] **Micaela Sharp:** He tells me he's going through a really difficult time. I never thought like, Hmm, is he being really sneaky? And is this a lie? And you know, is he being really deceitful? That literally was not on my radar. So I read the message and it was just this kind of exhale of oh, right um, I've been actually quite naive and when he confirmed it, [00:05:00] I just thought, okay, I can't, I can't stay with you because it wasn't so much for me, the act of cheating on me, it was how he had treated me in that timeframe.

[00:05:11] **Micaela Sharp:** You know, I, I suddenly had a date that was 14 months before the text messages came through and I, you know, we'd been in lockdown and stuff and we'd been through so much in that time. And I just kept thinking of all the little moments of him physically and emotionally pushing me away and me feeling really low.

[00:05:29] **Micaela Sharp:** And I thought, God, how could you have done that to me for 14 months consistently messaging her and sneaking off into the other room and all the excuses you gave me and all of the, I don't know, the heartache really

[00:05:42] **Samantha:** I cant imagine what that must have been getting that message and lying next to him and bad while you get it.

[00:05:49] **Samantha:** And I mean, I've been cheated on in the past. And I remember that feeling of like one time I was cheated on from the list. He left his facebook [00:06:00] logged in on the computer and I saw this message pop up and I, I felt like someone had punched me in the stomach. Do you remember physically what it felt like when you read those messages in that moment?

[00:06:15] **Micaela Sharp:** I just remember my heart going so fast, but actually. Afterwards. Now I look back and I didn't have the reaction that I thought I would have had. In theory, if someone had said to me, this is going to happen to you, I would have thought I'd be in tears. I'd be angry. You know, they'd be shouting. I just shut down.

[00:06:33] **Micaela Sharp:** And that is not my personality type. Usually I'm like not confrontational, but I hold my own and I'm, and I'm inquisitive, you know, I would have thought I would at least ask for the details, but I just shut down and I just remember kind of. Being very quiet and listening and he would kind of tell me something that I'd look back at my phone and I'd have a new message from her saying, there's actually this level and there's this extra detail and there's this thing.

[00:06:58] **Micaela Sharp:** And then he would say, [00:07:00] yeah, that's true. And so I wasn't really getting the details from him. Still receiving them from her and that was not lost on me. So I thought even in this moment, you're not being forthcoming and telling me everything. I'm still having to rely on this woman who I've never met to tell me the details of what actually happened.

[00:07:17] **Micaela Sharp:** Yeah. That just made me think, okay, there's a real lack of respect here. You know, even in this moment, you're not like, bye. Let me tell you everything and give you all the facts of that. We can talk about this is that he was still trying to kind of mitigate it and take things out and play it down. And yeah, I just, I just got so tired very quickly and cause we were already in bed.

[00:07:39] **Micaela Sharp:** It was like midnight, or whatever. And I just remember saying, okay, I'm going to go sleep now about half an hour in and you know, he could not believe it. He was like, no, he needs to talk. We've got so much to talk about. And I said, no, I've actually heard what I need to hear. I just need to go to sleep. And I did sleep, which is mad.

[00:07:54] **Micaela Sharp:** Now I think of it, I just rolled over. I went to sleep and he went and slept on the sofa and in the [00:08:00] morning I kind of woke up and I knew that was it. Yeah. Like, regardless of all the extra details to come out, I don't really need the details of what happened with her, because I know the details of what happened with me.

[00:08:12] **Micaela Sharp:** I was there for that and I was there for, you know, all of the mistreatment. So I was like, right, okay. Like there's no excuses now you can't tell me that you're feeling really sad and you just need some space, but I know actually. You just wanted to hang out with her and talk to her and be around her. And it was, it was me that you didn't want to be with.

[00:08:31] **Micaela Sharp:** So yeah, in the morning I woke up and I was like, that's it. I want you to leave and I want to get a divorce and I've been unwavering in that. And that has been the only kind of thing I think that has got me through is that I've never once thought, oh, I want to be with that man again. But it sounds really harsh, but I just don't know,

[00:08:54] **Samantha:** like make a decision and stick with it. I mean, it's interesting because I remember [00:09:00] making that split decision like you did with. Yeah. I mean, obviously my circumstances are different but I think we should break up. And then I was like, we definitely should. And I think for the first few months I was, you know, still like, yes, but then I, I think I did have moments where I, you know, when I was sad and, or, or I felt particularly lonely where I was like, I could just go back.

[00:09:25] **Samantha:** Maybe it wasn't. That bad, like maybe, and then I always made the decision again that no, I did want to break up. So you never have those wavering moments?

[00:09:34] **Micaela Sharp:** Um, I definitely have a lot of moments of loneliness and sadness, but no, I don't think I would want to see him again every day, because there was something about that last year where he was consistently putting his needs first.

[00:09:49] **Micaela Sharp:** Right. And I was letting him and I was, and I thought that was a healthy relationship. When one of you is going through a bad time, the other one completely, you know, supports [00:10:00] the person who's having a bad time. And that meant that none of my needs were being considered at all. And so when he left, there was this like freedom.

[00:10:11] **Micaela Sharp:** In my spirit, which is really hard to explain, but just being able to like, feel what I wanted to feel. Without having to constantly think, you know, how's he doing today? What can I do for him? Like, is he happy or is he sad? And how should I mirror that and support that? I was just like, oh, today I'm annoyed. You know, the next day I might be feeling really sad and lonely, but it's my journey.

[00:10:33] **Micaela Sharp:** And I don't have to pander to anybody else. So. I know, I never thought, oh, I want maybe, maybe in my sad and lonely day, I want him back here. Cause I thought, oh, he's going to be more sad. He's going to be, and I'm going to have to support him. And I thought, no, I've done that enough. I'm out. But yeah, no, it is hard.

[00:10:52] **Micaela Sharp:** It's not like, you know, I'm so strong everyday I just think. I'm good on my own, but I'm better on my own than [00:11:00] with him specifically,

[00:11:01] **Samantha:** I can so relate to that feeling of freedom as well of like, I only have to worry about me now. I can just, you know, if I, if I want to sushi takeaway, I can get it and I don't have to discuss what food he would like even stupid stuff like that.

[00:11:19] **Samantha:** I still really enjoy getting the food I love sometimes when I order like a takeaway. He would never let me order this takeaway because he's like, yeah, yeah. I'm still now like, yeah, I'm

[00:11:32] **Samantha:** getting it.

[00:11:33] **Micaela Sharp:** I'm getting double sushi today. No, one's going to stop me. Yeah. Yeah. There's so many little mini wins like that.

[00:11:41] **Micaela Sharp:** Um, that do kind of help sometimes just make you laugh and bring a smile to your face and think, oh, I wouldn't have been able to do this before, but I'm going to do it and I'm going to enjoy it. I actually really love living on my end and I didn't think I would. You know, all those little choices of, if I've put something that it stays there and no one's [00:12:00]

saying, oh, can you move that or moving stuff around or constantly asked me where things are or, you know, it's just like, everything is mine and everything is where it should be.

[00:12:09] **Micaela Sharp:** I don't know. I just find a joy sometimes in like, in the things, which is bad materialistic, but I just like to have my space and everything is how I want it.

[00:12:18] **Samantha:** Well you are an interior designer, so

[00:12:23] **Micaela Sharp:** yeah, exactly.

[00:12:24] **Samantha:** So that makes sense.

[00:12:26] **Micaela Sharp:** Yeah. And I always had to kind of downplay that a lot as well because when you live with somebody.

[00:12:33] **Micaela Sharp:** Even if you are the interior designer of the two, it has to make allowances for the other person's style. So, and our styles are not the same. I'm quite traditional. I love pattern and color. And my ex is like a lot more minimal Scandi, which is not my vibe really. So now he's got to go off and build a new home.

[00:12:51] **Micaela Sharp:** That's perfectly his style and I get to kind of. geek out all of the bits that before I had to kind of mute. So yeah, but it's [00:13:00] great. Now my friends come over, they're like, oh my God, it's such a nice vibe in here and I'm like yess, its all me.

[00:13:04] **Samantha:** Well, I definitely, I've been really excited to talk to you about getting divorced as an interior designer because when I got divorced,

[00:13:14] **Samantha:** and still now, like I'm in the house that we were in together, but he only lived here for like seven months or something and I've completely restyled it and made it my own and made it really colorful and painted the kitchen pink and all of those things. And I'm still going and I'm like thinking, well, I could get an extension and I'm like creating it into my own space.

[00:13:38] **Samantha:** And I feel like as an interior designer, That must've been ramped up to the max.

[00:13:45] **Samantha:** Yeah, it

[00:13:45] **Micaela Sharp:** was. But also I think, so my ex and I had been in our flat for so well, six years now, but when I started filming for interior design masters, there's a half day filming in your house. So I went nuts then and I was like, oh my God, I have [00:14:00] to redecorate everything.

[00:14:01] **Micaela Sharp:** You know? Every wall was painted. All that every piece of upholstery was redone and the flat totally changed. And in that time, he kind of gave me free rein and was like, well, they're coming to film you. It's about your style. So, you know, if you want to change stuff, if you want to be more colorful and add more pattern, feel free, but he didn't like it.

[00:14:19] **Micaela Sharp:** And he wasn't really supportive. He would never say, yeah, that looks great. He'd be like, oh, I don't really like. You know, and it was like in the back of my mind. Okay. After filming, we're probably going to have to change it again or put some stuff back the way it was or whatever. Like he, and he didn't help me do any of it.

[00:14:34] **Micaela Sharp:** You know, he'd just watched me paint the room or like be in the other room while I was doing stuff. Like there was, it was just, if you want to do it, you do it. So yeah, after the filming and after he'd left, I was like, oh, actually I can. I can still push forward. You know, I don't have to stop. I don't know how to reign it in.

[00:14:50] **Micaela Sharp:** And yeah, I did start to do to do more, but now I have to move again, but that is kind of sad because you know, this is my home [00:15:00] and I don't have a family home anymore. Um, but it's also very exciting to think I can start a fresh somewhere else and I can totally imagine it how I want it to be from the get-go.

[00:15:10] **Micaela Sharp:** And I think it's hard cause I've lived in this flat for six years and I've had so many ideas that kind of got poo-pooed. It's hard to know what I want to do anymore, but when I move, I'm very excited to just have a blank canvas and do all of the things I've dreamed up.

[00:15:25] **Samantha:** I love that

[00:15:26] **Micaela Sharp:** my Pinterest boards are like infinite.

[00:15:28] **Samantha:** Well, I love following you on Instagram because you share little kind of cool interior kind of furnishings or whatever that you've found. And I'm just thinking if anyone's listening and they're in that place where

they've just moved into a new flat on their own, or they're still in the house, but their ex has moved out and they want to make it their own.

[00:15:48] **Samantha:** Do you think, are there any sort of like little tips of like quick or cheap things that you can do to kind of transform a space quite quickly?

[00:15:58] **Micaela Sharp:** I love artwork and I think [00:16:00] it can really transform a space and not necessarily just the artwork itself, but how you, how you Mount it, how you frame it. Um, so even if you can't really, if you're in somewhere rented or whatever, and you can't paint the walls and you don't want to.

[00:16:13] **Micaela Sharp:** Put the wallpaper you want up because he asked to leave it there. When you move, I would say, just invest in good pieces of art and you can find some really amazing independent artists who have really affordable original pieces. And I would always encourage people to try and do that rather than find prints because an original piece just has that kind of texture, that a print doesn't always give you.

[00:16:35] **Micaela Sharp:** You know, in a pastel or acrylic or whatever it is, and maybe have a colorful frame or a colorful mounts. And then that can really bring a lot of like life and joy into a space.

[00:16:45] **Samantha:** I love that, that's so practical or I guess you could like frame your life. If your kids have made some art or even make your own art, like just like, fuck him, written on a piece of paper, then [00:17:00] frame it.

[00:17:00] **Samantha:** You know, when for when you're going through, I went through an angry stage.. And I feel like that would have made me really happy during my angry stage.

[00:17:08] **Micaela Sharp:** Yeah, and it's something fun to look back at. Isn't it when you're like, not in your angry face anymore, but you framed that piece of art on the wall. That's just like you paint at the canvas and writing obscene words in it.

[00:17:20] **Micaela Sharp:** Like, yeah. That's how I felt that day. Now. It kind of brings me a bit of joy.

[00:17:23] **Samantha:** So what have you discovered, do you think from living alone. I got a hanging chair hammock for the garden. And it is like literally my

new alone time. And I just sit in the garden, like with a cup of tea and just like stare at stuff and swaying and it makes me ridiculously happy, um, so that's some joy that I've got recently from living alone.

[00:17:49] **Micaela Sharp:** And do you know, what's interesting about you saying that? I think. For me, the difference in having time on your own, when someone else is around, it needs to feel more pup. It needed to [00:18:00] feel to me more purposeful. So I wouldn't necessarily have gone and sat in a, in a chair with a cup of tea and just swung for half an hour.

[00:18:07] **Micaela Sharp:** I would have felt like I needed to say, I'm reading a book, I'm reading a magazine, or, you know, I'm texting somebody or like, you need to feel like you're doing something otherwise your partner's a bit like, what are they doing over there? That's how I felt. Um, whereas now I just really find that. Joy and just not really doing anything, just being at home, like pottering around and just sitting and looking out the window or being in the garden or just watching my dog for a little bit.

[00:18:31] **Micaela Sharp:** Like, it has been really different. It's been fun.

[00:18:33] **Samantha:** I love that.

[00:18:34] **Micaela Sharp:** Not all the time.

[00:18:35] **Samantha:** No.

[00:18:37] **Micaela Sharp:** But most of the time

[00:18:38] **Samantha:** talking about it, not being fun all the time. I always ask people if they remember like their lowest moment and you're only seven months in, so you might have some more, I had a really low moment, like a year and a half in maybe two.

[00:18:56] **Samantha:** So look forward to that, but so far, [00:19:00] so far, do you remember like a

[00:19:03] **Samantha:** difficult time?

[00:19:04] **Micaela Sharp:** Yeah, I do. There was a moment a day, a half day when, um, I think I was about a month in to finding out and him, he moved out, you know, the next morning and I found out more details.. And by that point, I

thought I knew everything and I found out really what I considered quite disgusting details.

[00:19:26] **Micaela Sharp:** I didn't really want to know, but they came to me and I thought, ah, I can't believe a month in I'm still finding things. And he's had, in that time, we were still talking not all the time, but he had plenty of opportunities to tell me anything that I still needed to know. And he didn't take that opportunity.

[00:19:44] **Micaela Sharp:** And I just remember smashing this glass. I was drinking a glass of water, smashing it across the floor of my flat and yeah. Had that like real angry, want to break something moment yet? And I smashed this glass and then my dog sat up from her bed and looked at me and I [00:20:00] burst into tears because I realized I immediately had to clean up the glass because of my poor dog.

[00:20:04] **Micaela Sharp:** So I went and picked her up, put her in the other room, shut the door, and then immediately swept up the floor hoovered, you know, and I thought, how, how shit that I can't even smash a glass. Like revel in it for a sec. I have to be like, oh no, it has to do the responsible thing. And that annoyed me as well.

[00:20:19] **Micaela Sharp:** Cause I thought he doesn't have to do that, but he can, you know, I'm the one who kept the dog and I'm the one that has the responsibility of having to work because I'm self employed and all these things just like really got to me. And I was like, ah, I smashed the glass and then swept the floor immediately after and then felt so sad about my life for the rest of the day.

[00:20:40] **Micaela Sharp:** That was quite low.

[00:20:41] **Samantha:** I had a similar moment recently. So I am now. I can never remember how long ago it was. I'm so bad with dates, but I think we've been broken up for three years and we've been officially divorced for maybe nearly a year. [00:21:00] I had a moment where, when it was really hot recently we had a heat wave.

[00:21:06] **Samantha:** I had maggots in my bin. I feel like I need to do, like, a warning before I say the word maggots. I had maggots in my bin, and I didn't know

[00:21:16] **Micaela Sharp:** your outdoor bin or your indoor bin?

[00:21:18] **Samantha:** My indoor bin.

[00:21:21] **Micaela Sharp:** Oh no!

[00:21:22] **Samantha:** I know it hadn't even been in there for that long. I think it's the cat food. And then if a fly gets in the cat food anyway, and then I put it in the bin.

[00:21:31] **Samantha:** So I didn't know that there were maggots in the bed. And I opened it and I was like, oh, it's a bit stinky. I'm gonna take out. So I lit, this is honestly one of the worst things I know we're talking about divorce. And actually there are worse things that happened to me, sadness wise, but this is one of the like physically worst things that's ever happened to me.

[00:21:49] **Micaela Sharp:** It Stands out.

[00:21:50] **Samantha:** I took the bin, I lifted the binliner out of the bin and something fell on my foot, my bare foot. And I was like, oh, what's [00:22:00] that look down? A maggot. Had come out of the bin and fallen on my foot and in that moment, and I haven't missed my ex for a long time. And that moment I missed him because I was like, I want someone else to do this now.

[00:22:18] **Samantha:** Like I want to, obviously I had a massive freak out, drop the bin, ran around the house, going aahhhh, on my own. And my dog was like oh, what are you doing? And in that moment, I just really missed my ex because if there was one thing, he was good to, it was like practical like, take the bin out and pick up a maggot stuff.

[00:22:40] **Samantha:** And the bins out. Honestly,

[00:22:44] **Micaela Sharp:** so many people will be able to relate to that. If there was one thing, he was good at, it was taking the bins out.

[00:22:50] **Samantha:** But it was, but it was also like I had that moment of like, no, and then I was like, I'm on my own. Now I have to be. Cause I know it sounds silly, but it was like a real, [00:23:00] I feel like I thought in the first year of getting divorced, that all the kind of big moments happen then, and even now I'm like, I had a real moment of life.

[00:23:10] **Samantha:** I live on my own. No one else is going to take this, bin out and deal with the maggots. I have to do it.

[00:23:19] **Micaela Sharp:** Yeah. And it has to be done. Now. It's not even one of those things where you can be like, oh, I'll come back to it. It's like, oh God, it's only me. And I have to do it right now.

[00:23:27] **Samantha:** Yeah. It was a real, like, sad, but also like when I dealt with the maggots, I felt so

[00:23:34] **Samantha:** proud of myself.

[00:23:36] **Micaela Sharp:** I don't need no man.

[00:23:38] **Samantha:** It's the ad break. So it's a perfect time to remind you to hit subscribe, to be notified about more episodes. You can also leave us a lovely review because honestly it makes a difference to the chart positions. And one time I was in the charts next to Michelle Obama. And I was really thrilled about it.

[00:23:58] **Samantha:** So it'd be nice to do that [00:24:00] again. You can also join in the conversation on social media. We're on Twitter and Instagram at divorce pod. We have a website that divorce social.com and you can also join us for our like nineties style divorced chat room experience over on Patreon. So just go to patreon.com forward slash Samantha Baines, B a I N E S. And it starts at two pounds. And we all have lovely and awful and amazing chats. See you there.

[00:24:31] **Samantha:** I'm really interested in interior design masters, because it sounds like that was happening at peak breakup time.

[00:24:41] **Micaela Sharp:** It was really difficult when I was filming the show. I still didn't know what had happened. So he had already cheated on me that by that time, but we were in that period of like low, but I couldn't understand why.

[00:24:54] **Micaela Sharp:** So every time I had to leave, I was like really, really worried about him. But also when you have an [00:25:00] experience like that, it's rare in life that you get to directly compare your. Your situation with nine other people. And so every week I would turn up and they would say, oh, my husband helped me pack the van.

[00:25:13] **Micaela Sharp:** And he drove to Ikea to get this for me. And then my kids all wrote me these notes, and my mum wrote me these beautiful cards. And someone says, just text me and said, you know, good luck and stuff. And I

would think, oh my God, my husband, just doesn't give a fuck. You know, and I would sit there and I think something's not right.

[00:25:32] **Micaela Sharp:** Like he didn't want to help me load the van. He moaned about the boxes being by the door and that he's not interested at all in this, that he's just completely non-fussed, you know, and they would be like, oh, what about your partner? But like, yeah, he's really excited for me, you know? And I just thought, wow, I've not really ever had the chances.

[00:25:52] **Micaela Sharp:** to directly compare this before. I just was so used to. That, that I thought nothing of it. I just thought that's how he is. That's what our relationship is [00:26:00] like. So yeah, I don't know doing that show actually. Gave me a lot of the strength I needed when I did find out. To look back at times like that and think, oh, that's why, you know, there was a real clear, so many examples of the lack of interest on his part.

[00:26:18] **Micaela Sharp:** Yeah. I don't know. And then when the show was airing on TV, that was meant, it was meant to be, you know, all of my hard work, all of those four months of. Slog and, you know, just backbreaking work had come to the crescendo and it was about to be my fun time to sit down every weekend and watch this, this massive journey that I'd been on.

[00:26:41] **Micaela Sharp:** And then that's when I found out that he'd, um, been unfaithful. So I had thousands of messages every week from. Like pretty much everyone I'd ever met in my life, you know, watching BBC two and saying, oh my God, we're so proud of you. Like we're. So we've seen you on BBC two, you're doing really well. We're backing you to win.

[00:26:59] **Micaela Sharp:** And [00:27:00] my mom saw you and she wanted me to say hi, and auntie, auntie Doreen sends her love and you know, all of this stuff and having to reply to everyone and be like, thanks so much. But actually just being like desperately sad. Um, and I didn't tell people for quite a while. So I was on my own for a few weeks in the flat, without.

[00:27:16] **Micaela Sharp:** With only like two or three people knowing what had happened. So, yeah, it was a really difficult, difficult time. And that obviously there was so many months between filming and airing and I had this big hope of what that time was going to be like, you know, locked down with starting to ease. Um, I was starting to get booked for jobs and, and other TV opportunities and things.

[00:27:38] **Micaela Sharp:** And I suddenly then it was just like in this complete chaotic, emotional. I don't know, tornado and I just thought, oh, this is not what I thought, this isn't how it's meant to be, it was meant to be so fun. And it just wasn't. And I think also because of the timings, I have a few things lined up that were booked [00:28:00] in.

[00:28:01] **Micaela Sharp:** You can't cancel when you're, when you're not like super, super famous. So I had to just do the jobs and now I look back at the clips of those jobs and I can see like a sadness in my eyes, but I just had to muscle through and be like, okay, so I'm doing an upholstery tutorial today and I'm doing this thing and I'm doing a segment on this show and it was just like, oh my God.

[00:28:23] **Micaela Sharp:** I am I, am I going to burst into tears, live on TV or, you know, in this recording. Um, but luckily I managed to get through it all and that did make me realize, okay, I can just keep kind of forging my way and just keep pushing forward. But it was a very topsy-turvy time, everybody around me telling me this is the best time ever.

[00:28:43] **Micaela Sharp:** We're so proud of you, you know, this is going to do amazing, amazing things. And then actually feeling like. Just a pile of shit.

[00:28:52] **Samantha:** I can really relate because I was working on magic mike live. When I was getting divorced.

[00:28:58] **Micaela Sharp:** I love your stories, when [00:29:00] you were working on that. I wish I was doing that instead of Design Masters.

[00:29:05] **Samantha:** That's what everyone says, but you're like, oh, it's a similar to you. You know, you're getting lots of messages from people like, oh my God, how cool you're working with Channing Tatum? And like you're living your dream life. And then inside, you're like, well, yeah, it's cool. But. I'm really sad about getting divorced and like having to take over the mortgage and fill out loads of paperwork and meet with a solicitor.

[00:29:28] **Samantha:** And you know, like you on the tele, you looked amazing. And everyone was like, well done. And you know, in the show and on Instagram I looked amazing and everyone was like, oh cool. And it is. I, I really struggled. I think with, I felt like I was lying to people.

[00:29:44] **Micaela Sharp:** I felt exactly the same thing.

[00:29:45] **Samantha:** Cause I felt like this is not real life.

[00:29:48] **Samantha:** Yeah. But then you're like, well, you don't want to kill their bug. Cause they're really pleased for you and excited and you don't want to be like, I'm actually having a terrible time in my private life. But, [00:30:00] but I felt like I was being so fake for ages.

[00:30:04] **Micaela Sharp:** I can relate to that. So, so much that I'm like. I'd never had to really think so much about social media before.

[00:30:13] **Micaela Sharp:** And then because of the show, it was like, this is the time to, you know, build your following and build your community and really talk to the people who have watched the show and, and want to chat to you and want to find out what it was like. So I knew that was a time I had to capitalize on, but I just had no interest, you know, I was like, this is the hardest thing in the world to be posting pictures, being like, this is the best week ever. Like I'm so happy this episode went out. And actually, I was just like in bed, in my pajamas crying, you know? And I was like, sending out these posts and then having hundreds of comments, like, oh, we love this one.

[00:30:48] **Micaela Sharp:** And you're like, oh, You know, just like so devoid of any happiness, but having to like pick yourself up to reply to people and send posts out. That was really, really hard. [00:31:00] And I felt like I was lying. Although of course, social media is one big chirade. Um, it's not really real life at all. But we all kind of lose sight of that quite quickly, I think.

[00:31:10] **Micaela Sharp:** And so I have actually shared on social media a few times on this post about the fact that actually, yes, I am getting divorced and that did happen when the show was airing. And you know, it's not all ups, there are some downs in my life and in everybody's life. And I think for me, it's really important to share that because I don't want to ever be.

[00:31:31] **Micaela Sharp:** One of the reasons why someone might look at social media and be like, oh, everyone else is having such a great time. You know, I know that feeling myself and it's horrible. So I'm very keen to kind of be honest and say, there are some great times, but theres also some shit times. And this is also a safe space to talk about the shit times if you want to.

[00:31:49] **Micaela Sharp:** And when I did share the first post about getting divorced, so many amazing, mainly women. Got in touch to say, thank you for sharing that I'm going through something similar. I still haven't told my friends, or [00:32:00] I still haven't told my family, or I don't know how to tell my kids

or, you know, and even actually it transpired that I did know a few people who were getting divorced and I was like, wow, okay.

[00:32:11] **Micaela Sharp:** Maybe not like core friends, but like people that reached out to me on Instagram. I've seen that you shared this, like let's have a coffee. And that was really special and made me realize actually social media can be a really great place. If, if you want to put it out there, if you want to be honest, most people are really lovely and receptive to it on Instagram, not on other platforms, it's not for sharing everywhere, but yeah

[00:32:37] **Samantha:** I wanted to ask you about breaking your divorce to people. Cause obviously we're talking about sharing on social media. And in some ways I think I found it easier. Like we said earlier, telling a stranger or sharing on social media, because I don't know. I feel like maybe it was because I was more in control of that message. I guess [00:33:00] when you tell a friend they know you and you care what their reaction is and it's not that I don't care what strangers reaction is, on instagram, you know, person's reaction is, but there's that different level with a friend. So how did you find kind of find it breaking it to the people around you?

[00:33:20] **Micaela Sharp:** It's hard, isn't it? When you tell people that know you and know your ex they have context.

[00:33:25] **Micaela Sharp:** So when you say I'm getting divorced, they instantly think God what's happened. You know, other people kind of, they put their own assumptions on it. So when I said online, I'm getting divorced, lots of people thought it was a lot more amicable than actually it was because I didn't say it one way or the other, why we were getting divorced.

[00:33:45] **Micaela Sharp:** Whereas friends, they know me, they came to my wedding, you know, they, they know that wasn't the aim just to be married for a few years and then go, okay, I'm out onto the next thing. So it was hard actually. That was not an enjoyable experience having to [00:34:00] tell everybody, you know, that you feel like you failed at something.

[00:34:04] **Micaela Sharp:** I don't know. It was really difficult, but yeah. I think it would have been harder if I'd had to tell my parents, but my parents aren't around, so I didn't have to do that, but I did have to talk to his family. And that was, that was hard.

[00:34:17] **Samantha:** You know, you mentioned your parents aren't around or has that been difficult for you at a hard time?

[00:34:23] **Samantha:** Because I know, so my dad died just before my wedding and that was a really hard part of, of my, well, I cried when I put my wedding dress on because aw my dads not here. On the morning of the wedding, which is not really how you want to start it. But when we broke up, my mum was like, like, thank God for my mom, basically.

[00:34:45] **Samantha:** And my sister. And obviously it sounds like you have a close group of friends, but how was it not having your parents there or, or is it something that you're kind of used to?

[00:34:55] **Micaela Sharp:** I think at the beginning, I, it is something I'm used to, so I [00:35:00] was brought up by my grandparents and my Nan died. Um, Eight years ago and nine years ago.

[00:35:07] **Micaela Sharp:** And my granddad died three years after that. So when we got married, actually, they weren't there for that. And that was really difficult for me. And I started my business and things and they weren't around. So there have been lots of big milestones in my life that they sadly, they haven't been here for, but at the beginning of knowing I was getting divorced, it felt like just another thing that I was doing on my own, but.

[00:35:31] **Micaela Sharp:** It wasn't lost on me, that my ex got to go back home and stay with his parents for however long for a month and have his laundry done and chat to his mom and have hugs. You know, I was in the flat on my own, like that was not lost on me. Um, but yeah, I don't know. I think since it has felt a lot more weighted.

[00:35:54] **Micaela Sharp:** Now that I'm, um, I don't know. I have a really great therapist that I speak to, but [00:36:00] definitely the divorce has brought up a lot of other emotions.

[00:36:03] **Samantha:** Yeah, of course.

[00:36:05] **Micaela Sharp:** Around my grief and around losing both parents. It's really, it's really hard. Obviously. There are days when all I want to do is go home and have a cup of tea with my nan.

[00:36:15] **Samantha:** I can totally relate to that with my dad. I'm like, cause with me, like my mum is sort of quite straightforward and practical and my dad is like, Sort of more on a wave length with me. So there are days when I'm like, oh, if I spoke to my dad about this, he'd just say like exactly the right thing. Or like make me laugh or and, and yeah, you definitely, especially when you go

through any hard time, you miss those people that have been there for you in the past.

[00:36:46] **Micaela Sharp:** Totally, the people that were there before, you know, they knew before, and they'll know you after I think as well for me, it's like my ex was the last person that they met, you know? So it, [00:37:00] I loved the fact that we got married and I thought, well, they got to meet him. So, but I will never have that again now.

[00:37:05] **Micaela Sharp:** So anyone I get within the future won't have met my parents and that's like, A real sad thing, I think, because they'll have no context, really. You know, like I get to say what I think I was like as a kid and pictures or whatever, but like, there's a difference isn't there when you're talking to someone's family and they go, oh, she was like this and she used to love this and they tell funny little stories and you go and you see the family home and you think, oh yeah, I kind of get this person now.

[00:37:33] **Micaela Sharp:** Everything makes sense. But yeah, I feel like I've, I've lost that, which is a bit of a shame, but. It is what it is, I guess.

[00:37:41] **Samantha:** I can totally relate to that. I think I really struggled at the beginning of the divorce experience, um, because my dad had met my ex and it was like, I'd got his approval, so my dad's stamp of approval.

[00:37:59] **Samantha:** Um, [00:38:00] and then anyone I meet in the future, isn't going to get that. And my dad was so important to me. But interestingly now kind of a few years on, I think my dad would have approved anyone I liked. So, you know, like anyone who I think is right for me, If my dad was still here, he'd have gone. Yeah. Great.

[00:38:26] **Samantha:** I'll give you my stamp of approval. That kind of makes me happy now because I think he's still sort of going to approve whoever it is, kind of through me.

[00:38:37] **Micaela Sharp:** Totally, totally yeah. I agree. I think my grandparents were the same. Like I never really brought a boyfriend home that they were like, eh, no, you know, they were like, so yeah, but you know, I don't know.

[00:38:52] **Micaela Sharp:** I think that has been the thing that I've had to wrestle with the most. And that's actually probably what I talked to my therapist about more than the divorce [00:39:00] itself is, is the feelings of. Of loneliness

around not having family there. The next major life events have happened to me would have brought all of this up.

[00:39:10] **Micaela Sharp:** It just happens that the next major event was also one in losing somebody else. But yeah, I think that has been for me the hardest thing. And that's what I spend more of my time thinking about and exploring than the hows or whys of the divorce itself because ultimately I've kind of accepted that I could never have changed the outcome of my marriage.

[00:39:34] **Micaela Sharp:** You know, he had to make different choices and that's not on me. And I kind of knew that straight away, as soon as I found out, I felt like this narrative doesn't have me in it. You know, he spent so long after I found out about his choices, talking about how he felt and what led him to do it. And, you know, what's next for him and how sad he felt about it.

[00:39:57] **Micaela Sharp:** But like, I wasn't really, it didn't seem to [00:40:00] include me. You know, it was like, okay, you've lived your life and you've made your choices. They have a massive impact on me, but I'm not hearing about any of that. Um, so I kind of knew, okay. But I couldn't have changed that it was always going to be the way that it was.

[00:40:15] **Micaela Sharp:** But yeah, now I'm what I'm left with is like the stuff that maybe I didn't. Dealt with enough at the beginning of like, you know, these feelings of loneliness or solitude, which I'm fine with a lot of the time, but sometimes I'm not, and that's what I need to get good at.

[00:40:33] **Samantha:** Yeah. I think we can all relate to that, but now kind of looking forward from all of that, you know, you are doing.

[00:40:41] **Samantha:** You know, obviously that's all still continuing, but you're doing, you know, more telly now, your career's kicking off your, you know, living on your own. Um, is there a moment that's happened recently where you thought I'm going to be [00:41:00] okay. The future is bright.

[00:41:02] **Micaela Sharp:** I think I'm lucky in that. I genuinely think that most days, not all day long, but like at some point in the day, I will think.

[00:41:11] **Micaela Sharp:** Overall, this is better, you know, I get to be, I get to live in a world full of truth now, which I wasn't living before. And I didn't, and that wasn't my choice. So I don't know. Now everything just feels more hopeful on most fronts, everything else in my life is going really well and I am dating and that has been really fun actually.

[00:41:32] **Micaela Sharp:** And I started dating not quickly, but. No, I've only been, uh, this is all happened kind of seven months ago, but I was quite fixed that I didn't want to leave it too long and start to like resent people. I didn't want to harden and be like, I hate everyone. I just want to be on my own. So I thought, okay.

[00:41:53] **Micaela Sharp:** just get out there a little bit. And actually the experiences that I had were really positive and I realize people are [00:42:00] actually really nice and, and it's nice to be wanted again and have people think you're hot and desirable and interesting. And I hadn't had that for so, so long, you know? As I said, going filming the show, most partners would be like, oh my God, this is amazing.

[00:42:18] **Micaela Sharp:** And he was just completely unfazed. So now people are like, oh, I watched you on that show. And I'm like, did you, how embarrassing? But then I thought you were great. And I'm like, that is more than my ex would have said. So no, it's been really nice and really positive. And I think, yeah, everything is hopeful now.

[00:42:36] **Micaela Sharp:** You know, what I have lost is what I have lost, but what I have gained is a wealth of opportunities and possibilities, and it's been really fun and it's not at all what I thought this year was going to be, but there are so many positives and yeah, I'm really excited for what comes next. Really, really excited.

[00:42:56] **Samantha:** Well, me too, we should go on a singles night out

[00:42:59] **Micaela Sharp:** a [00:43:00] hundred percent. Oh my God. What's your cocktail of choice?

[00:43:02] **Samantha:** Well, I like this isn't a cocktail, but I like Malibu. Which I know is like the drink you drink when you try alcohol for the first time when you're like 16, but I just love it. And, uh, if there's one thing that being open about my divorce has taught me is that I can love what I love.

[00:43:22] **Samantha:** And I love Malibu, my cocktail of choice. It a Malibu and Coke, please

[00:43:28] **Micaela Sharp:** Lets do it. Malibu and Coke night out. Count me in. I was going to say margarita is, but I actually think Malibu is like a lot more fun.

[00:43:36] **Samantha:** It's just, it just tastes so like yummy. I'm like, it's not even.

[00:43:41] **Micaela Sharp:** Being 16 again.

[00:43:42] **Samantha:** I do get flashbacks. Um, my dad actually used to buy me a bottle of Malibu, like when I was going to parties.

[00:43:50] **Micaela Sharp:** I love it.

[00:43:50] **Samantha:** Thank you so much. It's been amazing.

[00:43:53] **Micaela Sharp:** Oh, it's been so fun. Thank you honestly. It's so cathartic to say stuff out loud. Isn't it. And to hear other [00:44:00] people talking about similar kind of experiences, I've loved listening to your podcast. So it's a real honor to be here and chatting to you.

[00:44:07] **Samantha:** It's an honor to have you.

[00:44:08] **Samantha:** Thank you so much.