

Soraya Chemaly

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Part of it, though, is this idea that we should be grateful, you know, have your. Do you have your gratitude journal? One of the best things I've seen in the last three years is this woman who finally just I think I don't know who it was, but she really made me laugh. She's like, I have an in gratitude journal. No. Yes. 2s 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 Selima Saxton, I'm an actress and writer, I'm Jennifer Cox, and I'm a psychotherapist. 1s 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 What's made me angry this week is an interaction I had on social media. It wasn't so much what the person said, it was the panicked reaction I experienced when I sort of stopped to think. It really pissed me off because that's that's just essentially me responding to a world saying no or saying something that I take as no or I take as disapproval. And then what I think is that there's less boundaries now, isn't there? If you're trying to do something relatively publicly, be it were a decade or two ago, we wouldn't know. Whereas now everyone's got an opinion. Everybody feels that they're entitled to just as much of a voice as you. And they and everyone feels if you are in the public sphere, particularly, I think as a woman doing anything at all in the public sphere, everybody's got a big opinion about this. Yeah, yeah, they and they really have. And you just think, why would they take such umbrage about things? I think that a lot of how dare you. And why are you taking up so much space? I think what was really maddening was that I, I kind my first answer was, oh, you're right, you're right. Let me shrink away. Let me delete myself again. 1s We are never going to hibernate, and we're never going to become these little winter animals. So let it be real. Yes. Physically known. 2s We are at Hedgehog because I know we are not having health. Um, and and nor is our guest. We are absolutely awed by today's guest. Her book rage Becomes Her. The power of Women's anger is our Bible. Her activism and game changing journalism have won her copious accolades. She certainly wins our Best Woman Ever award. Please welcome Saraya Kamali. 1s That's the kind of difference. You, Sariah. What makes you angry? 3s Ah, that's such that's such a big question. I think probably my current mindset. It's what doesn't make me angry, which doesn't sound very pleasant, but it's really fine. No, um, I think, you know, I think what what makes me angry at. 1s This stage of my life is the persistence of injustices. Despite what people know, what they learn, what they believe, what's possible. So I don't even I don't even know that anger is the right word for what I feel. I definitely feel angry. But more than that, I am. I'm just sort of curious because in general, I think we're just sort of living with these multiple, overlapping, mutually intensifying crises that are deeply related. And yet we don't have a social, political capacity or will to really deal with that. And why a specific. Yes. Where where are we going? Are we talking within the states? Are we talking globally? Um, I mean, I really think globally, you know, every country, every community, every family has its own complexities. But I do think there are certain things that. We we can. I don't want to use the word that they're universal. Um, but there are just common themes and threads, certainly in what is categorized as the Western world. Right? Like the world living with the legacy of the enlightenment, um, and its implications. And. Ramifications and just how we live today. High speed, high acceleration. Technically heavy, um, and disconnected. I mean, really, the hyper individualism of our cultures leaves us disconnected from our own sense of self, from other people, from the natural world, from communities. And I don't think that's done anybody

much good. How would you, if you were speaking to a young woman, if you were speaking to one of my daughters today, one of whom is just hitting her teenage years, what would you encourage her to seek? 1s I would encourage her to seek like minded people that she can trust, that she has respect for, that have respect for her, that will sustain her. 1s That I was that we were just talking actually about, um, being able to ask questions and have sort of robust conversation about things that, you know, could be inflammatory, could be inflammatory for some. And I think you're really right about this idea of like minded people being able to provide a kind of safe, um, platform on which to make discoveries. And you can and you can make mistakes and they'll understand you, you know, and they understand that the sort of the base that that's coming from. Because I think one of this the points about this disconnection is that we're all finding it really difficult to find common ground, you know, this in this sort of very fragmented universe. And, and it's really easy to enmities people. Yeah. I mean, the irony, of course, is we're hyperconnected, but we're alienated and so. 1s Yeah. Yeah. And in fact, to be a young person today, a young person today. 1s Is exposed to more information in an hour than. Older people Gen X. 1s For example, and up, although Gen X is borderline, but but definitely older than that. Even Millennials and Gen X now they think about the technology, but they get more information in an hour than we may have gotten in decades. And also the sources, the sources are increasingly unreliable and fleeting and ephemeral. And, you know, there's there's less of a. Yeah, but I think that young people are much more attuned to the complexities and nuances of information, disinformation, misinformation. They're much more savvy. They're digital natives. You know, I always tell them that they should be mentoring up. We keep thinking that it does teach children. Good point. Yeah. But in fact, I'm mystified by adults. I am literally just gobsmacked by their lack of curiosity, by authoritarian attitudes, by a kind of top down. We're going to tell you what's right. That's just so much bullshit and kids know it. Kids are bullshit. Yeah. 2s You know, and so who are they going to trust? And it's hard for them to trust adults. And that's always kind of been true. But now I think it's particularly true. Well, and also because there's such a so many people are trying to continue certain power structures are, are fighting desperately to keep certain patterns in circulation. And with that, I suppose, comes even more of a tendency to be hierarchical, to try and instead consume. Yeah, especially in parental relationships, because a lot of parents, I think, feel that they, they essentially their children are just their responsibility, their, their property. And, you know, they're they they are not themselves in and of themselves, free people who might choose different ways of being, different ways of relating, different ways of understanding. Um, yeah. And, and also that there I think I'm trying to learn as well, you know, and I'm not always great at this. I've got three children myself. I'm always trying to learn. They are, yes, distinct, as you quite rightly say, I can learn from them. And they are not a limb of mine. Right. They're not an extension. They're not. And, you know, that's really interesting. I think when it comes to, to gender in particular. 1s Which is never kind of isolated, right? We know that it's it intersects with all of these other aspects of identity. But so often when feminists make appeal, when the mainstream media make appeal to men to be more empathetic, they use that framing of it's your mother, your daughter, your sister, your wife. And again, that's just makes the man the center of need. It is purely relational, right? It is not that the daughter, the mother, the sister, the wife, the aunt, whatever they have the right to, whatever it is that's being challenged or contested or denied, but that the source of their right comes from this relational yes, and quality to this, and also not standing alone with autonomy only historically. Nice, right? Yeah. And that. Yeah, it's just making me think, gosh, it's so true how all of this is so ingrained and so wired into every layer of our society. And then this is it's no wonder then, that that rage is also wired into every layer of our experience. But because it's so normalized that we would be objectified, you know, in these relational ways, we don't notice it. So I'm not we're not waiting for us to disregard it. It's not, you know, it's not just that we don't notice it. Well, we're taught generally speaking. And this is quite consistent. Particularly in sex segregated

patriarchal societies, which, come on, who are we kidding? All of them are sex segregated and patriarchal for the most part. But you know, girls are taught to be polite, to put others first, to use their nice voices who understand that their need has to be subsumed by the needs of others to make them good people. That's why this idea that's so stubborn is that femininity and justice, femininity and need femininity. Having demands are incompatible. You cannot both be a good feminine person and make demands and angry on. You can do it on behalf of others, right? That's why we have a mother of limitations. So everyone happy enough to reward mothers because that's a hat tip to okay, you understand your role in society, your primary role. Yes. You want to get paid for that. We might listen to you, but we're not that happy with mothers who are angry about being mothers or about being forced to be mothers, or about being denied being mothers. Like, you know, if you say, I'm angry on my own behalf as a woman, that's a really unpleasant thing for the people around you. Isn't that in terms of your book, the the major work? Um, how was it sort of being identified with women's anger in that way? What was the reception of that sort of in *In the World* as you walked about? You know, it was very interesting. When I started writing, I had a lot of people, particularly men, say, you sound so angry in your writing. And, and and I was like, huh, that's interesting. I don't particularly feel that. I think I'm being pretty clear, assertive, confident. I have strong opinions about things, but what was disturbing to them was that I sounded angry. They weren't really talking at all about what I was saying. They were they were not happy about this tone that I'd struck, and I said, it's the tone that they focused on and that made them uncomfortable. And so by the time I wrote the book, I, I had no. I could care less about if someone thought I was angry because I am angry. I have the right to be angry. I should be angry. I want other people to be angry. Right? And I think that that is really disturbing to people because anger is uncomfortable. Nobody likes it. Nobody likes feeling it. Nobody likes being on the receiving end of it. No. And also, people don't like or the the vast, vast swathes of society don't like a woman who appears to be a feminine, as you say, woman expressing bold, ugly because you can be ugly. Yeah, I've been insistent. I yeah, yeah, like sweaty spitting. Just not. But they have all these stereotypes together, right? Yes, exactly. And, and so people are much more comfortable thinking of women as weak and sad and sick, which is what we do. Yeah. Girls. Yes. Right. We say, oh, they're so anxious and she's so hormonal and she's so sad and and if we would just step back and say hi, I wonder what's really bothering her. What's she really angry about that she can say instead of, you know, and also Jen, even, you know, Jen's a psychotherapist. She often points out to me, in my 40s, I am still prone to going. I feel sad, I feel anxious, yeah, often say to me, but do you really mean and do you really mean that? Or you are furious about it? And I still even now. Oh, it's ugly and painted. Yeah, it's baked in, you know. And so I'm curious then, because I don't know if you saw there was in the United States, a CDC study released in maybe February, that was all over the news with headlines like, um, shocking levels of despair among teenage girls in the United States. And, um, it it was a ten year study that showed an escalating trend sadness, depression, self-harm. Yes. Yeah. And in fact, if you're if you're in this world, girls rates of suicide, suicidal ideation and effort had been climbing steadily for that time. You knew that I covered it, it exploded. Right? Yeah. And it it just was it just exploded and yeah, it hit the fan. It hit the fan. And so people, you know, very kind of salacious, explosive headlines, but in fact. All women during that ten. I'm like, why the cutoff? Why? Just look at adolescents. These are also include girls who became adult women. And if you look at adult women over the last ten years as I this is your podcast, right? They they've shown increasing trends towards anger. And in the United States it's not as high. But when you look at sadness, that's skyrocketing. Right. So again, the idea that there's shame associated with anger and acceptance in sadness, which is well understood, um, I think it's clear that the adolescent girls are experiencing generally what women in societies are experiencing. Yeah, they're watching the older women in their lives. They can see what's happening in their families. And so I, I called the CDC and I was like, well, I just I'm curious, did you ask any

questions about anger? Like, you had all these questions and you asked questions about certain emotions like sadness and and they're like, no. Yes. Wow. And I was just I thought you asked. No question. You didn't ask. Nobody asked any of them. Nobody asked them. That is stunning. I mean, you're right. And if this had been teenage boys that had been canvassed, anger probably would have been one of the first things they'd have been pressed on. You know, it's interesting, I, I think that it was a I need to go back. I only asked if they asked the girls. They also asked boys questions. And I'm going to go double check that. I mean, I love to know I, I would love to know that too. I'm gonna go and check because they answered me very quickly. I asked them to map the data and also to. Um, let me know what the questions were. And they were. I only saw headlines regarding girls, though. I think the girls numbers were so, so huge. Wow. Right. And then think about it in, in the, you know, in the what's always framed as gender wars, which I hate. But there's always this tit for tat like, oh, you know, women are suffering, but men kill themselves, women are suffering, but men die in war. And I'm like, okay, but you know this, first of all, what? Why what does that have to do with anything? Women aren't killing men in war, and we're not the cause of their suffering per se. Like this is a societal problem. But but I think that the idea that boys were killing themselves was such a central pillar argument in response to feminists, feminism and social change, and women's like Graves and Shoulders isn't a shield that all of a sudden it was like, oh, boys are killing themselves. But my God, what just happened with girls? Oh yeah, that went choir. Duh. Like like, what do we say now? We can't say that as much anymore, which is a terrible way. It's such a skewed, perverse, zero sum. Unhelpful. Yes. It's so, so killer. We never get any lesser sucked, right? It's like the kids are suffering. So why on earth can't we focus on what it is about our society that's causing such widespread unhappiness? Yeah, what we're doing is so wrong. So I'm curious, within your own life, how have you navigated through the decades? Well, I couldn't express my anger at all like it went on. I personally started getting sick. I physically I was like, what is going on with me? Like, what is this? You know, and why? When I went, oh, I was in my early 40s. Okay, okay. So I had three children under the age of three and was working and was in a city with no family around. I mean, just, you know, quite isolated as a, as a parent and just kind of exhausted. And also with three children under the age of three, I was just happy. If no one died on any given day, that was my ah, I was like, I can lie down and know that everyone's alive. Yes. Which is a very low bar. Right? And so as I always say, that sort of being in that situation is literally just an exercise in inadequacy every day. You just wonder, what what did I fail today, you know, and and also even with a supportive, progressive, egalitarian minded spouse, it was clear that regardless of how we wanted to live, regardless of what our personal decisions would have been, all of the institutions that we were involved in were optimized to deny progressive, egalitarian ideals and parenting. And so whether it was schools or the workplace or the taxation system or, you know, even even things like carpooling and after sports activities, after school activities, they entrenched sex segregation, gender inequality, unequal power dynamics, financial constraints. It's those are powerful forces. And it's very hard to swim against those tides as individuals, you know, using selective action. And so by the time I was in my early 40s, sort of ten years into parenting, I was exhausted. My back was in spasm, spasmodic pain constantly. Um, I started feeling sort of very sad and anxious, which was unlike me. Like, I could recognize that there was something qualitatively different about how I was feeling about life. And then I thought, okay, well, let me just think about what this is. And I went to the doctors. I was like, is it perimenopause? Like, what is what is this? And no, nobody really cared to be honest in the medical profession. Right. It wasn't like someone was like, let me pay attention. I had III twigged, no one's no, no, no. You know, and it's like, oh, you know, I had one guy, one doctor say, do you have any hobbies are at least. And I said, I said, do you have a stay at home wife? And he said, yes. And I said, and does she have hobbies because does she work like, because my hobbies are brushing my teeth and washing my face on the same day. Is I said, like, that's what I entered in top law. Yeah.

Totally. Right. And I just, I he laughed, I laughed, but it wasn't really funny. Right? Not funny also. But in fact, he wasn't wrong because I was like, okay, well let me what does he mean? I was like, what do you mean when you say, do I have a hobby? Because do you have any time for yourself ever? In the day when you do something you enjoy, which is a completely different question from do you have a hobby? Yes. Yes. Right. Yeah. And and because I wouldn't categorize that as a hobby if I have time to take a bath, I wouldn't say that's my hobby. No, that's time to yourself. That's what it denotes myself that I would enjoy, that I'm alone and I had no time for baths. Right. So, um, so I eventually and I, I had been a lifelong feminist activist person, like, run over by a truck during this period of my life thinking surely things will improve over time. And then I realized, no, no, they've actually gone backwards. And that was a rude awakening. And then I was like, you know, actually, if I really think about it, I'm not sad. I'm not, I'm not. I'm really so full of rage. Did it just arrive like in terms of your realization kind of all of a sudden? No, I don't think so. I think for me, it's just, I think my personality is that I tend to think for a very long time and be very deeply about something before it's my Catholic firstborn girl training. You know, surely I must be wrong. Surely it must be something else. Surely. I'll check all the boxes off before I reach my conclusion, you know. I also wonder, sir, if we're also told. And forgive me if I'm. If this isn't true of you. I'm speaking from personal experience for me with my three very young children. And supportive. Great. Yeah. Well, uh, um, we've I've moved on economically from my, my parents generation turned to lots of things, education, all these things I felt for a very long time and still struggle with it, that I ought to be grateful and like I ought to be grateful, then I'm not allowed to feel these messy, uncomfortable. There's no room. So the mess is there without you. Because I have. Because mothering one child and then healthy, healthy life like you should be grateful for what you have. Funny this this morning I was talking to someone about I'm kind of the word toxic is very worn out at this point in my mind, but, um, I've just finished a book on the myths of resilience. Like the man that. Oh, I love that fill in. Right, I need. ¹⁸ But but then part of it, though, is this idea that we should be grateful, you know, have your do you have your gratitude journal. One of the best things I've seen in the last three years is this woman who finally just I think, I don't know who it was, but she really made me laugh. She's like, I have an in gratitude journal. Yes. And I came up with none. Oh, I can tell you where gratitude journals came from. Oh, it's still the positive psychology movement, right? Like in the 50s in the United States, you had this sort of power positive thinking, which was a Protestant, Christian capitalist kind of, you know, individual pull yourself up by the bootstraps infused not just with, like, this delusional optimism, but with gratitude and a slightly spiritual there's a spiritual quality to the gratitude, right? Nobody says thank God for what you have, but it's just a hop, skip and a jump to write your gratitude journal. And I think it's a lovely it's a mothering, isn't it? It's an a blindfolding of people that's saying let's, you know. Yeah. And also like be grateful. Stop complaining and making demands. Yeah, yeah. Seriously, think how much worse it could be. Oh, we can always make it worse for you. Yeah, and there's a sense of threat to that. Yeah. You can always make it worse. Yeah. And the danger of emoting, don't you emote. And that's why I, I enjoy I'm Pakistani and that's, I enjoy that aspect of my family because there is no fear around women expressing themselves. Yeah. And emoting. Yeah. I'm from, I'm from the Bahamas and Haiti. There's no fear of emoting. There's excessive emoting all the time. What about anger? Anger, too. Like my my mother, though, it was interesting because I think in my Lebanese family there was a far less restriction in some ways. Um. My mother was Bahamian, sort of, which was very anglophiles colonial, um, a legacies of culture and Anglicanism. She, she, you know, was brought up to be a proper young lady, and she was sent off to a she was eventually sent to a Catholic boarding school. Quintessential good girl. She'll tell you. Um, and she had no ability to express anger at all. And how is she in terms of her health, her body? I think that my mother got to her 60s and was made quite ill by her anger. Didn't really know how to deal with it at all. And you know, I didn't. That generation. No. Go ahead. That's

what I was going to say. Yeah. They really grapple. Yeah. And I just think also my, my mother in 1943 born in Mumbai, um, so that that for her just talking about it earlier today, that generation of women who with the colonial dregs 100%. My mother, 1946 and 80. Yes. You know exactly. So my mother, even now is ashamed. Oh, yes. Is it apes the British? The British colonial? Uh, well, she's a twin, set in pearls all the way. You only notice her and and the shame that goes with emoting to hugely. Yet the younger generation. My cousins in Pakistan. Yes. Or very differently. My mother has been colonialist. That's when we talk about colonialism and its lasting imprint and still is so interesting to talk. And whiteness. Right. I'm like whiteness. Yeah. And perfectionism in women has to be put together. And my mother is way more put together than I am on any given day. My mother, a Lebanese six and wears three inch heels and walks five miles and looks fab, right? Like for her, that's the standard of what it means for life. And and so in response to that, I'm like, no, no, not for me. They need to know much. What is so sad to think of her with all this kind of amazing put togetherness, but actually not well, like not being well in herself. I think that's the conflict and that's I think to go back to girls today, what we're seeing a lot, I think in society is actually a lot of status anxiety. White people have anxiety, many have anxiety. And in fact, when status anxiety is salient in any context, people act in ways that. Aren't good for them and for other people very often. And so men exert dominance, right? They feel anxiety about their their place. So they act in ways that are hostile to to women. Honestly. Right. Like you look at the Joe Rogan and Jordan Peterson and Andrew Tate followers, a lot of them are just trying to figure out what the hell does it mean to be a man? What is my place? How do I relate to and how terror? Yeah, it is paralyzing, right? But the response to that hasn't been be contemplative, be compassionate, egalitarian. It's assert yourself as a man. Yeah, and take me right back. Yeah. Right back. For women, a lot of the response to status anxiety is actually to sexualize themselves, because that has been a traditional source of women's ability to gain vicarious power. Yeah. Extractive. Then you can make those connections with powerful men who will protect you or bless you, etc.. So I find this a huge relief, being in my mid-forties, that I am leaving behind, that the ideas of female physicality, beauty in a way, I um, for me that is an extraordinary thing about becoming a woman, an older woman than I am. I. I can distinguish who wants to actually listen to me and who ought to listen to me, and who's going to dismiss you? He's going to dismiss me. Yes, yes, most certainly. It's a quick it's a very quick. I it's very quick whereas it's very place. Right. You're like, oh I know I could see that immediately. Yeah. But my 20s was all over I know. Yes, I feel sorry. It's so sad. All that energy like ping-pong out all over the show. Sort of. Um, did they find me attractive? Shall I use that? I'm. I said the problem is. The problem is that it's often the case that, in fact, it is the only way to be heard. Is Right? Like, I don't want to deny that. I mean, we all have that experience. We know that. Yes, I know that. That's your entry into working life for most women at this dreadful point, isn't it? Where where your power is your sexuality and where do you go from there? Where is that? Right? And even, like even I know for myself talking about feminism, going, you know, going into spaces where I joke just walking in the room makes me an angry person, right? Like they're just going to take one look at me and think, oh, she's the feminist. She's the woman who wrote the book that anger, you know? And so I am quite I present in a very feminine way. I like it, it's just always been my way, you know, and I don't I don't underplay it. I don't overplay it. Right. But I know that it can disarm people. So yeah, that's quite Is well. There's not many people but one elegant dance you're having to perform beating. So I would say yes. And the energy in it requires what. Because if you deviate, if you make people uncomfortable, if there's a lot of hostility. Right. Because they're like, wait, are you fooling me? Like you're not supposed to make me look the way you look? You're not supposed to make me uncomfortable. Yes, that that I think happens. I'm interested at this period in your life. So we always ask people when I get angry with somebody and describe what happened. So I'm interested for you right now. If whether you're angry about, I don't know, a minor traffic infringement or whether it's a

macro political issue, how do you tend to go about it? You know, I have to say that right now I'm thinking very hard about I've always felt, but as I've gotten older, I've felt it's even more vital. I've always felt that the kinds of issues that we deal with have to be tackled intimately friends, family, loved people. You know. And if you can't figure out how to have those conversations at home, how to test your ideas, how to ask people hard questions, and like, if you can't figure it out, for certainly in my position, how can you ask other people to do that? You know, you really can't. And so I think that I think that that can be very difficult because other people haven't signed up for that necessarily. So if you're at a dinner party and people are talking about things, and frankly, still it's very often the case that men will dominate the conversation about politics or God forbid, even things like abortion. And and they get to say their piece. Yes. And then when I say my piece, it comes off as an attack or aggressive, even though I could say it in the most benign, charming way possible. Right. Because that's part of the navigation you're talking about how am I going to alter my tone, or do I spell or not? Or do I say something sarcastic and cutting because it came into mind? Or like what? How do you do this? But and yeah, I just ask on that note, because if the, the, um, if we're kind of saying my, my voice will land badly here and that's just a fact. Does it matter? Is are we the reason that we're kind of noticing this is because we care. We still care. And is this the problem? Should we just, um, learn to let our voices land however they do? And then, yeah, there are contexts in which I do that I am. I'm curious. Honestly, I'm intellectually curious in how do you maintain the the relationship and the conversation. Even when you are disappointing, scaring threatening people just by being yourself and saying disappointing, is that great? I you know, I had a tiny example of just somebody said to me recently, but you have such a sweet little face and how could you, how could you not? I said, I think he's adorable, but can't we just leave that with them? That that sort of disjunct and the jarring this can't be. And at the continue the conversation. The conversation is dead, isn't it, if they don't allow you the space. Well, I know that I there are circumstances in which I don't feel that I need to make them feel better. It's ultimately selfish, because what I want is just to leave them with a different perspective to think about. Yeah, it's I patiently listened to you talk about a subject that, frankly, you have no experience of. We'll never have the experience of and know very little about. And I tried to be a good friend and gracious and whatever and listen to you. And in terms of reciprocity, friendship, intimacy, whatever it is, you now get to listen to me. Yes. And what I see in that is we can mutually respect each other. Yeah, but I shouldn't be expected to absorb what you say, heal my deep discomfort and just let it go to make everybody else feel comfortable. This is what I'm grappling with. Yeah, but this is where I think learning on behalf of, let's say, men, just for want of an easier way of conceptualizing it. Men need to learn to let us have our space. And if that makes them uncomfortable, and it stirs up all sorts of historically, uh, strange feelings for them. Yes, well, that's up to them to do. And I would absorb you'd collude with 1 or 2 of you, sir. That's where I *1s* is. Yeah, I know what to do. The mail. What do you think? What? How do women handle this? Then what? What do you see? Well, what? I can tell you what I see. But what are you thinking of? I mean, I do understand the collusion, but sometimes I think the collusion there are the women who are clearly on the same side of the page as the men. That's one. But the other is, I think there are women who want to say things and are scared to say things. Don't want the same impolite aunt as I'm okay if seeming impolite. I don't want to be impolite. I don't actually feel impolite, but just saying something honest without a giggly affect makes me impolite. I know that, yeah, that is true. I understand the giggling. *1s* Yes, that's what we're talking about. About collusion. Right? Really learn. *2s* From that. Yeah. Tribalism does try anyway. Yeah. Um uh. And be stand alone and say it. Don't feel it and and and then have you disagree and say Selima no no no no I think that's all. I think you'll *1s* agree this is. Yeah. And wouldn't that be wonderful? Be so healthy. But. And also how brilliant like I wouldn't, you know, if you say to me now this isn't. That's not at all true. That can't be true. Brilliant. Like, tell me why it's not right. I think the discomfort comes. Actually, this has been

my experience. In some cases, I feel super strongly about things, and I also don't believe that how I feel degrades my cognition. I feel, yes, it's perhaps enhances it. It enhances my cognition. Right. And so it's a great phrase. And so I think what, you know, a lot of people are like, well, in order to really argue properly, you have to be logical and rational. And I'm like, listen, I'm fine with logical and rational. But here's the thing. My very strong emotional response is logical and rational in this circumstance. Yeah, it's absolutely no. You don't have that strong emotional response. It's because you're not affected by what you're talking about at all. And also it can be it can I can hold one very strong view. We can have a conversation and I go, so I, I'm you turning I'm totally U-turn and see what you're saying. Yeah I'm you turning. I hold a different view now halfway. We're willing to listen to you or I haven't thought of it that well. Yes. And then go and reflect on it. I think this and this at the same time. And they're not totally valid. Yes. Places. But I will say this. I still think men don't like being told how to do or think or change by any women now in social public situations, in the presence of other men especially. I had a horrible experience at a party where, um, a man. Mansplain autism to me. And he, you know, he didn't know who I was, what I did nothing. Yeah. He just made a lot of assumptions about me and I, I correct I mean, I do happen to know a lot about autism and I then I couldn't stop myself from just kind of doing the reel out of my credentials. I just couldn't stop. No, no, no, it was irritating. I was so mad. And it changed everything. It was awful. It was awful. It killed everything. He could not bear into it couldn't do it. He he sort of stammered and melted. And it was it was so uncomfortable for both of us and I, I would probably do the whole thing differently now doing it. This is the thing though. You don't want to stand there and be lectured by some. Thank you very much. Yeah. You know, I couldn't do it like I couldn't allow it to happen, but thankfully, this terrible night. Sorry. Can I ask you another question? Um, when has anger driven you to do something incredible? Oh, when has it not? Seriously, like every feminist movement I have ever joined, belong to, helped initiate, organized. Has always been driven by anger. But I want to make the point. I think people still think of anger as a negative emotion, and I just don't. I'm like, it's an emotion. We take the knowledge that we can from it. We use it effectively. It doesn't have to be destructive. It's destructive when it's maladaptive. Right. And so, you know, this is why I really emphasize the community, the creativity, the collective joy that can come out of recognition that you're not alone in having these feelings of injustice and that things can happen to address those feelings, and that you have the right to connect with other people, to build movements, to organize, to sympathize, to make change. So, yes, you know, I there's never really there's, you know, even when I couldn't articulate my anger well, it was my feelings of anger that moved me to organize. I mean, even as an adolescent in college, I did this kind of work. And I think if you'd said, are you angry, I probably would have said, no. I just think this is wrong. Yes. And I love that you use the phrase collective joy because it reminds me of being 12 and wearing a meta's murder badge, masking tape. And I said, I will meet his murder, but I ate fish. But I was terribly well-meaning and I just knew it. And I, as a member of friends of the Earth, and I was so impassioned and angry about I had a Vegetarians Against the Nazis badge. You know, 1s what can I have you have you brought that back out? Of course. Yeah, among many others. Soraya, before you go, we always ask people a quick fire, um, round about anger. So what's the current news item that's making you see if you can just choose one? 3s Item. Let me let me think about that and come back to it. Let me just think. There's so much news, I would have to 2s say the aspect of modern life that makes you fume. 1s It's retrograde backlash cultural moment that we're living in. Oh, that's just the best dance we've ever had. That's I, that's that one's easy. And I will tell you a news item, because I was actually doing some research and I was doing research into many of the topics we're talking about. And I was particularly doing research into this idea of status anxiety. And I thought, are there any good examples? Are there examples of that I'm forgetting or something of when boys and girls, men and women have been in competitive situations and things have taken a pretty nasty turn because of the

discomfort of having men lose to women. Mhm. Right. Like what? What is happening to cause this level of backlash in young young men, especially because the levels of, of sexism and misogyny, um, 1s are high, high in Gen Y boys, 1s um, higher than Gen X, higher than millennials. And there was just this one case that happened maybe a year or year and a half ago, where a young, young woman was playing basketball in her neighborhood with the guys, and, um, she bested all of them. She kept scoring. But there was one in particular she scored against, and he turned around and killed her. No. Oh, on the basketball court. And, you know, I remember when this happened. And I think that, like I wrote about violence for so long and I had real secondary trauma from it, and I'd stepped back from the violence just as a just to like, be. Well, yeah. Just not to be constantly like in a firehose of violence that you can, you can expose yourself to if you're writing about these things and, and I and I saw it again and I was so. 1s Outraged and angry and upset and horrified by that bit of news, you know, and and we all know what that's like. That's what women fear when they don't respond to street harassment. It's what they fear. If they turn down a guy in a bar, it's what they fear. If they ask an Uber driver who's acting crazy to get out of the car, like that's the thing, you know? And it's not even the sexualization, it's the refusal to comply, um, and to conform to the expectation of. Not being dominant, not asserting yourself, not demanding your own needs. So the next question I was going to ask, but I think you just answered it is, is the behavior of others that most we say in Britain gets on your work? Do you know what that means? Um, yeah. Yeah. The behavior of others is, um, yeah. No evil, see no evil, speak no evil. Mhm. Just this niceness that refuses to acknowledge what's happening. Mhm. Uh, I mean that that's a whole I mean I would like to make you sit for hours, I mean mass delusion I, I. Yes. Niceness. Niceness and niceness. But just. Yes, exactly. I'm not going to ask you any more quick fires because I think you've answered that so beautifully. I don't want to kind of emerge in any other way then, other than to say, Saraya, you're just magnificent. Oh, thank you for having me. Thank you so much. I feel like I should have, like, 45 minutes to ask you all those questions back. 5s So once this conversation brought up for us. I thought it was so interesting about this point, with other people's reaction to us trying to express anger or even something quite firm, assertive might not even register in our mind as anger. And also, I found it really, um, soothing to hear a woman of that caliber who has such an extraordinary mind and who has, you know, been revered academically and published and said extraordinary things, who still talks about having to navigate that tightrope, about having to navigate how one expresses something carefully. It's it's cold comfort, I suppose. 4s Thank you for listening and sharing in our anger. And remember, you're not mad to feel mad. 921s You know, before you go, we always ask people a quick fire round about anger. So I'm just going to ask you just a five little, little things as we slowly wrap up. So what's the current news item that's making you see if you can just choose one? 3s Item. 2s Oh, 1s okay. Think about that. Come back to it. Let me just. Yeah. There's so much, you know, I know I was and it was. So I love that you said earlier in this that you like to think about things properly and then come back. So I wonder how you're going to do with any of this quick. Okay. I'll try the next one. Let me. Okay. So the aspect of modern life that makes you fume, it's retrograde backlash cultural moment that we're living in. Oh, that's just the guest house. 1s That's that is that one. And I will tell you when you say that, because I was actually doing some research and I was doing research and many of the topics were talking about, and I was particularly doing research into this idea of status anxiety. And I thought, are there any good examples? Are there examples of. That I'm forgetting or something of when boys and girls, men and women have been in competitive situations and things have taken a pretty nasty turn because of the discomfort of having men lose to women. Right? Like what? What is happening to cause this level of backlash in young, young men, especially because the levels of of sexism and misogyny, um, are high. High in general, white boys, um, higher than Gen X, higher than males. And there was just this one case that happened maybe a year or year and a half ago, where a young, young woman was playing basketball in her

neighborhood with the guys, and, um, she bested all of them. She kept scoring. But there was one in particular she scored against, and he turned around and killed her. No. Oh, on the basketball. And, you know, I remember when this happened. And I think that like I wrote about violence for so long and I had real secondary trauma from it, and I'd stepped back from the violence just as a just to like, be, well, just not to be constantly like at a firehose of violence that you can, you can expose yourself to if you're writing about these things and, and I and I saw it again and I was so outraged and angry and upset and horrified by that bit of news, you know, and. And we all know what that's like. That's what women fear when they don't respond to street harassment. It's what they fear. If they got a guy at a bar, it's what they fear. If they ask an Uber driver who's acting crazy to get out of the car, like that's the thing, you know? And it's not even the sexualization. It's the refusal to comply *1s* and to conform to the expectation of not being dominant, not asserting yourself, not demanding your own needs. So the next question I was going to ask for you just answered is, is the behavior of others that most, we say in Britain gets on your work? Do you know what that means? Um, yeah. Yeah. The behavior of others is, um, you know, evil saying no evil, speak no evil. Mhm. Just this niceness that refuses to acknowledge what's happening. Um, so you would just be like, oh, thank you so much. Thank you so much. Yeah. I got like 45 minutes to ask you all those questions back in time. This is the beauty of interviewing brilliant women because they want because you're not the first brilliant woman to have said this. And I just think, gosh, see, this is this is what I love. So I'm like, but wait, we didn't finish the conversation. Oh no, no, thank you. So we never will I, we, *1s* um, we listen, we, um, but we both think you're absolutely fantastic. I really mean, so it's really only giving us some time. Oh. My pleasure. I really. *2997s* Right before you go. We always ask people a quick fire and round about anger. So what's the current news item that's making you see if you can just choose one? *3s* Item? Let me think about that. Come back to it. Let me just yeah. There's so much news I know, I know, I was say the aspect of modern life that makes you fume. *1s* It's retrograde backlash cultural moment that we're living in. Oh, that's just the best of us. That's right. That is that one lady. And I will tell you in this item, because I was actually doing some research and I was doing research and many of the topics were talking about, and I was particularly doing research into this idea of status anxiety. And I thought, are there any good examples? Are there examples of that that I'm forgetting or something of when boys and girls, men and women have been in competitive situations and things have taken a pretty nasty turn because of the discomfort of having men lose to women. Mhm. Right. Like what? What is happening to cause this level of backlash in young young men, especially because the levels of, of sexism and misogyny, um. *1s* Ah. Hi. Hi. In Gen Y, boys. *1s* Um, higher than Gen X, higher than yields. And there was just this one case that happened maybe a year or year and a half ago, where a young, young woman was playing basketball in her neighborhood with the guys, and, um, she bested all of them. She kept scoring. But there was one in particular she scored against, and he turned around and killed her. No o on the basketball court. And, you know, I remember when this happened. And I think that, like, I wrote about violence for so long and I had real secondary trauma from it, and I'd stepped back from the violence just as a just to like, be, well, just not to be constantly like at a firehose of violence that you can, you can expose yourself to if you're writing about these things and, and I and I saw it again and I was so. *1s* Outraged and angry and upset and horrified by that bit of news, you know. And. And we all know what that's like. That's what women fear when they don't respond to street harassment. It's what they fear. If they got a guy in a bar, it's what they fear. If they ask an Uber driver who's acting crazy to get out of the car, like that's the thing, you know? And it's not even the sexualization, it's the refusal to comply *1s* and to conform to the expectation of. Not being dominant, not asserting yourself, not demanding your own needs. So the next question I was going to ask you just answered is, is the behavior of others that most we say in Britain gets on your work? Do you know what that means? Um, yeah. Yeah. The behavior of others is, um, there are no evil, see no evil, speak no evil. Um, just this niceness that

refuses to acknowledge what's happening. Um, uh, I mean, that that's a whole. I mean, I'd like to let you see some I thought I was, I mean, mass delusion, I, I shouldn't be Mr. Niceness, but just doing time hashtag would be great. Yeah. Um. ^{1s} We hate that, don't we? Yeah. I mean, we are obsessed by that hashtag. Be kind thing because. Because what people can say with a smile and passivity and all the dead eyes. And you will just be like, oh, thank you so much. Thank you so much. Yeah. I got like 45 minutes to ask you all those questions back in healthy Time. What was it? This is the beauty of interviewing brilliant women because they want. Because you're not the first brilliant woman to have said this. And I just think, gosh, see, this is this is what I love in television is that you really have that time. I'm like, but wait, they didn't finish. They're gonna say, oh no, no, thank you. So we never will. I know, we know and we listen. We are. But we both think you're absolutely fantastic and I really need that. So it's really only gave us some time. Oh my pleasure. I really.