

Speaker 1 ([00:00:13](#)):

Dokie. Hello? Hi, friends. Okay,

Speaker 2 ([00:00:41](#)):

How are we doing today? Hi,

Speaker 1 ([00:00:46](#)):

Georgina.

Speaker 2 ([00:00:57](#)):

Hello. Hello. Aton good, but sleepy. Yeah. Yeah. I would say it's pretty early for you. It's seven. Yeah. Yeah. My girlies, they woke up at six this morning and they were like, come play with us. That's all they wanted, I mean, in a bottle, but they just wanted mom to come play. So we played for a bit this morning and then I woke up. My husband was like, all right, your turn. Go play. I'm tired. Oh boy. All right. Well, did you guys have a chance to look over the module for this week, module two, about coping with guilt when it comes to selling?

([00:01:46](#)):

Let me know if you had a chance to glance at it, read it, whatever you had time for this week. This week was a cluster. Fuck. Oh, no, a ton. I'm so sorry. Oh, that's the worst. But yes, Georgina had a minute. Okay, well that's okay. We're going to go over it anyway, so it's all good. Let me go ahead and share my screen and we can dive on into this particular module. So coping with guilt, you being poorer does not make anyone else richer. This is just like a fact. Unless you're exploiting people, which we've already been over. You are not. Kiddo has covid again. Oh, no, that's always so, oh, that's the worst. It's not fun. It is. Oh, shoot. Not what I wanted to do. Hold on. I'm trying to expand the chat and it's being finicky. There we go. Okay. All right. So first and foremost, this is honestly something I didn't spend a ton of time writing about, but is actually kind of big. Community care includes you. You are a part of your community, and so when you are taking care of your community, that has to include you. I think there's a big self-sacrifice narrative in our society. I think it's part of the West's hyper individualism is like, oh, I will sacrifice myself and that'll be what's best for the greater good. And it's like, no. What if the greater good was better with you in it?

([00:03:23](#)):

What if your community was better with you in it? So the people around you need you? And if you want to keep showing up for them, you need to get paid to do it. So this is something Georgina asked for a little clarification on in our Voxer chat on Tuesday. So Aton, if you would like to discuss this too, let me know. But there's no way to change capitalism by simply opting out of it, at least not on the individual level. That's not how that works. You can say, I don't want to make money. I don't want to be part of capitalism. I don't want to do this. But that won't stop capitalism from being a thing. In fact, it'll probably feed capitalism because you'll just be another struggling person under capitalism. It just feeds the system of it.

([00:04:13](#)):

So this is an area where I used to get really tripped up, and I think it's clarifying in my head. It's still in the process of clarifying, but I think it's better now than it used to be. So sometimes when people say, I want to be rich so that I can donate to causes I believe in, and I wholeheartedly support that, and I think that's amazing, and at the same time, it sometimes feels a little bit like trickle down economics. Anybody heard of, excuse me, that awful, awful concept, this idea that like, oh, if we just take care of rich people, then their wealth, they will donate to causes they care about and their wealth will trickle down to the rest of us. We know that that doesn't work. We know that that's completely a lie. Yeah, Reaganomics. Exactly.

([00:05:00](#)):

We know that that's complete and total bullshit. So it's like how do we make sure we're spreading the wealth but not expecting a trickle down system? Okay, so here's what spreading the wealth really means. It means reinvesting in our communities by supporting local schools, fire departments, and individual families. Also, this is a little fun fact for the women in the group. People were excluded from this research, so I can't speak to that, but women on average reinvest about 90% of what we earn on average into our families and community compared to most men, on average reinvest 30 to 40%, which means they spend 60 to 70 on themselves, which is so fascinating, right? Oh, hi Caitlin. Hello. Fuck the patriarchy. Hell yeah.

[\(00:05:55\)](#):

So it is powerful to have money in the hands of people who are used to reinvesting it. 9:00 AM is hard. I feel that. I understand. It means giving people a more ethical option for purchasing what they need beyond Amazon and Walmart. When you run a business and you offer a service or offer a product, you're giving people a more ethical option. You are saying, Hey, you don't want to participate in that part of capitalism. Well, here's another way. I have the goods or I have the service. You can come do it with me. It also means providing the specific support that's needed in your area rather than having some big company try to apply some sort of cookie cutter solution that doesn't fit your community's needs. We see this all the time. In the queer community, for example, we see a lot of, I don't know, we see a lot of, I forget what it's called, but basically when corporations put rainbows on everything, and it's like, okay, thanks.

[\(00:07:00\)](#):

In a way, the visibility helps, but in another way, it's like you could be less exploitative and that would help us as well, but when you are the person with the money, you can help your specific communities with their specific needs basically. So how can you actually do this? I recommend doing some research on your local community needs. So what's something you can support Now, even if it's only \$5 a month, this is something I've been doing. There's somebody on my Instagram feed who is coming up with the, oh, what's it called? The Liberation Wellness Network, and it's going to be a network of providers, coaches, healers, therapists who are liberation focused and who are not afraid to bring politics into the coaching sphere, into the therapy room, all of this stuff. My goodness. Sorry, this thing keeps beeping at me. Anyway, sorry. I don't know if you guys can hear that, so I might just sound like your crazy person, but my walking pad keeps beeping.

[\(00:08:03\)](#):

Anyway, what was I even saying? The Liberation Wellness Network. So I can't donate a lot. I don't have a lot of spare money right now, but I can do \$5 a month. I can do that. And so that's what I do. Figuring out what you can do and then doing it is really helpful. Make a plan for what you want to reinvest in and how much you will reinvest based on how much you're making. So once I'm making \$3,000 a month, and once I've done that three months in a row and it seems pretty consistent, I will donate \$50 a month to this same cause, or once my business can afford daycare, I will dedicate one day per week to volunteering with X, Y, Z local service. It helps sometimes, you know how we make vision boards and all that stuff for our goals and our monetary goals and our career goals and stuff.

[\(00:08:51\)](#):

It can be helpful to do the same thing for how we want to give back to our communities. So why me? This is such a big question. Why should I have money when x, Y, Z person doesn't? Right? There's no reason. There is no reason for you to have it and someone else to not have it. This goes into the politics of deservingness and it's bullshit. The truth is everyone deserves wealth and the freedoms that it affords, and although you are special because we are all special, you are not special in a way that you deserve freedom and wealth and power in a way that other people do not.

[\(00:09:36\)](#):

And I know this is weird. I feel like this is not what people say. Usually people are like, you deserve it because you worked so hard. And it's like everybody works so hard, or most people, I suppose. I guess I can't say everyone, but people I know. So the reason why you're allowed to have wealth when other people don't is because if you're no more worthy than anybody else, you're also no less worthy. So what would it mean to turn down the opportunity to be wealthy just because it wasn't offered to everyone? Does that help? Does that help anyone else? How does you being poor serve your community? These are the questions we need to be asking, not, do I deserve this? Is this the right thing to do? Although is this the right thing to do? Is always a good question to ask, but we don't want to get so caught up in this idea of like, well, so-and-so have it.

(00:10:33):

Well, okay, maybe if that is really the thing that is the most important to you. There's someone in your community who deserves wealth just as much as you do. Maybe you take the opportunity to be wealthy and then you give half to them. You can do that. You can just do that, but you can't do that if you turn down the opportunity and then you're both poor. And who does that help? So, okay. I've never been completely down and out broke. Luckily, I've been very fortunate in that area, but things have been very, very tight before, and I can guarantee that I'm a better community member when I have a consistent, reliable, healthy sized income. So the summer that Roe v. Wade got overturned, my business was doing very well, so I donated 50% of my profit for an entire month to my local abortion access organization. That was huge for them. That was a huge chunk of change that they were not necessarily used to receiving.

Speaker 1 (00:11:42):

They wanted to

Speaker 2 (00:11:44):

Help out abortion access, but oh, shoot says my Internet's unstable. Hopefully I'm okay. And you guys heard most of that. Basically I donated some money. It was really helpful, but when my business has been down and money has been tight, I've had to pause or even cancel my donations so that I could afford daycare and food and AC froze for three seconds. You're back. Okay, thank you. So which version of me is providing more for her community, poor me or wealthy me? And I know it can feel gross to say, well, wealthy you because it's like, but I don't want to want wealth. I don't want to see the benefits of it, but there are benefits. I think sometimes, especially in leftist spaces, we think the answer to exploitation is that we should all just be broke. And I don't think that's the answer. I don't.

(00:12:41):

I refuse to think that that's the answer. I haven't seen any proof of that, right? To me, everyone deserves wealth and the freedom and affords, so it's not about what you deserve. It is about privilege and opportunity, and yes, you're going to have privileges that are unfucking unfair and you're going to not have privileges, and that's unfucking unfair, but we need to make the most of what we have. Again, not in an exploitative way in this idea of, well, I'm white so I can kind of do whatever I want. We don't want to do that, but we want to say, okay, I'm white. That affords me certain privileges. What can I do with that privilege to make sure other people have that privilege too? Some people really romanticize the struggle to mean they're doing better activism by being broke, and that is so disheartening. Yes, yes. Do you follow? Hold on.

(00:13:51):

I think it's Erotics of Liberation, I'm pretty sure is their Instagram handle, but their name is Care and oh my gosh, they are brilliant. They consider themselves like a caretaker for activists basically, and I love that. But they talk a lot about this cosplay that a lot of middle class leftists will do, where they cosplay being broke, but their family has money. They have a safety net, they can cause play being broke because

if shit ever really hit the fan, they would have a backup plan. A lot of people don't fucking have that, and so it's so insulting for them to get to play bourgeoisie or not bourgeoisie, proletariat for a little bit. Is that right? I forget all the names, but they can cosplay being part of the working class and they can really be part of the working class, but they'll always know in the back of their head, they're okay. A lot of people do not have that in the back of their head, and that is, I don't know.

[\(00:15:00\)](#):

I don't think all of us being broke is the answer. And I think people who think that is are maybe not quite there when they're left in them. Or we might just disagree and that's fine. That's fine, but that's not what I think. Okay, so how to let go of the narrative of deservingness. I want you to research some of the richest people in the world, and I want you to ask yourself, do they deserve to be so rich that they couldn't spend all their money in this lifetime or the next? And if so, if you're like, actually, yeah, what did they do that was good enough to deserve that? And is that possible for anybody else? Then I want you to research some of the poorest people in the world, and do they deserve to be so poor that they regularly die from treatable illnesses or starvation because they can't afford what they need?

[\(00:15:43\)](#):

And if so, what did they do that was bad enough to deserve that? Obviously, I have answers that I think you're going to come to in this exercise, but hopefully it shows you that deservingness has nothing to do with money. There's nothing you could do to deserve to be wealthy and nothing you could do to not deserve to be wealthy because you're a person. This is the great lie of capitalism. Capitalism tells us that we are levers to be pulled and we are just a series of in and out of money, but that's not what we are. We are people. And your deservingness has nothing to do with money at all, which means you're free to make as much of it as you want, right? All right. Guilt versus shame. This is one of my favorite topics. No one is capable of producing enough value to decide deserve the kind of wealth that billionaires currently amass. Agreed, agreed, agreed. So I love talking about guilt versus shame because they're absolutely different, and I was raised Catholic and everybody talks about Catholic guilt and it's bullshit. It's shame.

[\(00:16:50\)](#):

Yeah. So what's the difference? So I'm not going to say there's no point in feeling bad. There actually can be for sure, but there's different types of feeling. Bad. Guilt is when you feel bad about something you did that does not align with your values and guilt often leads to change behavior after a grief period. Shame on the other hand is when you feel bad about who you are as a person, and it typically leads to silence and inaction. Shame says you are bad, and it feels like any action you take will also be bad. So instead you do nothing, you freeze. It really triggers the freeze response in us.

[\(00:17:27\)](#):

This is really different from guilt, which says what you did was bad, which actually encourages us to take a different, more aligned action. It drives us more towards fight or flight, which encourages us to move at least in a certain direction. So when it comes to money, I'm really curious. Let me know in the chat. Do you tend to feel more guilty, like you really believe you're spending your money not the way you want to, or do you tend to feel more ashamed and it's okay to feel either or both. When I buy my third iced coffee in one week, I feel both guilt and shame. I feel the shame that society imposes on young people for buying things they enjoy when money is tight, as if not buying my coffee could ever make up for the deadly combination of sky rocketing inflation and stagnating wages.

[\(00:18:13\)](#):

But I also feel guilt knowing that every dollar I spend on myself is a dollar. I'm not sending to the families in need in Gaza who are messaging me on Instagram. I don't expect myself to have nothing, but I could save here and there and send more money to people who need it more than I do shame. Definitely ashamed. Yeah. So it's okay to feel either one or both or whatever, but it's important to know what it is you're feeling because if it's shame, if it's shame, I think we need to really work on where did these

messages come from? How can we deal with these messages in a more helpful way and all of that, whereas if it's guilt, then we need to start making changes to how we're spending or investing or buying or saving even.

(00:19:04):

So which types of feeling bad make you feel stuck and which drive you to action? The ones that make you feel stuck are likely tied to shame? This is a big one. What shameful messages did you receive from parents, coaches, TV, books, and more as a child? How are those messages informing your choices now and then what would you say to the part of you who is ashamed? How would you comfort them? How would you guide them? What do they need and how can you give that to them? Shame sucks. It sucks a lot, but there are ways to cope with it and deal with it. So that is module two.

(00:19:45):

Yeah, that's what we've got. It's like 60 parts of me. Yeah, I hear that. I understand that completely. Did I tell you guys, I feel like I tell everyone this because it's just hilarious to me and also deeply sad, but also very funny. I feel like that's my mo deeply sad, but very funny. I had a therapist tell me once that I have a shame-based personality. Granted, this was years ago, so hopefully I've grown and shifted and changed, but I'm very familiar with shame. Oh boy. Okay, so now we have time for all of the coaching, so feel free to put stuff in the chat if you have questions or things you want me to talk about more or feel free to come off mute if you've got questions or anything you guys want to chat about.

Speaker 3 (00:20:38):

Good morning. Good morning.

(00:20:41):

Hello, Caitlyn as well. I really struggle processing a lot feelings. I have a lot of anger and stuff. The more that I sort of dissect my own feelings about money and I try to process that guilt versus shame thing, I just get furious at some of the messaging that has been used to keep people down, like the no ethical consumption under capitalism, which is like, yes, but I'm me with my family in northwest Ohio where we're bringing in 60 K per year is nothing compared to the Bezos and Musks out there who could literally solve world hunger, world homelessness and those things. And it's just, I get stuck in these, I don't want to say rage, it makes me sound very, very angry, white guy, rage, but I get stuck in these. It just feels so defeating because it hits that point of even at my most successful, most productive, I feel like it's never enough. I dunno.

Speaker 2 (00:21:51):

I think rage is sacred. I think a lot of men especially are taught that anger is the only emotion they're allowed to feel and express. And so as men learn more about patriarchy and all of this stuff, it's like, oh, well then I shouldn't be angry. And it's like, no, no, no, that's not the answer. You should be angry and angry and sad, angry and happy, angry, and so you are free to own that anger. Aon, totally. There's a book that I want to read. I haven't read it yet, but it's called Love and Rage, and I want to read it so bad. It sounds so good, but I dunno, I think it can be helpful to hold space for all of that because yeah, you can't fix everything, and that is really depressing when you think about it, especially when we live in a very hyper individualistic society that tells us the self-sacrifice narrative that we started with is if you just, oh, what did I do?

Speaker 3 (00:23:01):

You unplugged something,

Speaker 2 (00:23:07):

Sorry. But if you could just sacrifice yourself, you could fix everything, but even if you did, you wouldn't be able to. Right? Even if you were like, I refuse to take part in capitalism, I will die on this hill. All you'd be doing is leaving your family stranded and your community without you, and whereas you've got these billionaires who could fix everything and it would literally be a drop in the bucket for them.

Speaker 1 ([00:23:32](#)):

Oh, she found it. She found it. You look at you.

Speaker 2 ([00:23:39](#)):

And I don't know. I think instead of fighting that anger and that rage, I finding safe outlets for it. So I do rage finger painting, which is a very nice sensory experience by the way. But you just open up a book or something and you just pour paint on it and start smashing. It's very cathartic. I like to throw ice cubes at my back patio or at my bathtub. You get to see something shatter, which is very satisfying, and the act of throwing is very physical. I'm also a deeply angry person, so I very much relate to this, but for a long time I played Dungeons and Dragons and I played a barbarian, and that was hugely releasing for me. My rage was a benefit to the party, and it really healed a big part of me actually, and that was totally unintentional, but it worked out. Let's see, what are some of

Speaker 3 ([00:24:39](#)):

The, if only a rage worked in real life like it did in d and d, it gave us damage reduction. That'd be great.

Speaker 2 ([00:24:46](#)):

It kind of does. I mean, rage can protect us from hurt, from sadness. It just also takes a toll. But I mean, it works like that in d and d too. You take exhaustion and whatnot, but yeah. Yeah, I think finding a good outlet for the rage, even if it's honestly just writing in your journal, this is the person I wish would die and leave all of their money to human beings today. And yeah. Should we post that on the internet? Maybe not, but can we write it in our own personal journal? Yeah, totally. Your journal is yours. You can write whatever the fuck you want.

Speaker 3 ([00:25:30](#)):

Absolutely. I love that.

Speaker 2 ([00:25:32](#)):

Yeah, your rage is good. Your rage is picking up on the problems, which is a good thing.

Speaker 3 ([00:25:40](#)):

Yeah. Sorry. Yes. Thank you. Caitlin. Yes.

Speaker 2 ([00:25:46](#)):

Oh

Speaker 3 ([00:25:47](#)):

Yes,

Speaker 2 ([00:25:47](#)):

That's true. MythBusters did that specifically the word Fuck yes.

Speaker 3 ([00:25:54](#)):

Yes. The challenge is trying to edit around the little ones.

Speaker 1 ([00:26:00](#)):

Yeah,

Speaker 3 ([00:26:01](#)):

But it was helpful the other day he said something about Dad, it kind of makes me feel like an asshole. And I was like, yeah, yeah, buddy. Me too.

Speaker 1 ([00:26:13](#)):

That's hilarious.

Speaker 3 ([00:26:15](#)):

Please don't use that word at school.

Speaker 2 ([00:26:17](#)):

Oh yeah, we talk about that a lot. My husband will watch gamers and they tend to swear a lot and stuff. And so when my son was maybe two, I am changing his diaper and he looks up at me, he goes, what the fuck? It was amazing. I did not laugh. I kept my cool. But yeah, we've basically just taught him pretty early on. There are certain words that are adult words. You can use them as you get older. There are certain words that are okay at school and certain words that are okay at home. My mom grew up on a farm and she knew swearing is fine outside, but swearing is not okay in the house. But then the rule got muddled when she went to school. She was on the playground and she swore and she's like, what? I'm outside. So her parents had to be like, no, no, no.

Speaker 3 ([00:27:00](#)):

This is it. Funny how we construct those rules in boxes. Yeah.

Speaker 2 ([00:27:06](#)):

Oh boy. I love

Speaker 1 ([00:27:07](#)):

It. Thank you. Yeah, of course.

Speaker 4 ([00:27:19](#)):

I've got one. Yeah, hit me. Hey. Okay, so last year I made a lot of money. I brought in 98 K in revenue, and I was like, oh hell. And I posted about that on Facebook, and then one of my leftist friends was like, this is super fucking tone deaf. You are a terrible person. You are rubbing your privilege in our faces. There's a genocide. And I was like, okay. So you've clearly just been waiting for me to say something that you didn't like because that is not the comment of somebody who knows me and absorbs the things that I talk about all the time. So I just deleted her as a friend. I didn't entertain that conversation, but I think she got under my skin because I do kind of feel bad celebrating money, but I literally just got an email while I was on this call of somebody saying, can you tell me how much your developmental editing package is? Because I want to save up for it to work with you when I can. And I'm like, people literally want to pay me money, but I feel bad saying 10 people paid me money. How do we work on that?

(00:28:39):

Excited about it?

Speaker 2 (00:28:43):

Okay. First, I think it's okay to feel a mixture of things about this. I think that's fine. It makes a lot of sense because there is a sense of there are people on your Facebook feed who are struggling, and it might make them feel a type of way to see that. And you also might know that it makes sense to celebrate your own success. So it's okay to feel a mix. That makes sense. I think the first thing that has helped me with this is I no longer speak to people who don't want to see me go where I want to go.

Speaker 4 (00:29:19):

That's kind of where I went to. I was like, okay, no, because in my paradigm, I want everybody to win. I want everybody to make a hundred K. That's kind of the bare minimum that people in America need to not be underwater these days.

Speaker 2 (00:29:36):

I know. It's hideous. Yes. So I think that's first thing is just like, okay, not if you're not for me, you're against me. It doesn't have to be that black and white, but if you're not rooting for me, I don't have to entertain you.

Speaker 4 (00:29:51):

Yeah. I don't want you in my house.

Speaker 2 (00:29:53):

Yes. Do you follow Yk reborn on Instagram? I really like if for nothing else, they're really cool. Revolutionary, basically. But if nothing else, I really like their social media boundaries. I think on their highlights, it's called House Rules, and they're very strict about it too. They're like, look, this is my house. You don't get to be in my house and be an ass hat.

Speaker 5 (00:30:22):

Okay, love that.

Speaker 2 (00:30:23):

So there's that. But I also hear you and I hear that hurt of it kind of got to me, and are they maybe right a little bit? And I'm going to say, no, I don't think that they're right. I think they felt a type of way about not making that kind of money. And I hate when people are like, oh, they're just jealous. I don't think it's jealousy per se, but it is. I'm struggling. Why do I deserve to struggle? And you don't. It's the crab mentality just pulling. Yeah. And it's also

Speaker 4 (00:30:55):

That was just revenue. I had business expenses. That's not the full picture. And I was just celebrating one piece of it, and she called me a one percenter. I was like, buddy, you are really fucking off base here.

Speaker 2 (00:31:14):

That's like your weird uncle who doesn't want universal healthcare. He thinks he'll get taxed and he won't. That's so goofy. Oh my gosh.

Speaker 4 ([00:31:23](#)):

And she's a leftist organizer. She should know better. And then it caused all the Cleveland DSA people where shit posting and vague posting about me, and I'm like, this is silly. I'm just going to block you guys. Like, okay, go be broke and think that you're better than me because of it, I guess. I don't know. Those are journal thoughts.

Speaker 2 ([00:31:49](#)):

No. Yeah. So this was something I kind of wrote about a little bit in the final module of this course about how to disagree with other leftists and whatnot. So if you want to jump ahead to that one and just need some help,

Speaker 4 ([00:32:06](#)):

I don't know. The leftist in fighting is a lot. It's a lot.

Speaker 2 ([00:32:14](#)):

So I think people want to pay you and you want to help people. This is a mutually beneficial experience for everybody who's actually taking part in it. The observers can think whatever the hell they want. It has no impact on your clients. It has no impact on your income. I don't know. I am mad on your behalf because you deserve to be making six figures or more. You deserve that. Easy,

Speaker 4 ([00:32:48](#)):

Easy. It's less than half of what I made last year. This year has been a struggle bus. And more often than I would like to admit. I'm like, oh, I wonder if she saw me now she would be happy with the way that I'm struggling.

Speaker 2 ([00:33:05](#)):

Yeah. Answer that question. Do you think she would be

Speaker 4 ([00:33:08](#)):

Happy? I don't know. I think she would see me as an equal, and she saw me as leaving that equal ground when I made more money, rather than seeing the way that I reinvest into communities and such. She didn't stop to appreciate what I could do with that money, which was very frustrating because I've had to stop a lot of donations and Patreon support and everything this year because I literally just can't afford it.

Speaker 2 ([00:33:49](#)):

Right. Yeah.

Speaker 4 ([00:33:50](#)):

And I'm down. I still make two donations a month now to the National Abortion Fund and the Cleveland Rape Crisis Center. Actually, I might've ended Cleveland Rape Crisis Center. I don't always have the \$25. And it sucks.

Speaker 2 ([00:34:07](#)):

It sucks, right? You were a better community member. You were supporting her causes when you had money.

Speaker 4 ([00:34:15](#)):

I was, yeah, I can invest so much more. And now that I am cash poor, I am like, well, maybe I should spend my time on those causes, but then I don't have time to do marketing and sales and make more money. So it's like when I feel like I have to be contributing something, it has been very difficult to shift that paradigm into, I have to invest in me first and get me back on solid ground and receiving support from my household. And my partner has been very big in that. But then the shame comes back in where I'm like, I should be able to support myself. I should be contributing more. It's a lot. There's a lot of guilt and shame in here. Today's topic is a doozy.

Speaker 2 ([00:35:11](#)):

If you've been in therapy before, and if your therapist has ever done the whole like, oh, you have to put your oxygen mask on first, what's your gut reaction to that?

Speaker 4 ([00:35:20](#)):

I get it. And my therapist has been helping me on this a lot. He suggested that I talk to my partner and ask him, is there a financial area where if you're spending more than XA month on me and my needs, it's going to start to build resentment because I want to know where that is so that I can just be aware of that. And I talked to Brendan, and Brendan was like, the limit does not exist if I got, and it is so weird to be in that relationship because my ex-husband would not have let me quit my job to start a business. I just would not have been permitted to do that.

Speaker 2 ([00:36:04](#)):

Oh, yeah. I saw that you were in several roundups this last week from Threads. That was very funny. And

Speaker 4 ([00:36:09](#)):

That's an old tweet. That was a very old tweet. Yes. I was very popular.

Speaker 2 ([00:36:18](#)):

Yeah. Yeah. Well, first of all, congratulations on not being in that relationship anymore. Yes. We're here for it. And congratulations on having such a wonderful partner who sees you for all that you do contribute regardless of finances.

Speaker 4 ([00:36:34](#)):

Yeah. It's nice to live in a communist household. It is very much just a mutual aid kind of house, and we all pitch in different ways. And right now, I cannot be pitching in financially, but I am pitching in other ways, and nobody here is upset about that except me. And so I'll have a little freak out and I'll cry and I'll be like, I just haven't contributed. And everybody's like, what are you talking about? You manage the mental burden of meal planning and groceries, and we would be eating pizza every day, if not for me.

Speaker 2 ([00:37:17](#)):

Yeah, exactly. That's huge. So much, so much shame. So when we have shame, a lot of times it's a very young version of ourselves that feels wrong and incorrect. And it's just the young version trying to survive in your adult circumstances with shame that is too big for them. So I don't know, what is young you so afraid of if they can't contribute?

Speaker 4 ([00:37:51](#)):

So young me, I remember, I'm going to take us on a journey and feel free to cut me off. And Georgina, if you have a question, you just raise your hand and you make me shut up. Okay. Otherwise, I'll just keep talking. So I remember when I was nine, I needed glasses for the first time. It became apparent because I couldn't read the clock across the room. And my parents were like, ah, shit. And I remember looking at the prices of the glasses and freaking out, and I was like, these are really expensive. And my parents had to explain, we have insurance, and I didn't understand insurance. I'm nine. But I was that stressed out about causing my parents to spend money at nine, and I have no conscious awareness of what caused that financial awareness in me. So I assumed that they talked about money and they were stressed about money. And then after their divorce, my mom was constantly stressed about money and talking about how much it costs to feed us and keep the lights on and all this stuff. Everything came down to what she financially invested in her children, and that was a burden to her.

(00:39:14):

So this goes very deep and I feel like I got to contribute. And if I'm not pulling my weight financially, then I am a drain and a burden and a resentment, because that is, that's what I was to my mother.

Speaker 3 (00:39:37):

There's so much generational trauma that we have to unpack in this day and age. There's so much from depression era grandparents that got passed on to their kids who have then passed it on to us who now I'm trying to stop passing it on to my kid. And it's hard. There are so many times where I'm like, don't waste food. You can't waste food. Oh my God. And I start to have that there are starving. I'm like, Nope, nope.

Speaker 4 (00:40:07):

The food waste for me is huge also because I've spent a lot of my life vegetarian and vegan. And so if a vegetable goes bad, fine, it's just going to rot. It'll become compost. If an animal product goes bad, someone died. And then you didn't even eat them to me. And I have actually started eating meat again. It started as I would eat meat leftovers to prevent the food waste. My family is leftover blind. They're just like, oh, I opened the fridge and I see nothing here, blah, blah, blah. They can't microwave chicken. So I would eat meat leftovers. And I was like, that makes more ethical sense to me than letting it go to waste rather than never eating the meat and having that be my moral high ground or whatever. And then I started unpacking that My veganism is due to autistic deep empathy and justice. And I was like, oh, most people don't have this. Most people just eat chicken nuggets and they're fine. And I discovered that I was really protein deficient. So I've started eating chicken again because it's easy.

(00:41:26):

And what's interesting is I am finding out that I don't like some meat chicken breast may as well be jerky. What is chicken? It's so dry and terrible and I don't like beef either. And so I'll eat, I love fish. I'll eat fish all day, chicken thighs sign me up. I'll eat every chicken thigh. But other stuff, we are still buying beyond burgers and things because I don't want to eat the beef. But it's also nice to not, I'm going off on a big tangent. 9:00 AM is hard because I don't want to eat that and I'm not going to make myself do stuff that taste tastes bad to me or is uncomfortable to me out of waste reduction or cost savings and stuff. And I also have this tendency, I don't buy myself snacks when I'm ordering the groceries because I feel like I don't deserve snacks. So one time I tried to save two bucks by getting a different brand of vegan beef crumble, and I was like, these tacos taste like shit. And everybody in my house is like, why did you buy the shitty tasting taco meat? And I was like, to save money. And they were like, stop doing that. So it's literally, living here is free therapy all the time because they don't let me mistreat myself. And when I notice that I'm mistreating myself, it's secret. Then I have to confess it out loud and then that helps.

Speaker 2 (00:43:00):

That's good. I'm so glad that you have that space in that environment. Yeah, it's bizarre having family or partners or whoever who are like, no, you are worth \$2 though. Enjoying your food is worth \$2. And I'm like,

Speaker 4 ([00:43:19](#)):

Yeah. And everybody else, they don't like beans. So I don't make stuff with beans. Everybody else I know and I catalog. That's the autism. I've got a little filofax in here, and I just keep track of everybody's likes and dislikes, and I wouldn't make them something that they actively disliked. We don't eat fish on days when Brandon's here because Brandon doesn't like the texture of fish. Why do I make myself do it because of cost savings or because I don't contribute, so I don't deserve. And so this goes very, very deep beyond moneymaking as a leftist. And by the way, I mentioned that I was in this class today and five people were immediately like, you have to tell me everything about this. So followers,

Speaker 2 ([00:44:13](#)):

I love it. Okay, question. Would it be beneficial? Have you done EFT tapping before? And would that be helpful for some? I find that it's really helpful for the shame stuff, but also if you're like, I don't want to go that deep at 9:00 AM that's also fine.

Speaker 4 ([00:44:28](#)):

Yeah, no, I'm totally down for that as long as nobody else minds that I'm still taking up. Oh, that's it too. I'm doing the same thing there, aren't I?

Speaker 2 ([00:44:39](#)):

Yes. Aton mentioned that you've got generational nonsense to deal with. I know I do. I'm sure Georg, and I don't mean to speak for you, but I am sure that you've got your own generational stuff too. So I think we could maybe do some tapping

Speaker 3 ([00:44:57](#)):

Pretty soon. There'll be a Disney movie about it because they're doing the rounds on generational trauma.

Speaker 4 ([00:45:02](#)):

I love the generational trauma Renaissance.

Speaker 3 ([00:45:05](#)):

Yes.

Speaker 2 ([00:45:05](#)):

All about it. I got a sticker for my laptop yesterday that said, I don't want art made with love. I want art made with all of the rage from your childhood trauma. And I was like, yes.

Speaker 4 ([00:45:15](#)):

Yeah, I have a workbook on anger. I do. Actually, we were talking about d and d. I need to revitalize this course. I have a whole level up your trauma recovery program based on d and d archetypes, and I have an Oracle deck based on d and d archetypes. I went deep on d and d, I went D and deep. I'm legally obligated to make puns and port man toes as a bisexual. But yeah, let's tap tap it out.

This transcript was exported on Oct 29, 2024 - view latest version [here](#).

Speaker 2 ([00:45:48](#)):

Okay. All right. Everybody, go ahead. Oh, go ahead. Go ahead.

Speaker 3 ([00:45:51](#)):

I've heard EFT tapping in a few different circles, and I am somebody who's super, super skeptical, so I would love

Speaker 4 ([00:46:00](#)):

Totally.

Speaker 2 ([00:46:00](#)):

So what I love, one of the things I love about EFT, because I also, when I had a therapist tell me about this, I was like, that sounds like bullshit. But Western white medicine and traditional Chinese medicine actually agree that EFT is very, very effective, which is mind boggling. They rarely agree openly anyway. And then you tap these spots that are meridian points or are areas that trigger the parasympathetic nervous system that brings you down a notch, and that's really helpful. And then just talking through the emotion helps.

Speaker 4 ([00:46:35](#)):

Yeah, it does. Actually, can I run a quick exercise on Aton? Is that how you pronounce your name?

Speaker 3 ([00:46:42](#)):

It is well done like baton without the B.

Speaker 4 ([00:46:45](#)):

Oh, thank you for that baton without the B.

Speaker 3 ([00:46:48](#)):

It took me some years to workshop that, but it's effective.

Speaker 4 ([00:46:51](#)):

Perfect. Do you have anxiety? Could you put yourself into a state of anxiety?

Speaker 3 ([00:46:58](#)):

Constantly exist in one, so yeah.

Speaker 4 ([00:46:59](#)):

Okay, great. Do me a favor and just grab an item near you that you can pass from hand to hand. Awesome. Okay. Where's your anxiety on a scale of one to 10?

Speaker 3 ([00:47:19](#)):

Probably a seven.

Speaker 4 ([00:47:20](#)):

Okay. Could you get it up to a eight or a nine?

Speaker 3 ([00:47:23](#)):

Oh, yeah.

Speaker 4 ([00:47:24](#)):

Okay. All right. Get it up to a nine, get really anxious. And then I want to take this item in your hand and just pass it. The center line of your body from left to right. Yep. Just breathe normally, pass it off. And what's happening while you do this is that that anxiety in your head, it wants to stay in a loop on one side of the brain, and this bilateral stimulation is taking that anxiety that you had and actually kind of breaking it down. Would you say you're still at a nine? No,

Speaker 3 ([00:48:03](#)):

It's probably down to a four or a five, honestly.

Speaker 4 ([00:48:06](#)):

Okay. So that is how fast a somatic exercise can work, and EFT is just, you don't like it.

Speaker 3 ([00:48:16](#)):

Why don't more people do this?

Speaker 4 ([00:48:18](#)):

I don't know. I love that one. That one's so easy because you can do it. You don't even have to do it like that. You can just kind of march your feet in place, or sometimes I'll just kind of like press my thumbs.

Speaker 2 ([00:48:32](#)):

I like the butterfly tap. It feels like a

Speaker 4 ([00:48:34](#)):

Hug. The butterfly hug is very good, but I have taught that to people and they use it before meetings, and also a long exhale will help regulate your nervous system. And so if you're giving a presentation and you're really anxious, if you make sure to get a really long sentence out on your exhale, even while giving the presentation, you can be tricking your mind into that regulatory state.

Speaker 2 ([00:49:09](#)):

Excellent. That one makes sense to me at least because it's like, okay, if I'm exhaling super long, I can't be running so I'm not in danger. Oh, that's a good one. That's also why dancing works because you don't dance while you run from a danger.

Speaker 4 ([00:49:29](#)):

I knew that the long exhale helped, but that makes total sense that if you are in a position where you can exhale for that long, you're not currently prey. Exactly. That's good. Yeah. Use that hacky sack whenever you need it.

Speaker 2 ([00:49:49](#)):

Kitty cat. Hi,

Speaker 4 ([00:49:50](#)):

Buddy.

Speaker 1 ([00:49:53](#)):

Okay.

Speaker 2 ([00:49:53](#)):

All right. Let's do a little tapping. We're going to focus on rage, shame, and messages we've received elsewhere that have made little homes in our head, and they need to be maybe not evicted, but they need to be talked to. All right, so go ahead and close your eyes. I'll tell you where to tap. You can always peek at me if you need to take a nice big breath through your belly, and then like Caitlyn said, exhale nice and slow.

Speaker 1 ([00:50:26](#)):

I

Speaker 2 ([00:50:33](#)):

Okay. Go ahead and start tapping the heel of your hand right below your pinky and you can just listen to my voice. I am so angry. I'm a type of angry that I genuinely don't know how to handle. I'm so angry that I can't let myself feel how angry I am because I will not be the person I want to be. If I feel as angry as I really am, I want to flip tables. I want to end regimes. I want

Speaker 1 ([00:51:27](#)):

To be powerful.

Speaker 2 ([00:51:39](#)):

Go and switch to the eyebrows, beginning of the eyebrows.

Speaker 1 ([00:51:50](#)):

I feel ashamed. I feel

Speaker 2 ([00:51:56](#)):

Small and stupid and ashamed. I am not the person I'm supposed to be. I'm not the person other people need me to be. I'm not even the person I was last year. Somehow I've backslid into this version of me that's infinitely less helpful and is actively a drain.

Speaker 1 ([00:52:24](#)):

I hate feeling this way. Go ahead and switch to the temples. I am carrying

Speaker 2 ([00:52:42](#)):

Such a heavy burden of every hurt that every ancestor chose not to heal or could not heal. Sometimes it feels like my ancestors left me out to dry. They just said, fuck it. I'll get mine and let the future generations deal with all this bullshit, and that feels really crappy to be isolated from my lineage that is supposed to support me, but all they've done is made sure that I'm alive to suffer is what it feels like and switch to that bone right underneath your eyes.

Speaker 1 ([00:53:43](#)):

I want to feel

Speaker 2 ([00:53:43](#)):

Better, but that feels wrong too. It feels stupid and bad to feel light and easy and happy. That feels so wrong right now, but God, that's all I want. And switch to underneath the nose, right above the lips. It makes sense that I feel all of this. I am not crazy. I am not exaggerating. I am not bad.

Speaker 1 ([00:54:35](#)):

I am not bad.

Speaker 2 ([00:54:41](#)):

This makes sense. Of course I'm pissed. Of course, I feel bad. Of course, I'm carrying a burden.

Speaker 1 ([00:54:56](#)):

Go ahead and switch to the chin.

Speaker 2 ([00:55:05](#)):

Being a person is hard, and I know that, and that's part of the journey is having something to push against, but it feels like I'm supposed to have a medium sized boulder to push against. Meanwhile, I'm here trying to shove Mount Everest and it's not fucking moving. It doesn't feel like it's supposed to be

Speaker 1 ([00:55:28](#)):

This hard. Go ahead and switch to the collarbone. I can hold all of this though,

Speaker 2 ([00:55:57](#)):

And when I can't, I can set it down because there is no magical thought feeling being police that are going to come after me if I'm a shithead. Even if I feel happy for two seconds, there is no oppression police that are going to come tell me that I've been kicked out of the leftist group. You know what? If people do do that, they're wrong and they're just people like me. They're pushing their own Mount Everest, and maybe I just need to let them do their work and I need to do mine.

Speaker 1 ([00:56:45](#)):

Go ahead and switch

Speaker 2 ([00:56:45](#)):

To the top of the head. I am angry and I am ashamed, and I am carrying generational burdens, and that's okay. Not because it's fun or easy, but it's okay because I am okay. I am okay. Who I am is okay. Who I am is okay. You can go ahead and stop tapping. You can come back to the room.

Speaker 1 ([00:57:36](#)):

Hello. Feelings.

Speaker 4 ([00:57:40](#)):

I could go to sleep right now.

Speaker 3 ([00:57:45](#)):

I physically felt my body relax and release tension that I didn't even realize I was holding. Oh my gosh.

Speaker 4 ([00:57:55](#)):

Yeah. Somatic exercises are so dope.

Speaker 2 ([00:58:01](#)):

I love it. We love it. Okay. Georgina, did you have stuff that you wanted to ask or talk about? We do have time. I know people may have to go, but I have time. We can always chat a little over our 10 o'clock cutoff if we need to.

Speaker 5 ([00:58:17](#)):

Thank you. No, actually, I don't have a question or something. I just want to say that this module hit hard, a very, very good way, and that I've been benefiting a lot about this. I mean, I don't know. It's too early for my English to work. Sorry. No, no, you're great. Yeah. Benefiting from this conversation and Caitlyn, I totally get what you're saying at every level, even with the food thing, wow. We literally are the same person, and yeah, it's so healing for me to know that I'm not the only one, even though I knew it, but it's like, oh my God, I have, I am feeling like I have the right to exist and the right to have the issues that I have, and that's so powerful. I've been really, really enjoying that, so thank you.

Speaker 2 ([00:59:19](#)):

Yeah. Oh, community man. It's so helpful just to realize, oh, you feel that way, and I would never judge you, so I guess maybe I'm okay. Whoa,

Speaker 4 ([00:59:29](#)):

That part, I think there's a quote that something like shame dies when stories are told out loud, and it's like, yeah, because shame comes from thinking that we're the only one and that we're wrong and that we're bad, but shame to me is a signal that I need to talk to somebody

Speaker 2 ([00:59:50](#)):

And talk to the right people because especially as Audi hds, I think a lot of times we were told, you're the only one. You're wrong. You're other

Speaker 4 ([00:59:58](#)):

Not on the internet.

Speaker 2 ([01:00:01](#)):

I know. Oh, thank goodness for the internet. Anytime people try to shit on social media, I'm like, no, you don't understand. I'm alive because of this. I have so much.

Speaker 4 ([01:00:09](#)):

Yeah, there's problems, but I'm grateful. Yeah, I talk about that in my book. The internet means we have been able to connect with people around the world, Georgina's in this call, right? Where are you from? Georgina?

Speaker 5 ([01:00:25](#)):

Mexico City.

Speaker 4 ([01:00:27](#)):

Okay. Mexico City. When else would I be able to talk about shame and generational trauma at 9:00 AM on a Thursday with somebody in Mexico City? The internet?

Speaker 1 ([01:00:38](#)):

Yeah.

Speaker 2 ([01:00:39](#)):

Okay. Real quick, before we go, I want you to take that same appreciation you have for the internet, and I want you to see if it transfers and if you can have that same appreciation for money, because that's exactly what money does. We're all here because of money as well. We're all here because you guys decided to pay me. You trusted me. You believed in what I had to offer, and because money as it currently exists, instead of bartering, I wouldn't be able to barter with someone in Mexico City without the internet and without a universal currency money, so that's helped me profoundly as like, oh, money's a connector too. Crazy. I mean, it can be divisive for sure, but it doesn't have to be

Speaker 3 ([01:01:20](#)):

Like any tool. It can be misused,

Speaker 2 ([01:01:23](#)):

And it's not what kills me sometimes when I'm like, it's a tool. It's all about how you use it. I'm like, yeah, but people say that about guns and that's not true. I'm like, okay, but money and guns are different, Megan, it's okay.

Speaker 4 ([01:01:33](#)):

Money funds are different. Yes. 2024, Megan Griffith.

Speaker 2 ([01:01:39](#)):

Yeah. What a quote.

Speaker 4 ([01:01:40](#)):

Yeah. I do have to jump off here. I have a 10:00 AM call with my writing clients, but I'll see you guys next week.

Speaker 2 ([01:01:46](#)):

Yeah, see you

Speaker 3 ([01:01:47](#)):

Soon. Thank you.

Speaker 2 ([01:01:48](#)):

All right, Atan, Jordana, any last minute questions before we go?

Speaker 3 ([01:01:55](#)):

I just think it's really interesting that you talked about the collective shame of the individualism when it's weird because you would think that would go hand in hand with collectivism that we're too, but what we need is collectivism, we need for the good of all of us. It's just the whole societal thing and the stuff that we talked about today. It's like, yeah, those lessons, we need to keep learning over and over and it's like, oh yeah, that lesson that applies here, cross the board, so I appreciate you.

Speaker 2 ([01:02:37](#)):

I appreciate you. Thank you for being here. Yeah. Okay. Anything else, Georgina?

Speaker 5 ([01:02:48](#)):

No, no, I'm good.

Speaker 2 ([01:02:49](#)):

Yeah. Okay, cool. Then we will end it here and I'll see you all on Tuesday for our group Fox or chat.

Speaker 3 ([01:02:57](#)):

Awesome. Thank you. Okay.

Speaker 2 ([01:02:58](#)):

Bye guys.