

# TDS S6 EP5

[00:00:00] **INTRO:** AURRA....

[00:00:06] **Samantha Baines:** I am joined by Gilly Da Silva, mending hearts, founder. Welcome to the divorce social.

[00:00:12] **Gilly Da Silva:** Lovely to be here anyway.

[00:00:14] **Samantha Baines:** Well, you're very welcome. Um, you are divorced. How do you feel when I say that to you?

[00:00:21] **Gilly Da Silva:** I feel great,

[00:00:22] **Gilly Da Silva:** actually. Yeah, it's been a bit, bit of a process. Um, very stressful. And yeah, my divorce was finalized back in November last year.

[00:00:31] **Gilly Da Silva:** So yeah, I feel very happy, very free and very

[00:00:35] **Gilly Da Silva:** relieved.

[00:00:36] **Samantha Baines:** Amazing. I think our divorces were finalized at a similar time. Look at us. Living the freedom life.

[00:00:41] **Gilly Da Silva:** I haven't managed to celebrate it yet, but you know, it does take a while doesn't it. , it's come through and then all that time, you think why, you know, Plan my divorce party, but then, you know, we went straight into lockdown and um no, I didn't manage to have a [00:01:00] party, but maybe I will do sooner.

[00:01:02] **Samantha Baines:** I was going to say, how did you celebrate?

[00:01:04] **Samantha Baines:** Because we've had some people on the podcast who love the idea of a divorce party and other people who are like, oh, I don't know if it's something you should celebrate, but you are, you planning the divorce party?

[00:01:15] **Gilly Da Silva:** When my divorce came through. I took a trip to Madeira with my new boyfriend. And it's funny because my case was picked up by accident by somebody else.

[00:01:26] **Gilly Da Silva:** Cause it's similar to theirs and I was a bit stressed over that. And then we just decided, oh, we'll have to come back to the airport the following day and pick it up. But as we were getting into the hired car, an email came through from my lawyer saying that I was finally divorced. So. That was, that was quite nice.

[00:01:43] **Gilly Da Silva:** That was a, it was a nice relief. And, um, we just went and had a really lovely, long lunch and lots of gin and tonics and wine. Yeah, I did. I did celebrate and it was with my new love, so that was really  
[00:02:00] nice

[00:02:00] **Samantha Baines:** In Madeira as well. That's great place to celebrate.

[00:02:03] **Gilly Da Silva:** I know. Yeah. I said, yeah, I saw I got to celebrate. Yeah.

[00:02:08] **Samantha Baines:** But at the time you weren't sure if you were going to get your suitcase back and if you had any pants for the rest of the holiday.

[00:02:13] **Gilly Da Silva:** Oh, it was a nightmare, you know, when you just like the stress of it all. Thoughts on your outfit, , especially when you're, you know, you get, you, you have a new boyfriend, you know, you buy all nice lines, you have a nice dresses and stuff, and that's all that was going through my mind. You know, what if I don't get my case back, all that money I've spent on all those clothes.

[00:02:31] **Gilly Da Silva:** But yeah. I mean, that, that was just like the least of my worries, you know, but you know, soon as soon as my divorce came through, I was like, yeah, yeah. Right. Thank goodness. And it was such a relief cause it's, it's, it's, it's quite traumatic. You know, I know people that are just going through it now and I just really feel for them.

[00:02:48] **Gilly Da Silva:** I really do. It's a painful process, but you know, there's, there's some good at the end of it, you know, as long as you can get through it, which we all do, you know, it's, it's a nice feeling once, [00:03:00] once it's over

[00:03:01] **Samantha Baines:** important question, before we go onto the full story of your divorce, did you get your fancy lingerie back or did you -

[00:03:09] **Gilly Da Silva:** yeah, I did. I got the case back the following day.

[00:03:12] **Samantha Baines:** Yeah. And did you make the most of the fancy lingerie?

[00:03:20] **Gilly Da Silva:** Absolutely. I'm a new woman now, you know?

[00:03:23] **Samantha Baines:** Well, I just need you to clear that up, cause I'm sure everyone was wondering before we kick into full divorce mode. So do you want to take us back to, um, your breakup and where you were, how long ago that was, how it came about? If you want to delve into that.

[00:03:40] **Gilly Da Silva:** So, um, it all started falling apart in 2017, my husband was working with a singer and he's working on this new project and he was spending a lot of time with her.

[00:03:54] **Gilly Da Silva:** And I thought it was a bit unusual because normally. You know, he spends time as thing as it's quite normal [00:04:00] for him to spend time with things. But, um, he would kind of involve me cause I used to be his manager as well. So, you know, they'd go for like after studio drinks, I'd always be, be invited. But with this particular person, I didn't get the invites.

[00:04:15] **Gilly Da Silva:** Um, and there was a time that he was working solidly for like 14 days. And I was just getting a bit suspicious because normally he would always call in, you know, say, oh, you know, what do you need anything picking up from the supermarket? You know, that, that kind of general, um, chat that you have with your partners.

[00:04:32] **Gilly Da Silva:** So for the Fortnite, this, this wasn't happening. And I was getting a bit worried, a bit suspicious, like, oh, you know, you spend a little bit more, a little bit too much time with this person. And he would just shrug it off. He'd be like, you know, making fun of me, like tickle me, say, oh, you're just a little bit jealous.

[00:04:47] **Gilly Da Silva:** And I'm like, no, I'm actually a bit concerned. Really. You know, I just want you to be at home a bit more, you know, spend a bit more time with us. So anyway, that carried on and, um, my suspicious just started [00:05:00] growing. He's he wasn't coming home till like 3:00 AM in the morning. He's not a massive drinker. And then I'd be like, you know, I'd bring it up again.

[00:05:08] **Gilly Da Silva:** And then I said, you know, please come home. You know, after the studio, at least. And he wouldn't, he just carried on, carried on, carried on. So. I decided to look into her Instagram account as you do. And I was just started finding all these like, events that they were going to now, my husband, every time he goes somewhere or does something, he always checks in with me , always did..

[00:05:31] **Gilly Da Silva:** He was flying off to Hong Kong. He's flying off to Bangkok, Thailand. He was going to concert. Yeah. And he wasn't. So, you know, normally he was saying, oh, I'm going to work with this person. I'm going, I, you know, I'm having to fly to Hong Kong or wherever it is, I'm going to work with this person anyway, that wasn't happening.

[00:05:46] **Gilly Da Silva:** And my, my suspicions just grew and grew and grew. And that's when the gaslighting came in, you know, I was then being paranoid. You know, I'm being paranoid. I'm going crazy. Um, we [00:06:00] started saying the same things to, to the kids saying, or your mom's going crazy. You know, my friends were convinced by him. You know, my kids were convinced by him.

[00:06:08] **Gilly Da Silva:** I just knew that this was not my husband. And I knew that there was something wrong and I was very upset and hurt about this change in him, I guess it's what they call the midlife crisis he was going through. So as all this was happening, I was flying back and forwards to Lisbon because I wanted to buy a second family home.

[00:06:28] **Gilly Da Silva:** And now I look back and I, I understand why he was never interested in buying the second home. He didn't come to none of the viewings with me, and then my friend would fly over from ibiza to come with me. . And, you know, you want a second opinion before you make a big purchase. Right? I didn't have that support from him at all.

[00:06:44] **Gilly Da Silva:** So this carried on and on and on and on and on. And, um, gosh, I think about 10 months in total and in one morning I just woke up and I just thought, you know what? I can't do this anymore. Something's not right, I can't, I don't have proof, but I know [00:07:00] something's not right, and I cannot be at home crying every night, crying in the morning and being suspicious with

[00:07:06] **Gilly Da Silva:** what he's doing. I started going through his statements and like, you know, all these papers, I've never done that. And I don't want to be that sort of person to do that. The evidence was in front of me, you

know? And so I just woke up one morning and I thought like, you know what, I can't do this anymore. I really can't.

[00:07:23] **Gilly Da Silva:** And I was just so upset. I just cried nonstop all day. I was grieving for my husband and I knew that I had to get him out of the house. You know, we argued a little bit, eventually he decided to leave. And that was it. And so from there on, I was, you know, it, it, I was crying every day. You know, I was really hurt, I couldn't see a way out of this darkness that I was in.

[00:07:49] **Gilly Da Silva:** I can't explain it. And you know, it was, it was darkness. I just wanted the pain to go away and I just thought, well, I've got, I've got a few choices here, you know, stay at home and feel [00:08:00] sorry for myself and then, you know, grow bitter towards him and, you know, bitter towards men in general, or I get up and do something about this and do something for myself and make myself feel better.

[00:08:11] **Gilly Da Silva:** So that's what I did. I thought my, you know, for all these years, So much time into my family. My kids, him, I put them first and I've never spent much time on myself. Um, so I decided to be really selfish and really reckless. So, um, I then, you know, decided to go on big shopping sprees. I went to Selfridges, I bought some sexy, you know, shopping in Agent Provocateur, you know, spending like hundreds of pounds.

[00:08:40] **Gilly Da Silva:** on sexy lingerie

[00:08:42] **Samantha Baines:** its interesting. Cause I think I had a similar thing of, I got a bit reckless after my divorce, so I was really interested to talk to you about this. Why do you think shopping was your go-to and what feeling, cause I am a bit of a shopaholic also, so what [00:09:00] feeling does it

[00:09:01] **Samantha Baines:** give you?

[00:09:01] **Gilly Da Silva:** It gave me freedom.

[00:09:03] **Gilly Da Silva:** I could spend whatever I wanted. I wanted to feel sexy. You know, he was having this affair with this young 30 year old, you know, there's me like in my mid forties, you know, I just wanted to feel good about myself. I didn't want to feel like a, a wife or a mother. So, you know, for me, it was about feeling, being, feeling good about myself.

[00:09:22] **Gilly Da Silva:** Like, you know, the shopping spree, you know, spending a fortune on designer clothes. And then it tipped into that, you know, I

was going out every night. Obviously I needed to go home. I needed to wear all this stuff. I was going out on that. And then it was like, oh, Got two holidays. You know, I haven't seen my friends in Ibiza.

[00:09:42] **Gilly Da Silva:** I haven't seen a friend in New York or I haven't seen my friends- so I want to, I've got friends all over the world and I wanted to go travel all over the world and, and see my friends. And then I wanted to go to Mykonos. I've never been to Mykonos. So I spend like eight, 10 grand on a holiday to Mykonos for five days or something.

[00:09:59] **Gilly Da Silva:** Yeah, [00:10:00] it was fun; , I ate a lot, I drank far too much and I looked back on some of the videos, like, especially in Greece and I just like put on so much weight. you know, although I was really happy and like drunk and silly and whatever, something wasn't right inside. Obviously I was literally running away from it.

[00:10:18] **Gilly Da Silva:** I didn't want to be at home crying and feeling sorry for myself. So this was my way of healing and just running away from it all. And I did this for a good 11, 11 months. I did this, you know, I went to New York. I was on the apps, dating apps. My friend got me on the dating app. I met some guy in New York, um, and then he flew over

[00:10:41] **Gilly Da Silva:** to London to see me a couple of weeks later. And then I flew over to LA to see him. And that was all a bit of fun, but I just came back from LA and I was like, this is not really what I want. You know, this is what am I doing? I had obviously had a few flings in between what we call a DFF. I'm sure I can tell you this.

[00:10:59] **Gilly Da Silva:** A [00:11:00] DFF do you know what a DFS.

[00:11:01] **Samantha Baines:** I'm assuming D stands for dick?

[00:11:04] **Gilly Da Silva:** Divorce. Fuck frenzy we call it.

[00:11:06] **Samantha Baines:** I love that

[00:11:09] **Gilly Da Silva:** yeah, exactly. My friend, my friend said that to me, when I , when I was going through that period, she was like, youre just going through your DFF your divorce fuck frenzy.

[00:11:17] **Gilly Da Silva:** I

[00:11:17] **Samantha Baines:** call mine my sexual explosion, where I just had a lot of sex and went out a little. But I like that, DFF it sounds a little bit like the sofa sellers, where, you know, the advert where they all sit on the sofa in their legs, fly up in the air and it a bit like that, I suppose my DFF. So

[00:11:38] **Samantha Baines:** I want to talk a little bit more about that time. Cause obviously you say it was like you're running away from something and I can definitely relate to that. Now looking back at my DFF I'm like, yeah, I was covering up for something, but at the same time I had a lot of fun. Did you, do you look back fondly?

[00:11:58] **Gilly Da Silva:** Oh my God. Yeah. I don't [00:12:00] regret anything. Absolutely. No, I don't regret any of it. And it was good. You know, it was quite liberating to kind of kick them out of your bed, you know, like, you know, you know, you know that you don't want to see them or give them a wrong number, you know? You know, they asked for your number, you just give somebody else's number.

[00:12:16] **Gilly Da Silva:** You know, that's why I felt really good about that. I loved it. I loved being in the control.

[00:12:21] **Samantha Baines:** I think there is something about that control. Isn't there of like, well, no, I'm in charge now. So I'm just going to go out and be really impulsive and just be in charge of me. And, and I, you know, you saying about giving them the wrong number or kicking them out of your bed?

[00:12:35] **Samantha Baines:** I definitely did. I was like, we've had sex now leave. I don't want you to stay the night. But I look back and I think maybe I was a little bit cutthroat and I was a little bit only thinking about my feelings and maybe not those other people's feelings because of what I was going through. And I think I was very upfront with the whole

[00:12:56] **Samantha Baines:** I was like, we're just having sex to have sex. Okay. This isn't going to be a [00:13:00] relationship, but yeah, looking back, I think I was a little bit harsh.

[00:13:05] **Gilly Da Silva:** It does make you hard. I mean I had those sort of things. And then I ended up seeing another guy that I knew from years ago from when I was 18. For me, it was just about, it was just sex.

[00:13:16] **Gilly Da Silva:** And this went on for like nine months and it wasn't, I was really ruthless when I think back about, you know, think back into it. I

was really ruthless. I was just like, no, this is it. Just want a bit of fun don't plan, anything, you know, he wants to plan my birthday and holidays right now. And I think, yeah, when you, when you experienced a breakup like that, you do become hard, you know?

[00:13:39] **Gilly Da Silva:** And then yeah. And I was always worried that maybe. That's it for me, I'm going to be this really hard bitch of a woman, but it's not the case. I'm now with somebody else. And I feel totally different, you know,

[00:13:51] **Samantha Baines:** I think it's a little bit, for me, it felt like I was protecting myself as well. It's like, I can still get everything I want from our relationship, which I [00:14:00] thought at the time was just sex and some intimacy, but I don't have to emotionally connect because I'm in charge.

[00:14:07] **Samantha Baines:** Do you think you felt like that?

[00:14:09] **Samantha Baines:** Oh, absolutely.

[00:14:10] **Gilly Da Silva:** 100%, you know, we would go on dates. We go on dinner dates, we can have sex and stuff, you know, and that's it. I didn't, I didn't want to plan the future. And I, yeah, I felt exactly the same as you, absolutely.

[00:14:24] **Samantha Baines:** And I can really relate to you saying about the shopping sprees, because I remember having this moment standing on a tube, it was the district line.

[00:14:32] **Samantha Baines:** Don't know why I remember that I was standing on the tube station platform. The tube was going past and I was looking at my reflection on the tube. . And I just thought, oh my God, I look like such a wife and I don't want to look like that anymore. And then I had all these dreams of like shaving my head and like, I have tattoos anyway, but getting more tattoos and like buying leather trousers.

[00:14:56] **Samantha Baines:** And basically I wanted to go shopping too to just [00:15:00] revamp me and do a new me

[00:15:02] **Gilly Da Silva:** Sounds like you were going through a midlife crisis

[00:15:06] **Samantha Baines:** well, I think post divorce, I was like, I've realized. In the marriage. I think I tried to be a wife of what I thought that would be, and that just wasn't me at all. And then I'd lost myself.

[00:15:18] **Samantha Baines:** And I think after that breakup, I was like, oh, I can find myself or just recreate a new me. And luckily I didn't shave my head because I really like my hair as it is right now. And I think I would have regretted it, but I definitely had that urge to kind of revamp me from the outside, which may be a similar to your shopping spree.

[00:15:40] **Gilly Da Silva:** Yeah, definitely, I did. I think that's it, I wanted to revamp my body. You know, I just wanted to feel sexy and fancy really

[00:15:50] **Samantha Baines:** well I'm sure so many people can relate to that. And, but you, you say you spent like eight grand on a seven day holiday. Did you get yourself in trouble? [00:16:00] Sorry. Five days. Did you get yourself in trouble financially at that time?

[00:16:05] **Gilly Da Silva:** Yeah, I think I'm still paying off my credit cards now. Yeah. Oh gosh. Yeah, because at the time, you know, I was earning decent money. It also helped me too, to be able to walk away from my marriage and not put up with it.

[00:16:19] **Samantha Baines:** It's interesting. I think we obviously both come from a privileged position of, we were able to break up with that person and.

[00:16:25] **Samantha Baines:** Be earning enough money to survive on our own. But it's funny you say that you spent loads on your credit card. I was at a job at the time, which is I was earning a regular, decent wage. I was performing in the west end and you know, it was a good theater performance salary. And my, I remember my idea going into it was like save all this money for the house and stuff.

[00:16:49] **Samantha Baines:** And I didn't, I spent all of it during my DFF and everything. But yeah, I'm the same as you. I don't regret it. I just feel very lucky that I was able to do that. [00:17:00] And I had the resources.

[00:17:03] **Gilly Da Silva:** I found it easy to walk away because I wasn't in mitigation. And at the time, I just thought, you know, I've got a choice.

[00:17:10] **Gilly Da Silva:** I have stay in a marriage. That's that I'm feeling very miserable about. And you know, I don't trust my husband anymore, or I can just say right. You know what enough is enough.

[00:17:20] **Samantha Baines:** So you made that decision, you broke up, you had your DFF. How did you come out of that?. Was there a moment or was it gradual?

[00:17:29] **Gilly Da Silva:** There was a moment, I guess when I came up from LA and, you know, spending time with that guy and we kind of had this kind of texting relationship going on and it was like, it wasn't going to work out.

[00:17:39] **Gilly Da Silva:** I wasn't going to go to LA. He wasn't going to move to London. I thought what's the point, you know? And I was just like, felt a bit empty and lost inside. I guess I was using him as a, like a, as a crutch, really, you know, to make myself feel good. And, and then all of a sudden I didn't have that anymore. I cut that off.

[00:17:57] **Gilly Da Silva:** So I'm punishing myself too at the same time.

[00:18:00] And, um, I just thought, right you know what, enough is enough. I have to. Cause I, you know, I was crying again, you know, I kind of hit a brick wall and I just thought, you know what? I really do need some help here. And I found a therapist, a very good one, and I remember showing up at his place and he said to me, he said, well, what is it that you want to achieve out of this?

[00:18:21] **Gilly Da Silva:** You know, w what's your goal? I said, I just want the hurt and pain to stop. I want it to go away and I just want to stop crying. I was just, I, I remember just sitting there just crying, crying, crying. Anyway, it took like five sessions and another guy to walk into my life and I was actually fine. Again. that was pretty much it.

[00:18:44] **Samantha Baines:** So, do you think- obviously people say you after to get over someone, you have to get under somebody.

[00:18:52] **Gilly Da Silva:** It's very true. Absolutely. I believe in that 100%, it does help.

[00:18:59] **Samantha Baines:** Um, [00:19:00] I think for me it helped with the, with the sex and feeling sexy again. Cause I think I'd lost that bit of me, so it really helped for that. But then personally, I felt like I haven't been in a relationship.

[00:19:12] **Samantha Baines:** I've just had lots of, um, fun times, but I feel like now I need to work on myself before I can have a proper relationship. Was it difficult going into a relationship?

[00:19:25] **Gilly Da Silva:** You mean the real one?

[00:19:26] **Samantha Baines:** Yeah. Like straight out of your DFF.

[00:19:30] **Gilly Da Silva:** Well, I guess having that guy in between that was, I was pretty awful to-

[00:19:37] **Samantha Baines:** The New York guy?

[00:19:38] **Gilly Da Silva:** No, this other guy, the New York guy, he only lasted about five months, but this other guy that I was seeing was for like nine months, I mean, we had a great time, you know, don't get me wrong.

[00:19:49] **Gilly Da Silva:** We had a fun time, but that's all I wanted. And then it got to a stage like, you know what I'm done. You know, he was getting too attached and I didn't like the direction he was going. Cause I just knew that [00:20:00] I wasn't going to change my mind. He wasn't the right person for me. I knew that. And then this, this, this guy that I'm seeing now, we kind of knew each other anyway.

[00:20:10] **Gilly Da Silva:** Then he ended up being single and then I was single. And then we went out on a couple of dates and it just felt different. It felt different. I didn't rush into it. You know, I just thought, no, you're not going to be part of my DFF. I don't want my DFF anymore. So we took our time. We took, you know, we took it slow and, um, and we're still together nearly two years on so.

[00:20:32] **Samantha Baines:** It's very interesting. A lot of the people I talk to that are in a new sort of longterm relationship after their divorce or remarry is with someone they've known for years and years and years. Why'd you think that is?

[00:20:46] **Gilly Da Silva:** Its quite common innit. Yeah, you're right. But then saying that the, the guy that I'm seeing now, I didn't know him for years and years old and I just met him like that through mutual friends, but the one beforehand, the, the [00:21:00] nine months, nine monther, I've known him since I was 18. So that didn't matter.

[00:21:06] **Samantha Baines:** I wonder if we're just looking around us for, for something when we need it. And then if you have a single friend that you've known for ages, youre like Well, they seem nice, its worth a try.

[00:21:18] **Samantha Baines:** Yeah, exactly.

[00:21:20] **Gilly Da Silva:** Well, that's what I did, but like, I wasn't ready for a relationship. That was the thing with me. I last thing I needed right. Then it was I'm going back into a relationship and start planning the future with someday. I just wasn't ready. I was too selfish

[00:21:34] **Samantha Baines:** and you've mentioned the word selfish a couple of times and

[00:21:40] **Samantha Baines:** I think I felt selfish after my divorce. And I think now I am still selfish. Maybe less selfish, but I'm sort of, I feel like I've come to terms with that word and I'm not scared of being selfish anymore. How do you feel about the word?

[00:21:57] **Gilly Da Silva:** I love it. I absolutely [00:22:00] love it. And that's what I say to my friends that are going through a difficult time with their partners.

[00:22:04] **Gilly Da Silva:** And I'll say, you know, just be selfish, think about yourself. The thing is, cause I, I still live on, I live on my own and I have the kids so I can be selfish. You know, but I can also be generous and fair and loving too with my boyfriend, but whilst im in my own home, you know, I can, I can be who I want to be, you know?

[00:22:25] **Gilly Da Silva:** And I don't have to answer to anybody. You know, if I want to stay out all night, I can stay out all night. If I want to go to Selfridges and blow a grand, I can do that. You know, I can't be selfish.

[00:22:36] **Samantha Baines:** It's the ad break. So it's a perfect time to remind you to hit subscribe, to be notified about more episodes.

[00:22:45] **Samantha Baines:** 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. So it'd be nice to do that again. You could also join in the [00:23:00] conversation. Social media. We're on Twitter and Instagram at divorce pod.

[00:23:04] **Samantha Baines:** We have a website, the divorce, social.com. And you can also join us for our like 90sstyle divorced chat room experience over on Patreon. So just go to patreon.com/samantha Baines, B a I N E S. And it starts

at two pounds a month and we all have lovely and awful and amazing chats. See you then.

[00:23:30] **Samantha Baines:** Through all of that kind of, you know, you said you had those relationships, you had your DFF, you did shopping sprees and then started seeing a therapist.

[00:23:39] **Samantha Baines:** Do you remember a particularly difficult moment? Cause I always talk about my like crying on the slate floor face down moment. Do you remember a really hard time?

[00:23:50] **Gilly Da Silva:** I do and it still makes me upset when I think about it. I think when the truth finally came out, Via text. And I was on a flight to one of my [00:24:00] crazy trips to Ibiza.

[00:24:01] **Gilly Da Silva:** My husband then confessed that I was right all along, and I flew out to Ibiza and I had to go straight to a big dinner. And I just remember having this text and I was trying to put it at the back of my. Back of my mind and I have a dinner. And then the next day we went to the beach with my daughter, cause I brought my daughter with me and I remember sitting in the car, listening to some music and my friend pulled over into a petrol station and I literally opened the car door and I felt like I was going to be sick.

[00:24:32] **Gilly Da Silva:** And I had this big rush all over me, I think, like listening to songs on a radio and like just having that time to think, you know, as she's driving. And it started coming back to me what, you know, what was really happening, what what's really going on. And I remember jumping out of the car and I remember falling to the floor and I was in, I was just sobbing and I was like, it was like this weird cry that was kind of really strange, quiet.

[00:24:57] **Gilly Da Silva:** It just felt really dark and [00:25:00] evil. Like, what has he done? It just hit me. What has he done this, you know, the stupid idiot. Um, and he had already, but he was already out of the house by then anyway, but the fact that I was right all along and what he put me through. And it was, it was just really painful. It was very, very painful and very hurt.

[00:25:17] **Gilly Da Silva:** My, my daughter jumped out the car and we were just like sitting on the floor in this petrol station, just hugging each other, crying. It was such a moment. Very sad, very sad. But that was probably one of my, one of my toughest moments.

[00:25:33] **Samantha Baines:** And how did it feel? The idea that you knew all along, you'd been told that you were wrong and finally you got that confirmation. Was it relief or was it anger

[00:25:49] **Gilly Da Silva:** It wasn't so much relief. I think. I think it was more anger. Actually, I was angry. I was angry with him and I felt really let down by him because [00:26:00] obviously, you know, my position as being his business partner like used to be his manager and stuff like that, used to have to involve me.

[00:26:09] **Gilly Da Silva:** I felt really disappointed. And obviously being his wife supporting him and his project, I never once told him to stop working with her. I never did. Although I suspected and I, I never, I never did that. And I thought, you're going to, if this is really happening, then I can't do anything about it. I'm going to have to you, you know, you just carry on doing what you're doing, but the truth will come out.

[00:26:32] **Gilly Da Silva:** And you know it, and it obviously did, but, um, I just felt really let down because I was supporting him in , his work, his career. And I, I was sad. I was really sad about that really. I just felt like he just took advantage of me, you know?

[00:26:47] **Samantha Baines:** So you said you saw a therapist and I think getting therapy after my divorce, I've always had therapy, but after my divorce.

[00:26:54] **Samantha Baines:** was really useful. How did you recover other than [00:27:00] therapy? Was there anything that worked particularly well for you?

[00:27:02] **Gilly Da Silva:** I think therapy and being around friends, and this is why I came up with the idea of mending hearts really. Cause, you know, I was thinking, gosh, you know, I'm, I'm quite fortunate, you know, I'm financially independent.

[00:27:15] **Gilly Da Silva:** Um, there's going to be a lot of other women out there. Well, That may not be in that position, you know? And I was thinking if there was only- there's all- you've got all these yoga retreats and if only there was a retreat for people that were suffering from grief or heartbreak, you know? Um, and that's where I came up with the idea, because I think

[00:27:34] **Gilly Da Silva:** like you know, therapy was, it was very useful for me and also having, uh, you know, a really strong network of friends around

me. They really helped me supported me. You know, they kept me out at night, they kept on the wine and the gin and tonics, you know, and that really helps, you know, you, I think you really need that, you know, and, and there's a lot of people out there that don't have that, they don't have that [00:28:00] support because

[00:28:00] **Gilly Da Silva:** you know, you, you, you tend to give up a lot of friends when, when you go into a marriage. So that's, that's what I wanted to create. I wanted to create, create a space where people can start the healing process and, uh, meet new friends and be part of a community and get all that support from one another, you know, from people that have gone through similar experiences.

[00:28:21] **Samantha Baines:** It's interesting, actually the amount of people who've been through a divorce and then want to try and make other people's experiences better. You know, I set up this podcast to try and do that. You set up Mending Hearts, , you know, it's, it's really interesting that we feel like we want to help the other people who are going to go through it.

[00:28:40] **Gilly Da Silva:** I mean, it's a terrible thing to go through, isn't it. It's not, it's not easy. It's really rough. It's a really rough journey. You know, by, you know, if we can, you know, reach out to people and help, help them, just let them know, look, you're going to be okay. You know, you will be okay because when you're in that, you just don't think that you just, you just can't see any [00:29:00] light at the end of the tunnel and it can take years.

[00:29:03] **Gilly Da Silva:** It can take years to recover. So. Yeah, it's good. It's good to like, I love it when people, you know, I meet all these new people, like at the retreat and, you know, we share stories and stuff like that. And it's, it's, it's, it's really nice. I like it. I enjoy it. So there is something good that can come out of divorce.

[00:29:20] **Samantha Baines:** And what do your retreats look like? How does it work?

[00:29:24] **Gilly Da Silva:** So it's, um, it runs across four days, four days and four nights. And we, you know, we have daily group therapy each morning. But on the first day, which is really important because we need to get the group bonds in before they go into group therapy, because they don't know each other.

[00:29:40] **Gilly Da Silva:** So we have like a painting session. So when they arrive, they have like a one-to-one assessment and then we will split the groups.

So one, one group will have one-to-one assessment and another group will go off and do a self portrait paint a self portrait of themselves in Picasso style whilst drinking a glass of Prosecco.

[00:29:58] **Gilly Da Silva:** So we call it Picasa and Prosecco. [00:30:00]

[00:30:00] **Samantha Baines:** Have you ever had people getting together at your retreats. Cause it sounds like broken hearts all together.

[00:30:07] **Gilly Da Silva:** Well, we did actually in the first one. Yeah. We had a couple of people like, um, that kind of connected. I don't know if they're still seeing each other now, but, um, that was nice to see.

[00:30:19] **Samantha Baines:** I love that. And so for you and for your future, Do you think you'd ever get married again?

[00:30:27] **Gilly Da Silva:** I do. I kind of, I like the idea. Yeah. why not?! You know, I'm a big romantic, so yeah, maybe one day, not just yet.

[00:30:36] **Samantha Baines:** Is there anything you'd put in place this time round knowing what you know now having been through a divorce.

[00:30:44] **Gilly Da Silva:** I'm not sure if I put something in place, but I think as we're, you know, because we're older, we're a lot more mature, you know, when we, you know, we get married, we got married when we were young, young right?! In our twenties. I think you've learned, you learn a lot. You've, you've learned a lot from your first [00:31:00] marriage and, you know, I don't think we'd rush into it so quickly and yeah. Would I put anything in place? I'm not so sure about. Um, I think, I don't think I could have stopped. What, what, what happens anyway?

[00:31:13] **Gilly Da Silva:** You know, that's one of those things. If it's going to happen, it's going to happen. You know, and I, that's why I never stopped them working with each other because it was already happening. You know, it was too late.

[00:31:26] **Samantha Baines:** I was just thinking financially. Like you're in bank -always keep your own bank account or would you do a prenup or any of those?

[00:31:33] **Gilly Da Silva:** I would be okay with having a prenup. It makes, it makes it, it makes sense, right? Because I think in the financial side of things

can get really messy. Yeah. I mean, I ha you know, I I've got my properties and, you know, whoever I'm with or whoever I might marry will have his things, you know, I wouldn't want his things, you know, if we, if we'd got married and then got divorced, I don't think I deserve that you know?

[00:31:59] **Samantha Baines:** And do you [00:32:00] remember a moment where you thought I'm going to be okay, this is all going to be good. Maybe I'm glad I got divorced.

[00:32:09] **Gilly Da Silva:** Now?

[00:32:10] **Samantha Baines:** Great.

[00:32:11] **Gilly Da Silva:** I think it, I think it now, um, I say that in my retreats, when I speak to, to, to, you know, the attendees, uh, that its probably the best thing that ever happened to me.

[00:32:22] **Gilly Da Silva:** Cause I'm really, really happy now. Um, I I'm, I love my life. Um, I have a very fantastic new partner and without my divorce, I wouldn't be where I am now. So yeah, I think it's a, it's a, it can be a good thing as well.

[00:32:36] **Samantha Baines:** Brilliant. Well, thank you so much. I've really enjoyed our chat.

[00:32:40] **Gilly Da Silva:** Yeah, I've really enjoyed it too, I could sit here all day actually.

[00:32:43] **Samantha Baines:** I know, I know keep chatting divorce. Um, where can people find out more about you and your retreats?

[00:32:50] **Gilly Da Silva:** Well you can find out from my social media, mending hearts retreat, or my website, mending hearts retreat.com.

[00:32:58] **Samantha Baines:** Brilliant. Definitely check it out. [00:33:00] Thank you.

[00:33:00] **Gilly Da Silva:** Thank you so much.