

News Of My Miscarriage Leaked Online Before I Could Share It @AanamC

7 MIN • YOUTUBE • [HTTPS://WWW.YOUTUBE.COM/WATCH?V=2KUNDOB907S](https://www.youtube.com/watch?v=2KUNDOB907S)

<https://www.youtube.com/watch?v=2KuNdob9o7s>

SUMMARY

The speaker discusses their experience with miscarriage and the importance of sharing their narrative to regain control over their story. They reflect on societal pressures regarding motherhood and career, emphasizing the belief that one can achieve multiple peaks in life and that personal growth is ongoing.

- The speaker faced a miscarriage and chose to share their experience publicly to reclaim their narrative.*
- They initially did not want children but changed their perspective during the pandemic, deciding to pursue parenthood.*
- The speaker believes in the possibility of having multiple peaks in life, rejecting the notion that one can only experience success once.*
- They emphasize the importance of hard work and the belief that one can have it all if they strive for it.*
- The speaker documents personal experiences for reflection, even if not all content is shared publicly.*
- They acknowledge the negativity that comes with public life but choose not to let it affect them, focusing instead on positive support.*
- The speaker highlights the importance of controlling one's reactions to criticism and not letting it dictate their self-worth.*

so I'm going to tell you something I haven't said on social media okay that particular piece of information had leaked no sorry that's okay relax guys let's give her a moment which was you shared probably one of your lowest lows when you had your miscarriage with the community on Instagram was there a moment was that your lowest low yeah personally yeah yeah did you say it's too personal I don't want to share it

so I'm going to tell you something I haven't said on social media okay I knew I was going to share it I would have liked to take a little bit more time to share it mhm but that particular piece of information had leaked no and people had started talking about it that I came to know of and I said you know I'm not going to let my life or a low moment turn into a weakness I'm not that person

yeah um I'm going to take this power back and I would have liked to hold on to that news for a little bit longer but um but I think sharing your narrative it was important to me I mean keeping the control of that narrative it was really I I really I needed to take that power back because I said I'm life is me over right now I will not let another human me over and I needed to take that back I

said if people are going to know they're going to know cuz I'm telling them they're not going to know cuz

whatever people have not work to do but tell me um what was that time like were you guys consciously thinking that you want to have a baby and you wanted to start a family and then and and I'm going to have a question back on that in the space that you are you know we are such um people that we feel like every

day in our point is the highest peak we'll ever reach did you ever think and I know so many people so many women especially feel like I want to delay this I want to delay this I want to delay this because I'm at my highest high right now did it did was that a thought that crossed your mind so two things first up until the pandemic I did not want to have a kid okay I thought I

would be I'm very Pro adoption and we just went with the flow of we want to adopt and we don't want to have kids somewhere in the lockdown that perspective changed for both of us and my husband's been very one of those people who's like it's your call it's your body this is we we we knew we wanted a kid one way or the other so there was no question of me delaying anything for anything um but the second side of that is

because we talk about being at the highest high or because we talk about are we worried about something because we're at you know you're at the peak like one of the thoughts I did have uh when I got pregnant was there's going to going to be a phase where I'm not going to go for events it's going to be a when I'm trying to hide the pregnancy once I start showing and B once you're due any

time or you're on maternity leave and at that point of time yeah our business is a very out of sight out of mind kind of a space it's the reality of it um but I don't believe that your Peak happens just once I think people forget that like a mountain range you can have multiple Peaks and so to think and trick yourself into thinking that you can only be on top once is just you're gaslighting yourself into

thinking nothing's going to come your way if you like you can only have this or that and you can't have both um one of the things my mom always said to me was you can have it all if you work for it all and I want to have it all I've always believed that I have always believed I could have it all and I think that somewhere what social media is now calling dulu is the only Sal

that has been me my whole life I have I have faked confidence at times when I wasn't confident I have 100% thought that I can do way more than I can and maybe I couldn't but it definitely helped make me work harder and it worked in my favor in a certain way so I feel like and I even now today I'm not pregnant I'd like to be I I have a great career and I'd love to have reflect that

same kind of success on the home front um which not to say I don't have just because I don't have a kid but it's just something I'm actively I'd like to work towards and I've spoken to people um about it when I talked about it on social media apart from Instagram I vlogged that week not I vlogged the second half of that week cuz at least for myself I want to document it I'm somebody who likes to document a lot of

things a lot of which doesn't make it to the internet but a lot of things that I just keep like when I told my family

friends my team that we were pregnant I still have all that so it was just nice to have you know just I still I would still like to go back and look at that someday and I haven't been able to but at some point I would like to so yeah some days you think you're fine and as

per what everyone else says to me you never truly completely get over it so how do you deal with the negative when you're already at your worst I don't deal why do I have to deal am I going to take life advice from these people no so why am I taking the criticism to Heart they don't want to see glossy versions of everything when I talked about my miscarriage there were 999 people who must have said positive

supportive things but I do remember that one person who said you're even using your miscarriage for Content I remember that I remember that I don't believe it I don't agree with it but unfortunately human brain you remember that yeah but that's on you that's not on me I don't have to respond and react to everything what's happening around you you can't control but you can control the way you react to it I don't need to react to it

what you going to do who's going to why am I going to break my head on things that don't matter to me yeah it's that simple it's it's not always sunshines and AC's there were people for example I did um I did this navaratri series on my reals where I wanted to do something different and I love to dance and every once in a while I'll post a dancing video from my dance class uh but we

actually planned the dancing series and there were people who commented and said you look weird here you it's okay that's their opinion I'm public person with a public platform and an open page they can leave comments I can block yeah you do you I'll do me it's that simple right I don't I don't think I care enough or I don't think I think only enough about what somebody else has to say do you still remember that one comment I do and

I think I blocked them also if I remember correctly but that's what I'm seeing right I may remember it but I'm not I'm not going to analyze right because there are more people on the internet that need to see the real behind the scenes into public people's lives yeah and if you don't want to see it it's a pro like it's almost as if you're complaining about it and then when you see it you're still complaining about it there's almost no

winning so I'd rather just take my win and leave for parenting tips celebrity interviews recipes conversations with experts DIYs and lots of more subscribe to kidstop press now