

Hatty Ashdown

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And this guy on the northern line, and he honestly just felt like every time I'd see him on the northern line, just like to flash and oh my God, quite a long time ago, but my way dealing with it. It was one of those things that afterward I just he's like sat opposite me and there was no other seats so he could have sat anywhere. And I just went. I just stood out. I went, oh, for God's sakes, *1s* welcome to Women Are Mad, where we invite women to bring their anger into everyday conversation. We're all feeling it. Let's get together to work out what to do with it. I'm Selena Saxton, I'm an actress and writer, I'm Jennifer Cox, and I'm a psychotherapist. We notice that anger is the one emotion that women aren't allowed to openly express. Meanwhile, everything around us is making us absolutely furious by talking about women's anger. Freely we hope will inspire you to do the same. *1s* Um, Jen, what has made you angry this week? *1s* Um, okay, so this week I noticed, uh, a behavior of mine that tipped me into anger. And this is a tendency to apologize for stupid things. Yeah, this is the the key example. I opened my dishwasher mid-cycle and, um, and found myself apologizing in a really panicked, like, you know, that kind of rush of of to your kids or to your husband, to my dishwasher. Oh, no, to my dishwasher for interrupting it mid-cycle like as if, you know, you've burst in on somebody's, uh, doing a poo and going, oh, sorry, sorry, sorry. And you're back out and you back out and you think, oh God, it was like that. And I thought, this is really this is a crescendo. If you're you're apologizing to the world to this extent. Yeah. I mean that is minute objects. Yeah. That's another level up. What's, what's prompted this new level of apology, do you think in your life. Well, it's funny because I think it is still that tendency instead of. Feelings, um, more typically going into anger for women, I think it is more that they that they sort of shove themselves into the anxiety spectrum. Yes. And there and that's where we find ourselves, sort of, you know, oh, in the, in the back foot position rather than the striding forward. But that's a really important thing to note. Actually, I'm glad that you said that, because I think I get a flurry of anxiety when I'm slightly overwhelmed and then it becomes like this twitchy, nervy hop hop dance, doesn't it, where you apologize to dishwashers and various other objects in your life because you can't quite find your footing, I think. Yeah, I was knocked off. I also apologize, this is the this is a terrible habit, and I think it's better to apologize to a dishwasher than to do this. I say sorry when I am about to say something very direct, or explain why I'm angry with somebody. So I. It's a really bad habit. You all say, oh, I'm so sorry, but I think that was awful. Oh, but this is interesting because it almost then takes on a sort of aggressive quality. So then. Sorry, it's really sorry. Not sorry. Yes, ma'am. It's a terrible habit. You just got to you got I mean, it would be better, wouldn't it, to prep someone and say, listen, I need to. I really need to talk to you about something. I really need to say something. But you're not setting me. I can't do that healthy preamble. And isn't it funny because when someone said that to you in the past. I need to talk to you. Does your heart not fill with a kind of cold ice? Oh my God, what have I done? Yes, me is me. Same. But yeah, but I think it's the same reflex. Is the same part of us. I'm in trouble. It's my fault. Yes. Not too much space. Done something wrong? Yes, yes. Either side. Whether I'm apologizing to you or receiving it, I have to shrink in order to say it or receive it. Yeah. And. And let you kind of flood me with it all, and I'll take it all. Yeah. Interesting. So shall I introduce our guest this week? Yeah. Great. Please do move us along. Okay. Our guest today has funny bones. When she's not writing sitcoms or performing stand up, she's presenting the hit podcast Funny Mummies, possibly in her slippers. Please welcome the dreamy Hattie Ashdown. Ah, welcome. Thank you. Sound like you said hip podcast. I've got a hip. Yeah, well, what is it?

Let's say it with them. You can be hip. My God, actually, that could be our thing. Could we like a hip parenting podcast? There you go. See? Well, we're not parenting podcast. I should say that, first of all, very strongly not a parent, a podcast. Do not give any advice on parenting completely opposite. Like don't do anything that we say. Well, that's kind of hip. Yeah, yeah. And also, I think it's great to hear parents just talk about and be open and talk about what's going on. So in fact, it kind of is for me, that's a parenting podcast because I don't want to hear, uh, I do this. We recommend this because it rarely works in my household anyway. Well, hopefully we're the place for people that, you know, just feel like they don't fit in as well as parents and stuff like that. Yes, that's really, really important. We're going to we're going to get right into it, Hattie, and ask you, what makes you angry? My lord. Um. I say that because I tried to write down the list, and I'm, as I'm sure most of you get, there's there's so many. Well, you know, it goes two ways, Hattie. Either people go, oh, nothing. Nothing makes me angry, which is sinister. Yes, Jenny's like me. Oh, I would say to just flag up my sort of mood at the moment. Um, I'm actually, weirdly, even though I had a massive shock about eight weeks ago. I'm sorry. Weirdly, I'm the most, um. I'm less angry in a way, because, um. And this is what? I've just been sent off therapy. I've made that word up. Is that when something really big happens, it just makes you look at all the little things, like, I don't care. Yeah. And so it's been kind of calming in, in, in that way. So things I would have written eight weeks ago very different to like, oh that's interesting I guess because like I was thinking like I have a real, uh, a fear of heights. And I was walking over a bridge and I didn't even notice that this bridge was so high and flimsy. And I was like, normally I would have just been, like, so scared. But I'm just like, feel like I've gone through such a shock and I've having to deal with that, that it's like, yeah, just throw me out of an aeroplane. So, so without going into detail, has there been a big life event that's made you look at things differently? Well, I think because so my husband said, um, he wants to leave me and the kids. We've been together 12 years, and and it was it was it was just a shock because I didn't. You had no idea. I didn't have any idea. He was thinking of doing that. I knew he wasn't happy, but, um, I thought it was his, you know, depression as we do. We've been sort of working that I thought blah, blah, blah, and and when you've got two kids and we both live very hectic lives, um, we're both sort of, you know, become ships in the night, um, with our sort of jobs and gigging and stuff. And, um, young kids has they're eight and five. Yeah. And, um, and so it was a shock because he's a good guy. I know that sounds silly, but he's like one of the good guys. And so that makes it more of a shock. And, um, because you expect it to be like, oh, these rotters. But he's been very nice, very amicable. So I don't want to, you know, for the sake of my children and everything I do. But I think it's really important for this authenticity of this podcast or of where I'm at. So obviously I'm going to pick a side being angry at that situation because the anger for that is to do with communication, that he didn't come to me sooner and feels like now it's too late, right? Like he's like, I've worked for it myself for a year now it's too late. Oh yes. Yes, Jennifer, we could, we could, we can have some thoughts about that. Jennifer might have thoughts. Yeah. ^{1s} Jennifer has got thoughts. Um, so in terms of. Oh, but I do still have a long list. Um, I think, um. ^{2s} This is what I looked at. I thought, actually they're all quite connected, but lack of empathy now, people that have lack of empathy. And I was because I was also thinking about, um, I did a show last year and it's on next up not to promote it. No. Promote it. Promote promote awareness. Come on. It's on me. I'm not on BBC. Um, it's called the worry draw. And it was a good name, predominantly about, um, not about grief, but about being a grief ally. And one of the things I, one of the things that drove me to do that show was I, I lost my mum about six years ago and I always say, don't say lost. I didn't go in the supermarket and lose her. She died. Yeah, yeah. Um, ads, but just people really bad. We've been able to deal when someone's died. So. And I guess the empathy thing thing comes close. But just for us to be less scared. And it just used to really make me angry, but also make me angry in terms of people that have lost somebody who feels the need to go, you know, you got oh yeah. Oh no, sorry, my, my dad's dead.

And then people and they sort of go, um, but it's okay and all like, it's like, you don't have to say it's okay. No, sit with and look after them. Yeah. It was it. Yeah. So and yeah. So I got. Yeah. So I get angry at that. And then people do all this sort of oh it's a good innings and all that. Oh no. Hate all those expressions. Um, Hattie Richard E Grant said in an article yesterday. Oh, I follow his oh my God. Oh, Willie, I might send you this article because. Because he said that when his wife died, he saw some neighbours and he saw them cross the street in order to avoid he was waving. Yeah, he was waving. Yeah. And they just pretended not not to see. And he said it was amazing how many friends he lost after after the death of his wife. You do? You do know who you're. It's not so much your friends, but you. Because there are still friends that are good in different ways. And they might be practical or whatever. But you realize who your comrades are. Your comrades. Yeah. Good word. That's a really good word. Like it's a ride or dies. Yeah, people, that it's a cliché, but leave the lasagna on the doorstep. And and I and I did the in my show. I gave away these cards, which is um, it was sort of thing it sort of said, um, I'm sorry that you've had this shit. Yeah. There's nothing I can. It's probably nothing I can say, but, um, here's something I can do. And then the idea is you fill in the blank like, I'll walk your dog or, oh, this is good. Yeah, that's lovely, because I get rid of it. And I've had a little bit lately with this. Yes. Have you? Yeah. Because it's a similar grief type thing where people go, I don't I don't know what to say. I'm sure there's nothing I can say to make you feel better. Right. But just try, right? Yeah, yeah. Try or send me some flowers. Yes. Yeah, yeah I agree, but do you know, it's interesting. I had a big life event about 18 months ago, and this comrade thing that you're saying makes so much sense. Some people, I think they worry that it's catching. Almost. Don't they think that's some kind of grief or a big transition in your life. If they come too close to you, then you're they're going to catch some terrible thing. And and I have said to I have actually said to closest friends, I've said, I know like with my partner, I think I know this might be hard for you because a lot of my friends are in the same boat. Yeah, and I know particular ones. This might be a bit of a trigger for them because it makes them think, oh my God, are we okay? Are we wobbly or whatever? So I do take that into account with some people, but it's been what's been beautiful is is and the same with with the grief with my mum. Like, yeah, people who don't expect doing the most wonderful things or saying the most wonderful things or hardly doing anything. Yeah, that's just lovely. Um, but yeah. So I feel like people that struggle, I struggle with people who don't have empathy and. But then. But then my other one is, um, I struggle with ignorance. So. ^{1s} And in what sense? What do you mean? Has he like. ^{1s} But I'm saying I struggle. So I think like I should be more empathetic to the people that don't have empathy. And I love it. Oh, no. And then I'll go round and round in circles here. Oh, no no no. This feels like. So we were just talking about the over apologizing that women do. And I think also this kind of over protecting as well like you were saying. Oh or I must pour them like what if, what if what's happened to me stirs them for them. Yes. Okay. Who cares about them? Oh, Jennifer, I'm very early. Do you know what I'm very. Because I've been back to my grief counselor since this has happened. And she's absolutely fabulous. I'm good. She feels like a best friend as well now. And yeah, so I'm jumping all over the place with topics. I hope that's all right. No. That's great. We love it. She. But this is something I'm like, okay. Because I said to her, I feel the worst thing about this process that I'm going through with my husband is, um, one of the things he points out was my sort of loud and brashness and being angry. So as you can imagine, I'm trying to delegate stuff with him and I'm just got this second, third million voices going, oh, don't say it like that, because then you've been angry, which is what, you know, I'm going mad. I'm like, oh no, what I will just say as a personal, as a personal, not as a therapist. I will say you're gagged. You're totally backed into words. Corners. Yeah. You can't he it's brilliant. He's one. But but and also Hattie, uh, you know, presumably one of the most beautiful, extraordinary things about you is, is the, is your ability to express and communicate. I mean, isn't that your in your DNA? Why isn't he celebrating? Oh, isn't that wonderful? And I guess thank you.

That's very kind of you. And I think somewhere down the line and that's again a whole new therapy lesson, I think that basically he he detached and there's certain people and group and, and to do with work and what he does, he's detached over there and it's like I obviously didn't see it or maybe I did a little bit. Um, but you don't have time to really address it or you try to. Oh yeah, let's go for a date. And but that doesn't really kind of a date. Doesn't really sold me. You need to be doing stuff together. We stopped connecting when we met. We did comedy and stuff together. You know, we've stopped doing anything together. And I think it's very hard with a tiny kid. It's very hard. Yeah, it's very hard. Um, so. But she said to me, my, uh, counselor, she said, because I was saying I feel like such a horrid. I just feel really horrid stuff that's coming out. It's like, God, you know, I feel. And I said what I just said about not being able to. You know, talk about anything simple with him because I'm so second guessing myself. And and she said, why is he? And I said, but he's such a nice guy. And she's like, look, the thing is, we and this is probably something you cover on the podcast all the time because he's a nice guy and he's a quiet guy. It's like, why? And you're, you're sort of big and loud and it's that thing of like, why is that bad and why is that aggressive and blah, blah, blah. It's like, yeah, like you just said, and and I don't know, I'm just sort of working through that at the moment because maybe that's just the way I was brought up as well. You know, there's all stuff tied in with that. But, but, but hang on, hang on, hang on. I don't even want you apologizing for it in your in the way you were brought up. I mean, that's just how you communicate as an adult, as a human, and how bloody glorious that you're able to articulate, feel it and say, I'm not saying you're a perfect human, but I'm just plus it feels like there is some blame going on. As in, it's a really easy target to say it's your communication style, it's your being too much like, you know, for all sorts of reasons. By the sound of it, there's been a disconnect. There's been a kind of, you know, a separateness come in. But why does anyone get blamed for that? Why? Why does that have to come back and sort of sit, you know, on your threshold? I don't know, it just feels like it's all very convenient. Yeah. And it's just hard because you can't I can't dig into it because he doesn't want, he doesn't see anything to work on. So we can go round and round and round in circles and, um. Oh, yeah. Okay. Shall we. Let's flat for now. Yeah. Let's plot that now. Let's help you. Let's help you move away from that. Stuck. Yeah. For sake. When did you last get angry with someone or something and describe what happened? Yeah. And I thought about this, and I thought, well, you know, obviously I'm getting lots of angry, sort of like discussions and stuff with my husband and, and, but I feel like it's an emotional it's more upset and it's a hurt angry. So, um, which all my anger probably comes from her place. Really. Um, so. Well, part that, but I think it's I still think it's the narrative for where I'm at. So a little, uh, try and give you background. I live in quite a, um, let's say not liberal area. And, um, 1s and we was meant to have a non-binary teacher for my son this year. Long, long story short, um, let's just say certain small minded. This is where my ignorance thing came up. Is were not happy about it, but no one was wanting to say. But it was all that kind of like, what do you think about it, you know, and really wanting me to just dive in, dive in. Yeah, yeah. And I was like, I'm absolutely fine as long as I'm a good teacher and my son's fine. He, he, he was a I said, what did you think of a mix. Would you say mix. What do you say mix, Lainey. And um, which I think so. Cool. Everyone should be a mix. I was like, and he. I've never heard that. I never really like her voice. He said that was it because she's. They were French? Oh, and that was it. And then just before we started back to school, got a letter to say that Mix Lane wasn't coming because of visa problems. Mhm mhm. Suspicious. And the angry episode since all this happened with my husband I was talking to some neighbors over the road. Stupid of me really. I should have known they wouldn't be in the same side of the road as me. Uh, I it came up in conversation and. Oh my gosh, I don't know if you really want to hear some of the awful because it's probably might be triggering for people, but I couldn't believe it. And normally I get really angry with myself sometimes for not being a good ally, um, whether it be racial stuff or whatever. And I was so pleased that I think because of this anger that going on, I

was just able to be an ally. And I was so pleased that I said something and I stood up. I think they're not talking to me now, but hey, I don't I don't know anything. Who cares? So I yeah, how great that there is that anger has propelled you forward. And by the way, it's really stuck with me what you said about the bridge as well. I think that's such a lovely metaphor. How you didn't feel you weren't worried about, you know, the height of everything. Oh, I went up to a castle in Cornwall and just before we came back, uh, for half term, and just before he. He dropped his bomb, and I was absolutely petrified. Couldn't get across this bridge. And, um, that's a whole nother thing to cycle on. Like, because I was bit disappointed with him that. Because I remember him not giving me any sympathy. And again, that makes me feel like a crazy woman, but I was petrified. Yeah. No one's to tears and. Oh, God. Um. So this bridge was a big thing, you know, I was just like, boom, boom, boom. Oh, that's amazing. I'm halfway across this bridge and I don't care so much, isn't it? But yeah. Go on. Well, there's something about, like, how you'd think that this person in your life should have given you courage and a sense of safety, but actually, you feel safer without potentially. I'm trying to think of this Sex Pistols line of anger is an energy. And I just think that this anger that I've got, that he has done this to the families. I'm trying to use it in a positive way. Well done, well done. That's so impressive. And how and how is that? I mean, we we always do ask people when anger has driven them to do something incredible. And I would say you're in, in the beginnings of some kind of phase of your life with those aspects now. Um, well, I mean, yeah, it's just, I mean, is um, it was just sort of like. Yeah, I felt being an ally, I guess, was incredible thing, but, um, um, yeah, I don't know if I'm really doing anything incredible. I'm trying to be easy on myself to get up, and. Well, that can be quite incredible for women. Yeah, yeah. And it was so unusual. Also, I think just to keep going when you've got young children and a career and a big life event has happened just to keep going and is it got booked? I've only booked my provisional, I booked driving lessons. Brilliant. Which is something I'm really scared of. My, my I just said to me, mummy, you got to face your fears. Yeah, but I think we have to. We have to acknowledge that as well. You know the word incredible when you're particularly when you're a parent as well, when you're a woman in a certain stage in your life and with big ambitions career wise, I'm sure incredible things can often come in disguise, as can't they? And small steps. Yeah, yeah. Also, I was thinking about, like, the fact that your kid sort of echoed that back to you. That suggests that that's what you've given them. Like. Yeah, that's how they feel. You face your fears, you you put yourself out there, you sort of bear the discomfort and and because where would that have come from other than, you know, through basically you instilling it in him or her? Well, I hope so. He's pretty. He's he's. Yeah, he's quite fearless. Um. In a lot of ways very sensitive, though. My oldest son, um, but he has ADHD and he's low support. Uh, autistic, um, which the autistic sort of comes out more in his no barriers. Right. Okay. He's just confidence. I'm like just walking to any situation. Um, but, you know, I mean, obviously in terms of anger, the thing that makes me mostly angry is that they won't put the flipping shoes on the, you know, the 10th time I've asked, which I'm sure comes in as a popular answer, but it really and and then you look at that, why does that make me so angry? And is that going back to just not feeling listened. And it's just frustrating. So I think it's the space that all these things take up. We this is often come up actually about, you know, holding lots of things and people in a woman's brain. And then I think the anger can come out because all the little compartments are full. Yeah. And you and you've got things to do and bigger ambitions to get on with, but you're everything is clogged up. Oh, well, that's another thing. I don't know if it's anger or sadness, but saying about stuff recently, uh, the overwhelmed ness of being, um, selling yourself, whether it be, let's be honest, if you're an actress or whether you are sort of your own business and, um, a lovely I don't know if you remember her as a presenter, Sarah Hayward, but I thought, yeah, yeah, I, I shared her post. She did such a vulnerable post and I really related to it because the thing of like, you feel like when you're self-employed, it's it's never shut, the shop is never shut. And that in itself, mate, yeah, has made me very angry at times

because it's like, ah, but then you pull yourself together because there are pros and cons of that, you know. But like you say, still, it's just adds to the overwhelm and I, I don't know what the answer is and I blame social media. It's like, I think this this relates to a question you asked later on into sort of like little things of modern day. But I think that's the thing it used to just be. Um, well, I'm a comedian. This is my website. Find me. Yeah. I know it's just a million different social medias. Which one should I be concentrating? Oh, my God, I only just discovered that Instagram wants you to do threads as well. Ah, like another job? Yes, exactly. Oh, so I've had to introduce Jen to Instagram. Because of this, I was a total like. I was a lucky thing. Jen was just like a monkey with a kind of like just not evil, totally unevolved, but in a really happy way. I was very happy. Yeah. And I feel bad. I feel bad about Demi, you know, she's misery and. Yeah. No, you know, it is again, a double edged sword, isn't it? Because. And this is what Sarah said, you know, I've, I've met some fantastic people, really fantastic people. Particularly when I did my, uh, worried your show. And it was nice to have, um, you know, other people that have gone through the same thing. And you do you do sort of feel like you're when you've lost a mum, you feel like you're in a gang and you want to talk to other people. So lovely bringing those people to me and, you know, so I guess it just you've just got to try and find whatever way that is controlling it and, and go. Right. Well, all releasing it. So on, on the note of that. Yeah. Would you like to step into our virtual rage room aspect of modern life making you fume, I guess WhatsApp groups. Yeah. Particularly parenting WhatsApp groups. Um, it's the and *is* again, you could debate with the social media. There's pros and cons of it because but it's when people are on one of my own quite, you know passive aggressive which is oh was someone said he's like it's not passive. It's just aggressive. Yeah. Um, *is* yeah. So I don't know. It's like you in holidays, you just go to the school gates and you find out whatever. And it's just, yes, a lot of going round and round and round and so and then yeah, there was like bullying stuff going on recently and the mum was clearly knew who the kid was because the kid had told him, but she wanted to come on there and say that her son had been hit by this kid and I think named names. She didn't name names. She goes, I'm not going to name names because I think, you know, parents need to call, please. Yeah. She was like, parents need to have a word with the children. It's like. Well, just go to the teacher for a while. Yeah, and but if you or if you really want to go, go, go to that mom like go don't come on this side and then just create gossip and everyone going oh is she talking about. And yeah, I mean that is quite exciting. But you know, but it's a sense of like the braying masses isn't there. Yes. That stuff's like being stirred up. Um, okay. Angriest moment ever on public transport. It was a sexual harassment situation, which I know is not funny, but it's. It came up because of stuff recently that's come up where we're sort of women acknowledging like, oh, yeah, I didn't have that. I didn't know that was not really. I thought, and this guy on the northern line, and he honestly just felt like every time I'd see him on the northern line, just like to flash and oh my God, quite a long time ago. But my dealing with it, it was one of those things of afterwards he's like sat opposite me and there was no other seats so he could have sat anywhere and I, I just went, I just stood out. I went, oh, for God's sakes, what off? Perfect. I don't know whether that was, but he was sort of like, yeah, I'm not scared. I'm not getting. Yeah, I love that. It was just like, oh, you pathetic idiot. Yeah. Um, but probably. Yeah, probably buggo rage on the bus with what you're whilst you're with buggo or. Yeah, but then with buggo both like as in somebody that like we are it's been so many like ones where you're like, I'm going to close down my buggo. Even though mine's the hardest one to close down and no one else is closing down. And I think one time I was like, stuff was slinging out of the bottom of the buggo and like, no one's helping was the thing they were saying. Like, when you're pregnant, everyone gives you a seat. But actually when you've got kids, when you really need the seat and that's when you're the most, that's when they hate you the most, isn't it? When all your stuff more. Yeah, a kid. So yeah. And just. I'm just. Yeah. I mean, you know, obviously I lift the sister, but honestly, some moms can be terrible with the buggo situation. And

that's the thing. They give us a bad name and I'm like, just you can you can punch up a bit more or. Yeah, or sometimes obviously you get wonderful people and we're all looking out for each other. And I always say there should be a mum bus. Oh yeah, buggies and a mum train and a mum mum cafe and a mum land. Yeah. Homeland. Let's go. You know, I remember when my eldest, when she was two, pulled the emergency thing on the tube and the whole train stopped and then I had to get. And then the driver spoke to me and said or spoke to the train saying what's happened? And I had to go. I'm so hello. Sorry. It was me, my child. And then I got off, you know, obviously, even though it was nowhere near where we were going. Oh god. Anyway. Oh my goodness. Mum's transport your mum, you know, he was in the middle of the tracks or something then. No no no no it was just, it was a tube line. It was a cheap. Oh hi. Oh, that just feels so awful that you would have to get off because you anticipate everyone is going to be hating you. Yeah. Yeah, they will be. Because I was, I wanted someone someone could have just said to me, oh, don't worry, it's okay. You know? But obviously, obviously I'm thinking if you'd been a dad with a kid, you know, maybe they wouldn't have gone. Don't get me started on that. Well, that's your dad with a kid. It's that whole thing of like, oh, what a hero, what a hero. And yeah, and there was a thing in the news recently. There you go. Here's something in the news I think about. I think it was about on a plane. And the whole thing about should they basically not have kids on the plane, what, or some kind of from underneath. Yeah. Yeah, exactly. I just called cages, I don't know, I mean, *1s* yeah, just put them in the, um, luggage department. Um, and this woman was sort of. I just think she was sort of saying no. Yeah. She was debating that. She agreed. Like, I don't want to. I'm trapped. So I don't want this kid that's potentially going to be loads of noise, but it's like, oh. *1s* Okay. And what can they do? What can they do to move away as you move, as the years move you away from those screaming, you know, ones. The zone scream zone, um, is I think it affects you a bit less like you're really keyed in when you've got little kids because it's like, oh, God, is that mine is like, oh, and your your body just reacts completely. But I think it gets a bit dulled as you go through. And yet they seem to be the ones who have the biggest beef with, with little kids, you know, the older you get. Yeah, but don't forget. But there are some people who are waiting for the beef everywhere. Be or be it as far back to say they will find beef. Yeah, wherever they're like sniffing it out. Aren't they always desperate for it? Oh, I know a bit of that. Last night I went to see Madonna. Oh, um, there was a guy behind us and he got really drunk and everyone, you know, and I will say, when he got aggressive with with his mum. Right. So chuck him out. But before then everyone was really bothered about. And I was a bit like, oh sorry. Yeah. That it turned. But um, yeah, he was so drunk. I think it was just kind of like he was like, ah to his mum, which people thought was his girlfriend. I was like, no, it's his mum anyway. *2s* Yeah. *1s* I wasn't until now. I wasn't that bothered about it. I know he was drunk and I don't know, I was just like, I felt like people like because they were gay. Check him out and all like this. And I was like, it's fine. Like, yeah, until the mum bit. But then the mum killed the man. It was like, yeah, there's a line. Don't mess with mum. Don't, don't. Funny. She went, they took him off and she went are you looking after him. And I went, yeah she went good. And she just carried on watching the shop. *2s* Cool. She's possibly used to it. Yeah. Yeah. Sounds like it doesn't it. Thank you so much for being with us. Sharing in Ray. Brilliant. You've been brilliant. I hope I was like, I feared it would turn into a therapy session. Hopefully. I always think, you know, someone out there will relate and help. Yes. What I always think. I think that's important. Yeah. It's okay, sister, you're gonna be okay. *4s* Um. Oh, she was brilliant. Yes. What reflections have you got, Jen? I'm interested in your take away from this. I think what was really interesting was this point about the being too much, um, and how it's funny, isn't it? Because I think a lot of women sort of suppress themselves way before they they could imagine they've been too much. So it's like a preemptive repression, you know. Oh, I must so very polite. Everything held back. But then when women are more, um, do have more of a tendency to, to talk and share and, um, and process, you know, outwardly, often afterwards they

come away feeling nothing but regret. So. So either way, yeah. Go on. Well, also apologising. That's where I go. Sorry. Often I'll, I'll say it all and then afterwards I go oh so sorry I'll text you and you or whoever and go, I'm so sorry. That was I just went on and on and I said everything and sorry. Do you know what I would say to our dear listeners? Try a little experiment of not saying, sorry, I'm going to join in on this. Yes. Yeah. Join in. So not apologise pre-emptively and not apologise subsequently. So just don't do it and see what happens. What if I've done something wrong? ^{1s} You won't have. ^{2s} Because I'm your perfect co-host. Because you are a vision of perfect womanhood. ^{4s} Thank you for listening and sharing in our anger. And remember, you're not mad to feel mad. ^{6s} Please like and subscribe. It helps other people find the podcast.