

Speaker 1 ([00:05:01](#)):

Hi.

Speaker 2 ([00:05:06](#)):

Hello. Hi friends. Hi. Let me turn you guys up so I can hear you. How are you all doing?

Speaker 1 ([00:05:19](#)):

I'm fine.

Speaker 2 ([00:05:22](#)):

Yeah, that is relatable. I'm also funny. Yeah. Okay, cool. Well, I'm glad we're all fine ish. Everything is okay. Real quick, before we dive into making money as a leftist stuff, Caitlin, did you get my email about the summit?

Speaker 3 ([00:05:47](#)):

I sure did not.

Speaker 2 ([00:05:49](#)):

Oh dear. That is not great because I've sent you a couple and I was like, that's not like Caitlin to not even tell me. Hey, I can't get back to you right now. No. Yeah, I just need a couple of things from you, so I'll DM you on Instagram. Okay. Okay. Sorry, I just wanted to address that real quick. I wanted to make sure that you were still part of it if you wanted to be. Yeah,

Speaker 3 ([00:06:11](#)):

Lemme go check my spam. I don't know.

Speaker 2 ([00:06:16](#)):

Very strange. I sent it from my regular email, not my email provider, so it really shouldn't end up in spam, I don't think, but I guess it might have.

Speaker 3 ([00:06:24](#)):

It's not in spam is the email address. Hello? At lilac point creative.com.

Speaker 2 ([00:06:29](#)):

Let me triple check. Let's see. Caitlin Fisher. Hello. Let me double check that I have it all spelled right. Lilac, L-I-L-A-C-P-O-I-N-T creative.com.

Speaker 3 ([00:06:48](#)):

Weird. That's my email address.

Speaker 2 ([00:06:51](#)):

How weird. And it says it sent, it doesn't say, oh, it bounced back or something.

Speaker 3 ([00:06:58](#)):

Let me look up Megan. Hi priestess. Hi priestess. Hi priestess. Hi priestess. Hi priestess.

Speaker 2 ([00:07:10](#)):

Yeah, sorry. Lots of emails. Emails about that.

Speaker 3 ([00:07:15](#)):

All I have is sales emails from your list.

Speaker 2 ([00:07:18](#)):

That's so interesting. I have it right here. It says to hello@lilacpointcreative.com. Oh, that's so strange. I wonder what that's about. Okay, we'll figure that out later. Yeah, but I am glad that I said something then because I was like, oh, maybe they're just not interested. It's no a deal, you goodness. Okay, well let's dive into today. Yeah, see, here's your email. It's right there. Weird. Okay, so today is our last module of the course. We're still going to have one more Thursday meeting, so next Thursday we'll still meet. It's our graduation. There may or may not be certificates. It's all good. I'm excited. But today's our last full module and it's all about maintaining your self-worth and your integrity when other leftist disagree with you. And this is something I know Georgina and I have been talking about a lot in our one-on-one Voxer coaching and stuff, but there's a lot of infighting on the left and there's a lot of infighting everywhere to be fair. But there's a lot of very unproductive infighting on the left. So let's start there.

([00:08:40](#)):

Let's see. So excuse me, I'm sorry. So when we strive for a better world living under an oppressive system, it's really easy for us to start replicating that same oppression in our vision for a better world, especially because we grew up with it. It feels very normal, and to envision something without it requires an immense amount of creativity. And I see some people try to oversimplify this. Did you guys see that trend a while back? That was like what radicalized you? And people were like, my basic human empathy, and I get that. I do. I feel that. But at the same time, to pretend that you've never been affected by propaganda is deeply, and I find it problematic. And I tried to post on threads about it and I literally, somebody threw tomatoes at me virtually they put tomatoes. It was bad. That's what inspired me to just get off social is I was like, I think I'm done.

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

I think maybe I'm done. Anyway. So we are going to probably accidentally recreate oppression if we're not actively unlearning this stuff. And so for example, we see this a lot in white feminism. White feminists recreate their own oppression on the backs of black women and women of color. And obviously this sucks. This is not a good vision for the future, and the left does need to be on the lookout for these bad ideas. But I do think this hypervigilance has led to some very unhelpful infighting. And it reminds me a little bit of the body's allergic reaction where we throw the baby out with the bathwater. It's like, oh, this bad thing happened. Okay, well then you as a person are now being rejected entirely. And that I think is unhelpful full.

([00:10:29](#)):

The left does the same thing. Instead of teaching people, which to be fair, many of these people do not want to learn and actively want to recreate oppression. So there's that, but there are other ways to address this stuff rather than canceling or all this stuff. So you can call people in through personally reaching out and explaining what's so wrong with their take and maybe even offering them a way forward through apology and repair. Now, is this the work of women of color? Probably not, but is this the work of a lot of white women in this space? Yes, probably. So there are other things we can do as opposed to calling people out and letting everyone else know. Because a lot of times callouts are not about repairing the thing that went wrong. They're about distancing yourself from that person. And it's sort of like if you're drowning, we're all drowning in oppression as soon as someone messes up, a lot of people on the left grab onto them and shove them down and use them as a buoy. And I find that very unhelpful Anyway.

[\(00:11:41\)](#):

So a lot of times the answer that the left has when someone messes up is to expel them from the community. And I put community in quotations because in my opinion, the community on the left is fractured and very precarious because if we're always calling people out and rejecting people who mess up or don't align with our ideas of leftism, how in the world can we trust each other? How do we know we won't be next? How can we ever speak freely if we know that one belief is the wrong one and will get us ousted? Now, this is not me saying, oh, you can't say anything anymore. It's not that there's nuance here. I think accountability is amazing and we do need more of it, but I don't love the way a lot of people on the left are just like, well, if you're problematic, you're out. Yeah, Caitlin, literally why my anxiety has kept me in the house shutting up for the past year. Exactly. It is fucking terrifying to know that the people who are supposed to be on your side could be against you at any moment. That's just so scary.

[\(00:12:49\)](#):

So why are we even talking about this in this course about money? Because there are going to be people on the left who hate this course, hate it, and disagree with everything I have taught you and everything that we have talked about together, they are going to loath it. And that was why it took me probably six or seven months to put this thing out. I had this idea forever ago and I was like, oh, people are going to be big mad. Oh gosh, I was just scared. And people are not just going to disagree with you, but they're actually going to try to discard you from the online space. That is going to happen if you are on the internet in any major capacity, and you need to know how you're going to handle that. I'm not saying hyper fixate on it to try to be perfect or something and never have to face criticism. I'm actually saying the opposite. You need to know who you are and what you believe in so firmly so that when people question you, accuse you or even cancel you, your whole world does not fall apart.

[\(00:13:59\)](#):

We got to find a center and it can't be other people, not because people are untrustworthy or whatever. I know, Georgina, we were talking about this yesterday a little in the group Voxer, but it's not about whether people are good or bad or trustworthy or untrustworthy. It's about your reality has to be centered on you because there's just no way to center it on anything else. It just doesn't take, it doesn't hold. So let's talk about integrity first. Your integrity is what you have, right? That's all you've got. Money is going to come and go. Social media attention is going to come and go. Friends are going to come and go. But how you treat people sticks, even if they forget, you're probably going to remember and you don't want to have a ton of regrets if you can help it. So when not, if people try to tell you that you're a terrible person for selling things, how are you going to maintain your integrity?

[\(00:14:57\)](#):

Let's talk about it. So first I recommend defining your values. The first step is just to define what you stand for. Be very explicit, be very specific if you have a backend of your business where you store SOPs, content calendars, expense tracking, whatever. Create a document outlining your values and your business's values if those are different or whatever, but outline your values. These are some of mine. Personally, I really value transparency, anti-capitalism and inclusion, curiosity, justice and self sovereignty. But if you Google values list, there are tons of them out there and you can just go through and highlight the ones that matter to you.

[\(00:15:38\)](#):

Let's see. And something that's I don't think is really in here, but I do want to add, I'm reading, where did it go? It's over there. I'm reading this book called Free Time by Jenny Blake. It's okay. She has a lot of unacknowledged privilege I think, but there are some really interesting and helpful things in there. One of which is she talks about SOPs are great, values are great, but what you also need are something called operating principles, which is like, here are my values, here's how those values show up in the actions we take in our business. And I was like, oh, I love that. So if curiosity is one of my values, the way that this

shows up is I very rarely ignore a mean email unless there's name calling or something. But if someone's upset, I choose to be curious about it.

[\(00:16:27\)](#):

But that's a personal value. I know other people value, I don't know how to describe this, but basically they value their piece. They value direct communication. If this person's being direct, I don't like you, then I'm just going to delete it, why bother? And that's fine too. That's just a different set of values and that's totally okay. But operating principles can be very, very helpful I think, on how do your values show up in your business. Also, I think you can create a, oh my gosh, hold on. There we go. You can create a page on your site if you like. So I have my values literally listed on my website because I felt that it was important that I felt that this might help people hold me accountable. It might invite accountability like, Hey, here are the things I value. If you see me not doing this shit, let me fucking know please.

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

And yeah, I have a little explanation as I hit the three year American business. I need to change this. It's four years now, but it's essential for me and my business to have clear values. If I don't, I'm likely to fail to uphold them because I haven't defined them. And I think that has happened to me and has been a really big problem. So just something to consider. You can put that on your website if you want. Okay, next is respond. Don't react. And this is just good advice for life, but it's essential for business, I think. So once you know what your value, you have to incorporate them. When people say mean shit, we're all going to react in different ways. Some of us are going to want to fight, some of us want to hide from the world. Some of us can't move on with our day, but also can't seem to do anything else.

[\(00:18:17\)](#):

Some people are going to people please, and some of us are going to seek validation from other sources to make ourselves feel better. Those are just some of the examples. Before you do any of those things though, I want you to check in with your values. Let them guide you towards a thoughtful response rather than a jerk reaction for me, and everybody's different. For me, this means I never respond right away. If something makes my palm sweat and my chest hurt, I know it's time to set the phone down because I have not done that in the past. And what happens is I either cause harm or I accept blame that I don't deserve, and both of those options are bad. That's not what I want. A pause is really, really useful. You want to really regulate yourself. So I've got some examples based on what type of fight or flight response you have.

[\(00:19:08\)](#):

So if you're a fighter throwing ice cubes at the back patio or at your bathtub watching them shatter, maybe scream while you do it, it feels great. Accepting blame I don't deserve is my middle name. Yeah, because if we accept blame, we don't deserve, I mean, if we accept the blame, it makes the haters go away, but it also makes the hate inside grow and that's super unhelpful. But yeah, we can talk about that more in just a second. Let's go through the fight or flight stuff real quick. So throwing ice cubes, pacing and yelling, please make sure no one else is home. Or if they are, they're adults who know you're not yelling at them. Make sure you're not triggering people. But yelling is really, really, it's a way to complete the stress response. It's really important. If you can't do that, yell in your car, go driving and yell, that feels really good too.

[\(00:19:59\)](#):

Also, movement helps if you're kind of flight E as well. So that's the next one. Get in your car, drive until you get lost and then turn on your GPS. I was in flight mode for most of the pandemic, and this is what I did almost every day. I got to know the area really well. It was awesome, but it was really helpful going for a run. If you're a runner type of person and then ice on your face, your neck, your chest can really bring that flight down a notch. If you are a freezer, I really recommend turning on your favorite dance music and doing a little dance. And it's okay if you start with just a little shimmy. It doesn't have to be

anything elaborate, but it can feel really good. Progressive muscle relaxation exercises, that's where you tense muscles, one section and then you release them and then you tense muscles and you release them.

[\(00:20:48\)](#):

And it does really help with the freeze response. I also recommend a warm or even a hot shower. And then let's say you're a fauna. You want to sing a song that makes you feel understood, something that's like about you and not about other people. And you also maybe want to write a letter that you don't have to send. And in fact, I encourage you not to expressing how you actually feel. You don't have something that a lot of fawns go through is if no one else knows about something, then it's not real. It's like if a tree falls in a forest, does someone hear it? For people pleasers, the answer is no, right? It's like, no, someone must perceive me in order for me to exist the correct way. And so I think something really valuable for people pleasers is doing stuff for yourself and not showing other people and being like, this is mine.

[\(00:21:47\)](#):

This is my thing, and I am allowed to exist in ways that are not perceived by others. And that's like, okay, okay. So then once you've regulated yourself to the point where your hands are not shaking or you can pull out your values and you can plan out how you want to respond, I can honestly say that I have never done this and then regretted my actions. I only regret my actions when I rush into a reaction. So that's just me. So finally, let's talk about which feedback do you actually listen to because not everyone who disagrees with you is a hater, and not every hater has something valuable to say. It's hard. It's hard to know. So here are my rules of thumb. Number one is more than one person saying the same thing. If so, it might be worth at least listening to for a moment.

[\(00:22:45\)](#):

Now, you may still conclude all of those people have the same bad idea, and that's fine too. But in my book, if one person says, this program is shit, I'm probably going to ignore it. But if five people say, this program is shit, I'm going to be like, I wonder what they don't like about it. I wonder if there's something they're seeing. I'm not. And the answer still might be no. It might be they're just, they're wrong, they don't like it, and that's okay. We're allowed to disagree. But the answer might be, oh, no, they saw something I didn't. Number two, does their comments email, et cetera, align with my values? So if they're saying, this isn't very inclusive and I strive to be inclusive, that's something I do want to listen to at least to consider. Again, you may end up deciding that they're just using the word inclusive as a buzzword, and that happens, but sometimes they really, that makes sense. For example, though, on the other side, if someone says, you need to offer more tough love, but I don't value tough love, I don't have to listen to that. And so I'm allowed to just discard that because it has nothing to do with my values.

[\(00:23:58\)](#):

Rule of thumb. Number three, does the person utilize name calling threats or devaluation? If so, you block that shit, period. There is no reason to entertain that for even a moment. There is no reason anyone who disagrees with you, and this is healing for me to say, anyone who disagrees with you can do it civilly or they can fuck off. Done. We're done. Okay, so there's that. Now let's talk about maintaining your self-worth. So this is all integrity based. This is now going to be about you and your feelings about yourself. So something I tell a lot of my life coaching clients is that their worth as a person does not depend on achievements, depend on achievements or likability or anything else. It depends on their heartbeat. As long as you exist, as long as you are alive, you are a worthwhile human being and messing up does not rob you of your worth. Being disliked by others does not rob you of your worth. Absolutely nothing can do that. But I know that it feels that way a lot of the time. So how do we maintain our self-worth when other leftists are going to disagree with us? I think non-business support is really essential, a support system that exists outside of your business. That way if things somehow go up in flames, you don't lose everything.

[\(00:25:26\)](#):

When you run an online business or any type of business, it's really easy for it to start to eat up all your time and energy. And next thing you know, all of your friends are your peers in the business space. And then when you mess up, there's a chance that they turn on you. I do not say this to scare you. I say this because it happened to me. I got canceled in February, January, February of 2024, and people who I really cared about, who I really trusted turned on me very publicly. I think one person reached out to me personally. Everyone else, there were hundreds of videos about how much people hated me, and I lost so much support. My non-business related support was essential for getting me through that time, and they're still helping me deal with the emotional and mental fallout.

(00:26:19):

PS, I can tell you more about the canceling if you're interested, but please know that I did in fact mess up. I have a lot of regrets about how I acted. I know I caused harm and I'm still deeply apologetic for my actions. I apologized publicly many times, acknowledging when I did wrong, and I completely restructured my business afterwards to avoid replicating that harm. I have done my best to repair. I say this because I don't want you thinking I acted like an ass and then cried a river about getting canceled. I know I messed up. What I'm saying is even if you do harm, you don't lose your self-worth. You're still a person worthy of existing. I fucked up. I hurt people. And those people have every right to hate me until the day they die, and I will never try to change that. What I am going to do though is keep existing because screwing up doesn't mean that you are now a worthless person, and that's a really tough lesson to learn the hard way. But yeah. So I can go into this more when we finish this section because we're almost done if you are interested. Okay, dialectics, this is hard, especially in wake of the election. We'll dig into it, but the future includes everybody.

(00:27:31):

So my next recommendation is to embrace dialectics, which is dialectics are basically holding two truths at once. It's possible for someone to be different from you, to see a different way forward to a better future, and still be welcome in that future. And this applies to you too. You are still welcome in the better future the left is trying to build, even if you want to get there in a different way. As much as the right is, in my opinion, full of conspiracy theories and oversimplification, they have one theory that I actually see a lot. Sometimes the left wants to control how we think. In my experience, many leftists only see a future full of people who agree with them, and they really struggle to imagine a better world that still involves people they don't like. And I don't think that's helpful. Now, this is not me saying our better future should involve bigotry of any kind because it should not.

(00:28:24):

But I am saying we can't just wave a wand and either one, get rid of all the bigots or two, just make them not bigoted anymore. We have got to deal with the systems that are creating the bigotry, and we've got to work with people on an individual level. And this isn't in here, but also we need to address the fucking systems, right? Not because they deserve handholding or even respect necessarily, but because everyone deserves a future. And this is hard. This is really fucking hard in the wake of the election. It's like, I don't want you to have a future if you voted for that. Man, I don't. But at the same time, what I personally want and what that person deserves are not necessarily the same. And I guess it's just like, what are we going to do with these? What was it like 70 million people who voted for him?

(00:29:13):

We can't deport them, we can't execute them. So what's the solution? And I don't know the answer to that, but I know it's got to involve all of us somehow. So that's a fun little terrible Gordian knot. Anyway, moving on to the next section. I have no good transition for this. Your reality matters. Finally, do not let others be the arbiters of your reality. People might not like that you're charging for your products or services, or they might believe you're charging too much, but that does not mean that they're automatically right, just because they're an outside source, reality is a shared experience, and your perspective matters just as much as anyone else's. So if you consistently seek external validation, if you

ask eight different people before making any decision, if your gut is literally the last thing you consult when trying to figure out how you feel, then we need to work on increasing your self-trust. You are a person worth trusting. You have a perspective that matters. And I think a lot of people, especially folks with mental illness, neurodivergence, especially folks who experience psychosis, we are taught not to trust ourselves. We are told over and over you are not trustworthy. Your perspective is literally inaccurate. And it's like that just really erodes your sense of self over time. And that's really frustrating.

(00:30:39):

And I think there are ways to build that back up slowly, which the neurodiversity paradigm has been really helpful for me. This idea that there isn't a wrong way to have a brain, there just isn't. There's not a wrong way. My depressed brain might not reflect reality, but it reflects a reality. It not totally, it didn't just appear out of nowhere and lie to me. There are things that led to it that do make sense, and that working with that helps me personally. So can you charge money in an ethical way? Is the amount you're charging fair? I really hope this course has encouraged you to say yes to both of those questions. But more than that, I hope this course has encourage you to make your own decisions about your business. I hope you feel empowered and armed with the information you need to create a business that reflects your leftist values. So that's the course y'all for taking action. Obviously share in the Voxer, I want you to just spend 30 minutes picturing a better future for all that includes people you don't like, but also includes you having what you need. How can that, I don't know, how can that be?

(00:32:00):

Let's see. Oh, if you want to let me know how the course has been, there's a form, and then also if you go back to the main page here, you can book a one-on-one call with me for after the program. Again, we still have next Thursday, so there's time. But you can go ahead and book a one-on-one call with me and we'll just talk about how the program was for you, what you got out of it, if you would be willing to lend a testimonial, that kind of stuff. So yeah, that's today. Did I don't know, what are you guys' thoughts? Do you have questions? Is there stuff that we need to dig deeper into?

Speaker 3 (00:32:40):

I mean, there's plenty to dig into. This is the one that's like, Hey, you're crippling anxiety as a result of leftist infighting isn't totally fake.

Speaker 2 (00:32:50):

No, no, this is so real.

Speaker 3 (00:32:53):

And

Speaker 2 (00:32:53):

I think it's hard to admit it because it lends credence to the right a little bit when they say this stuff. But a broken clock is right twice a day.

Speaker 3 (00:33:02):

It's like, yes, you're right. There is infighting. And also I still believe in a better world, but I've been talking about I want that fidget.

Speaker 2 (00:33:14):

It is amazing. Wait, listen to the sound. That's so gratifying.

Speaker 3 ([00:33:25](#)):

Did you make that

Speaker 2 ([00:33:26](#)):

Or did you buy that? No, this is from Amazon. My sister got it for me for Christmas two years ago, and it is one of my favorite fidgets. So

Speaker 3 ([00:33:33](#)):

Good.

Speaker 2 ([00:33:34](#)):

Okay. Also break it into a bunch of little fidgets. Beautiful.

Speaker 3 ([00:33:40](#)):

Anyway, anyway, anyway, I talked about this at the very start of the class, but I was really excited about my revenue from last year. I made 98 K, and I posted on Facebook and celebrated that, and I was like, I am rounding it up. I'm calling it a six figure year. And one of my leftist friends just tore into me and said that I was being basically a terrible capitalist one percenter by sharing this fact that I was rubbing my socioeconomic privilege in everyone's face. And I have spent this year in poverty, and I know that they're related because I know that some part of me was like, I did something wrong, and it just shut down a portion of me, and I haven't been able to market and sell this year as much, and it's been seven or eight months now, and I'm finally realizing, oh, I've been anxious.

([00:34:45](#)):

I thought it was depression, it's anxiety that is causing depression when I believe the terrible things that my anxiety says, which is that if I succeed in business, I'm a bad person. If I make money, I'm a bad person, and this person's supposed to be my friend. This person is supposed to want me to win too. But when I won, her immediate assumption was that I didn't bring anybody else with me. And that was really disheartening and honestly gross. And I don't want to be her friend if that's how she's going to treat me and only pay enough attention to me to yell at me, but not to actually come with me when I'm celebrating. So yeah, this all landed really well, and it's anxiety about being canceled and about doing something 2% wrong and being like, nobody should hire Caitlyn Fisher ever. That has kept me for months now from saying the things that I know to be true,

Speaker 2 ([00:35:48](#)):

And that's hard. Something that has helped me a lot is treating that so that interaction as trauma

([00:35:59](#)):

And acknowledging that that was traumatic because when we treat it as like, oh, this person was mean to me and I should probably be over it, it's not that big a deal that forces, it's like trying to put two magnets the wrong end together. We don't come to any solutions that way, but when you're able to say, okay, that was traumatic, then we can start examining the beliefs that are underlying that. Like you said, I think it goes even deeper than anxiety. Honestly. It sounds a lot like shame, which is a flavor, I guess, of anxiety, but it is different. It taps into the subconscious. And something I learned recently, and I guess I always knew this, but just the way this person put it really stuck out to me was the subconscious does not think linearly. The subconscious thinks in stories, and so when you give the subconscious facts, it turns it into a story. And so in order to heal from negative stories, you can't just give it facts. You have to address the story that's being told. That makes sense.

(00:37:17):

So this story that you are a capitalist pig, that you are rubbing your status in people's faces, that maybe not even that that's the top story, but maybe the story under that is there are parts of me that are not safe to reveal and that is worse if it were just about being a capitalist. Okay, well then I just won't talk about money problem solved, but that's not it. The real fear is there are parts of me that are not welcome in the world and I don't know what they are, and that is leads to so much fear because one wrong step and you could be fucked again.

Speaker 3 (00:37:58):

Yeah, I think that nailed it honestly, because it goes back to being autistic and having people act like your friend, but really they're making fun of you, or they're not really your friend, or they just kind of know you and waved high one time and then you went home and you're like, mom, I made a friend. It just was not cool to have been part of this person's social circle and then just have her turn on me that it was really scary. It kind of was like, I don't know who to trust. I can't even trust people who agree with me. So who can I trust? Honestly, I have reduced how much I talk to people that I love and my honest thoughts because I'm scared they're going to screenshot a bad take and posted online. Even my close friends,

Speaker 2 (00:39:03):

We can't live like that. No, no, we can't. I think it's so confusing. Shame is so confusing because you can logically know that it's wrong listening to you tell this story, this person was in the wrong, this person, they made a lot of assumptions about you and your business that were unfair and largely untrue, and she equated a hundred K to 1%, which is frankly stupid,

Speaker 3 (00:39:47):

Right?

Speaker 2 (00:39:50):

Okay, let's be generous. Maybe it's not stupid. Maybe she is struggling so much that feels like 1% to her. It's not, and we need to acknowledge facts, but we can also acknowledge her emotional background and where she's coming from. So she's wrong, but it's still affected you so profoundly. And I think sometimes that can increase the shame because it's like, what is wrong with me? Why am I being so affected by this? Yeah, I know. I, I think a couple of things. I think first of all, if you wanted to leave social media, there are a million ways to run a business without it, if that would honestly make you feel safer. Because for a while I was like, I can't leave socials because that's letting them win. I can't leave socials. My business would fall apart. I can't leave socials because then they would think that they're right, whatever. And eventually I was just like, or I could be happy, maybe fuck those people a little bit. They don't care if I live or die, so maybe I shouldn't care about what they think. Yeah.

Speaker 3 (00:41:09):

So something that I have done is I've leaned more into my Patreon, and so I'll just write unhinged takes over there. I really like threads, and so I am practicing what I preach and I keep telling my clients, you don't have to be everywhere. Don't be on places that stress you out to be. So I am putting in a static nine grid on my Instagram, and I'm having that for dms because I do a lot of DMing on Instagram, more so than Facebook because we don't have to be friends on Instagram to talk to talk. And yeah, I've really pulled back from Facebook after that, and I would like to get back to Facebook because that is kind of where I started and I've always liked it. But then again, it's all of these things I just talked about are all owned by Mark Zuckerberg, so blah. Have you

Speaker 2 ([00:42:09](#)):

Looked at Blue Sky at all? Because I'm having a very good time on Blue

Speaker 3 ([00:42:12](#)):

Sky. I have not.

Speaker 2 ([00:42:17](#)):

Hank Green just did a whole analysis on X versus threads versus Blue Sky. And Blue Sky was the best by far vibes wise, but also they actually spread your links posts. You know how Threads will suppress those ones? Blue Sky just sends them out. That's fine. Share a link. We don't care. Which is crazy. I dunno. Anyway, I'm enjoying it. I think it's fun. I don't post a whole lot or anything, but yeah, something worth looking at potentially. But if you threads just do threads. Yeah, Zuckerberg owns it, but there is no ethical consumption under capitalism, so who cares?

Speaker 3 ([00:42:57](#)):

Yeah. So I think I'm going to focus on doing a monthly workshop, like a free workshop. That's awesome. And co-working, change a life, and then offer ways to pay me. But also I'm really enjoying Patreon and being just support the work that I'm doing. And my work is a disabled, queer creative. Here we go. I don't want to live in poverty. I'm not going to romanticize my poverty because poverty is a failing of capitalism. Not people, but a lot of my leftist friends romanticized their poverty. They were like, I'm miserable, and that makes me a good person. And I did not like that. It was very uncomfortable for me because I was like, I would also like to be comfortable and have nice things while still working for the things that I believe in. But they basically were of the opinion that you have to be poor, broke, miserable, and the only thing that gives you hope in life is your leftist work. I'm like, y'all are doing it a little wrong. I think

Speaker 2 ([00:44:15](#)):

A lot of people believe that if anyone suffers, no one deserves to be happy. But that's the saying. If you blind to somebody else and you're also blind, then the whole world is blind and nothing gets better. So it just doesn't work that way. There's a saying, but I can't remember it. But yeah, no, poverty is not to be romanticized. I think a lot of people who romanticize poverty either aren't in poverty, they're just struggling, which is different, or they're just real deep in the Kool-Aid. Yeah. Or both. Or both. Yes. Totally possible to be both. Yeah.

Speaker 3 ([00:45:04](#)):

Thanks for letting me, blah.

Speaker 2 ([00:45:07](#)):

Yeah, of course. The Blas are always welcome. How about you, Georgina? You got any blahs?

Speaker 1 ([00:45:16](#)):

I don't think so. I read the module two weeks ago, and this time it hit way, way different in a good way, I guess. And yeah, I don't really think I have any questions. I just wanted to add something about the poverty romanticizing thing, that one of the things that I've gotten out of this program is that being poor doesn't make you less capitalistic. It is like those people who are romanticizing poverty and earning very little money because they feel guilty of earning more. They're not exempt from capitalism. It is like there's no way out. So I don't know. That's been very helpful for me to name and to learn, and if anything, it

makes it capitalism. It feels worse, and it harms more when you don't have any money to defend yourself from it. Yeah. Or at least that's the way I've understood it. I don't know if I'm right.

Speaker 2 ([00:46:36](#)):

Yeah. I think going back to the idea of the subconscious telling stories, like you are either victim, hero, or perpetrator, right? Victim, hero, villain. Those are the stories we have. And when hero feels out of reach, everything becomes villain except for victim when those are your only three choices.

Speaker 3 ([00:47:01](#)):

But you can't just be a person. Yes, exactly. There are extras in that movie where there's a hero and a villain,

Speaker 2 ([00:47:12](#)):

But our subconscious doesn't like those stories. They're not stories. I think it's okay to see yourself as those things, but it's important to see it. Excuse me, as always flowing. You're always flowing from one to the other. When I screwed up, I was villain, but what I couldn't do, what I had to be very careful not to do was I don't want to be villain, so I'm going to make myself victim. No, no, no, no, no, no, no. Instead I had to, this feels weird, but almost step into the hero role of, okay, I'm going to take responsibility. I'm going to be accountable. I'm going to apologize. I'm going to repair. I'm going to fix what I can, and then I'm going to move the fuck on.

([00:47:56](#)):

That's not really the subconscious story I was telling. The subconscious story was like, everyone hates me and I'm dying. But by telling that story consciously, at least I could do the right thing despite my feelings. And that I think is sometimes important. I don't know. That's hard. As a very sensitive person who was always told, you can't always act on your feelings. Sometimes you just have to be a normal person. I find that very gaslighting and invalidating and gross. But I do think as someone with immense privilege, sometimes my feelings are valid, but they don't need to be acted on, and that is true to a certain extent, as much as it felt gross growing up.

Speaker 3 ([00:48:47](#)):

That is, yeah, that makes sense.

Speaker 2 ([00:48:50](#)):

Yeah. I don't know. I don't, being a human is very messy and very gross.

Speaker 3 ([00:48:57](#)):

It's very messy, and it's so public right now. That's something that I really dislike about social media is that it makes every single part of your life, people are filming everything they're filming, taking their pregnancy tests, they're just filming in general. When they go out to dinner to catch something funny maybe, and then they turn it into content. And I don't like it when I'm watching reels and I see that people are, I'm like, you're just filming your everyday life, and that's not something that I want to uphold. And so I'm like, I don't want to watch your reels now, but we are turning our lives into something to be consumed and reviewed and critiqued and spoken about, and I hate that. And that's

Speaker 2 ([00:49:51](#)):

Weird. There is I a partners a YouTuber you might like, let me, I have to switch my account. Hold on. There we go. And then where is Sarah? No, I am watching a million different vlogs things right now, so

I'm trying to find, I do vlogs. I like watching people's daily lives, but daily lives that are curated for me. Not like I'm just going to film all day every day and hope that I get something decent out of it. I do think there's a difference, but anyway. Anyway, there's a person I think you might enjoy. Her name is Sarah. She's a PhD candidate in rec comp, and her dissertation is about embodiment in the world of vlogging and how you are both subject and object and how that fucks with a person. And like, oh, it's good. She talks about her dissertation all the time, and I'm like, give me more, going to bookmark her. She's doing dismiss instead of vlog mess. She's trying to get her dissertation written. And so over the course of December, she's like, I'm just going to vlog myself getting the dissertation done. It's not interesting. 90% of dissertation writing is staring at the wall and having bad ideas, and 10% is writing.

Speaker 3 ([00:51:18](#)):

Okay. I love that. That also gives me some hope that if I just share about what I wrote today and what art I made today, that people will still like that.

Speaker 2 ([00:51:27](#)):

Oh, I mean, personally as someone who follows you and loves the stuff you put out, I love when you sell stuff because I'm like, Ooh, once I'm out of a credit card debt, Caitlyn and I are working together, man. Anyway, so I love when you share your sales, but I love when you share your art, and I think you posted something the other day that I showed you met Jasmine the other day, right? She's in this group, but she's also my VA and stuff, and you posted something, and both of us, I showed her and we were like, yes, Caitlyn. So you have cheerleaders behind the scenes. Oh, yay. That makes me

Speaker 3 ([00:52:01](#)):

Happy. Yay. Yeah, I've been in a weird space this year after that fucking post. It really did put me into shame.

Speaker 2 ([00:52:18](#)):

Yeah, no. Yes. I think what are some of the things that have helped me with some of the canceling bullshit? First of all, having support from people, not in the business world. My husband telling me, if you want to burn this down and get a job, I'm fine with that. If you can't do this, it'll be fine. We're going to be fine. And that was nice, but also support from within the business community, too. I had a business coach tell me, because a lot of people were telling me, no matter how much I apologize, as long as I'm a life coach, I'm still, I haven't taken it to heart.

Speaker 3 ([00:52:59](#)):

Really?

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

Yeah. Oh, there were hundreds of videos, Caitlyn, and people really hated me, but yeah. Yeah, it was bad, but people were basic. It was bad for lots of reasons, but I had a business coach who was like, well, that's kind of throwing the baby out with the bath water, isn't it? I was like, oh, are you sure? I don't know, because I think because of all the privilege I have and the ways that hides certain things from me, it made me feel very uncertain about, well, is this a privilege to take? Or am I right? And they're just wrong, and that's okay. And ooh, finding that balance has been gross. It has been terrible.

Speaker 3 ([00:53:52](#)):

Yep. I believe it. That feels familiar, and yeah.

Speaker 2 ([00:54:03](#)):

Yep, yep, yep, yep, yep. But yeah, I think therapy helped a lot. I think parts work has helped a lot. What are the parts of me that are trying to be protected? What are the parts that are trying to do protecting and how is all of me trying to help me? Because there are parts of me that feels like you're just trying to destroy me. And it's like, Ooh, but why? And so that's been helpful. EFT tapping has been amazing. I've even done a little bit of EMDR therapy a little bit, which has been really great. I've had lots of EMDR conversations with younger versions of me and even older versions of me, which has been weird, but fun. What else have I done? Honestly, this deck got me through the first couple of weeks after being canceled, my Mary Magdalene deck. Ooh, that's really washed out. There we go. Mary Magdalene. I'm not Catholic anymore, but Mary Magdalene holds a place in my heart, and this deck is fucking amazing. So I'm trying to think what else has helped that might be helpful. But yeah, tapping into the subconscious stories, I think really that's what the deck did for me,

Speaker 3 ([00:55:22](#)):

And that's something that I am good at. I'm good at stories, I'm good at narrative.

Speaker 2 ([00:55:29](#)):

Yeah. Something I might encourage you to do is have you ever written, do you do poetry at all, or is it mostly okay, try what my one professor called Trip Over Syntax, which is where you write a sentence like The cow jumped over the moon, and then you use the last two or three words of that sentence to start the next sentence. So the moon shown bright, so it'd be the cow jumped over the moonshine bright and writing that way. I think it's a way to tell a story that's disjointed, and I think it really disrupts the subconscious in a fun way.

Speaker 3 ([00:56:08](#)):

Okay. Yeah, that sounds interesting. I'll play around with that.

Speaker 2 ([00:56:11](#)):

Yeah, that's homework.

Speaker 3 ([00:56:15](#)):

Alright. Okay. I will do my homework. I have to run so that I can grab something to eat before my 10. Thank you. And I'll see next

Speaker 2 ([00:56:23](#)):

Week. Yeah, see you next week for graduation. All right. Georgina, any questions before we go?

Speaker 1 ([00:56:32](#)):

Not a question. I just want to say, excuse me, that I liked the distinction between, I mean, I hadn't thought about the Drama Triangle has applied to this, but I think I am moving towards becoming my own hero through all of this, because I've been so stuck in the making more money will make me the villain that I'm sober, that I don't want that anymore. And so now I think that I'm organically moving to feeling like I need to save myself, and that obviously I need money for that. So it's like, why not? It's like that thinking of funding the revolution helps because it's also a hero space, I think. But I go first and I think that's way, way better, or at least it feels better than just pretending I'm the victim, because I am in a way, as we all are. But as you just said, with privilege, it's very hard. It never really fit me that label, I guess. So, yeah. I don't know.

Speaker 2 ([00:57:50](#)):

Something that might be helpful homework for you is I want you to write out a brief three to five sentence story for victim, hero, villain of someone who has no money. How could someone who's broke be the hero? How could someone who's broke be the villain? And how could someone who's broke be the victim, villain, and hero? Then I want you to do the same thing, but for people who have plenty of money, like disposable income, how could they be the hero, the villain, the victim?

Speaker 1 ([00:58:24](#)):

I think

Speaker 2 ([00:58:24](#)):

That's really helpful.

Speaker 1 ([00:58:27](#)):

Yeah. Yeah. Okay. Yeah, because it's kind of wicked because people like Caitlyn's friend or well ex-friend person, they think they're being the hero by keeping themselves in poverty and keeping richer people in check. But no, it's delusion.

Speaker 2 ([00:58:54](#)):

Yep. Anybody can be the victim. Anybody can be the villain, and anybody can be the hero, and it's going to change based on the situation. But I think teaching that to our subconscious is hard,

Speaker 1 ([00:59:16](#)):

And I guess that no one should really stay and had one of those spaces, places. I don't know.

Speaker 2 ([00:59:27](#)):

Yeah, if you're always one. Yeah.

Speaker 1 ([00:59:32](#)):

Yeah.

Speaker 2 ([00:59:34](#)):

Just if you're always one, then you're lying to yourself. It shifts.

Speaker 1 ([00:59:40](#)):

Exactly. Yeah. Yeah, that's what I was going to say, that there's no way to, I mean, there are more useful ones at certain moments unless I've seen where the victim or fake victim has gun me and it sucks. So I'm going to try another one for size, and if it helps, great. And then,

Speaker 2 ([01:00:07](#)):

Yeah. Yeah. Okay. Awesome. Well, I will see you in a couple of hours for our Voxer, right? I believe so, yes. Boxer at noon. Okay. I'll see you in a bit. Bye. Okay.