

Stacey Duguid

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So she said, Stacey, why don't you just let us scream? Well, the fucking roof or what I have, I did not. The sun was so visceral. No idea I could make such a noise. And it went on for solid a minute. Sounds exaggerated. It probably more like 40s, but I couldn't speak afterwards. Dude, it was guttural. Wow. And a roar I will never forget. Welcome to Women Are Mad, where we invite women to bring their anger into everyday conversation. I'm Selima 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. We're all feeling it. Let's get together to work out what to do with it. Salma, this is our last episode for the season, for series two, I should say, with a return in March. So everybody listen out for that. Also, we should say exciting live show coming, so keep your eyes peeled. Probably April. We're thinking mid April at this point. Yes. Um, I feel like when you say live, it kind of suggests there's going to be fire eating and tap dancers. So can we just be clear ruling that out? Okay, fine. Let's not rule that out. It's a circus. Yeah. But in in our minds, let's put it that way. The circus come to the circus of our minds. Yeah. Any thoughts on the series so far? Highs, lows in my personal life or, uh, in the. I think both have the purged. Yeah. True. Yes. Honest. Every week, come what may, no matter what's going on, I have to. Even even in my pajamas or underneath. Aha! Which, let's face it, they often are. I have to get myself together and be in the present moment and leave everything else behind and concentrate on what excellent women have to say about their own lives. And being part of that community, for me, is incredibly life affirming. And it's been it continues to be a real support for me. I mean, sorry, this isn't meant to be like some self-help club, but I just feel very calm that I think unofficially it's become that, I mean, the messages that we get in, um, and the, the hearts that seem to have been touched along the way and the nerves jangled and the topics covered. And I have to say, writing our Substack and then being emailed about some of the subjects that we've tackled, like the ghosting one recently. Oh, yeah. Yeah. Um, it's been extraordinary. I was quite nervous writing such intimate stuff about my life, but there's something really freeing about having done so. The conversation has sort of taken on a life of its own. And these women, these amazing women, have added to it. Our listeners, the amazing women listeners have added also, can I just say I love how engaged our listeners are and how much feedback we get? And it feels like, yes, this is there's a point to this ultimately. Yeah. And it's other than chatting to me every week. Exactly. Yeah. I mean, which is a point in itself, of course, but it's it's highly enriching to think that other people are benefiting and enjoying the experience. Okay, so on that note, I'm going to introduce our brilliant woman for this week. She is a linchpin of London fashion and journalism. Her book In Pursuit of Happiness mating, marriage, motherhood, money, mayhem is a beautifully honest reveal on life beneath the fabulous we as honesty addicts absolutely lapped it up. Please welcome Stacey. Do good. So Stacey, we're gonna go straight in and we're going to ask you, as we always ask, what makes you angry? The thing that winds me up the most on a regular, nay, daily basis hourly basis is myself. *1s* I get so angry with myself I am seemingly incapable of running a diary. *2s* Amazing. I turned up, by the way, *2s* in the right day as well. Um. Well done diary timings. Um, I I sometimes forget to buy food when the kids are here. Oh, Heinz. Or am I get so annoyed and angry with myself all day long? Lots of process. And we talk about anger. Um, yes. Actually, you know, the way that we're raised is so kind of. Well, it is essential to our art, our emotional stability. And I certainly didn't have much of that as a child. And I'm talking about this in the context of my book, where I

talked about my childhood with my dad. My mum left my dad when I was three, and I was sitting in a pub with him. This is working class out, you know, the outer sort of skirts of Manchester in the 70s and sitting in smoky pubs with them all day, just like I have a couple packets of crisps for lunch and Coca-Cola. Well, he has three pints of not talked to me and I relate. I relate hugely to you. Yeah, you've read the book in its entirety, but there is a bit in there where I talk about my dad going on holiday with the girlfriend that I actually really, really liked because she'd been around for at least three weeks and we went away on holiday to Blackpool for a caravan, and I looked at her window and I must have been five maybe, maybe. Yeah, 4 or 5. And I saw what had already been to this girlfriend's house to pick her up to go on holiday. We, in fact ended up going on holiday with her mother, who my father was fucking. What? Yeah. Hang on. The two of them came with, you know, just the mother. Just the mother. And I didn't realise that they were a thing. I'd been hanging out with a daughter. Oh, God. 20 years of mum must be at least 40. Which, by the way, when you're four is fucking ancient. Yeah, yeah, it's. I'm. I've been looking out on her sons. And very, very clearly. And watching her put her hand on the front of my dad's trunk, you know. And I remember that for me was a turning point of that. I can't trust grown ups anymore. And they lied to me. Um, and that's so unsafe. It's so unsafe. So, um, boundary. And, you know, I've had a lot of women messaged me about this scene. ^{1s} I think because when you are a child and if you have been subjected to kind of an over sexualized environment where you haven't been raped to produce hits, you sort of carry a sense of like, oh, I shouldn't really be moaning about this, because actually it's not bad. You know, didn't molest me. You know, it's okay, I'm fine. But actually you're not. And you often go on to have really fucked up relationships. Yeah. Yeah. And actually, it's okay to say to yourself, you know, I am damaged. I'm damaged. Yeah. And I need to. I need to see. I need to see a therapist for that. And it's not as brutal because this is the other thing we do. It's so unhelpful. Oh, well, I'm fine because it wasn't. There something else? Yeah. Oh, no. But we minimise. That's the thing, isn't it? It's a kind of gaslight of ourselves. It's like, well, if it isn't that, then what? Whatever it is can't have damaged me. Yeah. I'm like, yeah, I guess there's a great place, but I'm interested in how you've responded from your childhood and from how you express yourself now. Because you I've always loved your writing. I've always loved your writing for years and years and years, and I've always loved it because you write so vulnerably and with humour, but you're like, you go straight to the nub of it in a very dark, authentic, authentic way. I spent about 15, 20 years kind of avoiding all of that and was a real people pleaser and a smoother over and a just keep the peace, keep the peace until I'm in my 40s. Really? So how did you, um, circumvent that? I mean, you're not just rights. You know all about putting on a mask. Yeah, totally. Totally. But mine wasn't the role. It was my life. So I was pushed. Stacey I was watching Stacey. I was working class Stacey I was fashion Stacey. It was like you had a role for ten Barbies, you know? Right? Yeah. You said that ^{2s} an exhaust gas mask, masks, mask, mask, mask. And it was only until I found the current therapist who had been with for five years that I was able. Well, and thanks to her, get the diagnosis of ADHD, which I highly suspect is, um, autism. ADHD. Oh, really? And yeah, it's it's it's it's this highly genetic component in my family, you know, and you're thinking your dad, my dad's like, yeah, my dad and sister and, um, my cousins on that side and the female cousin is more like me. She's sort of more high functioning, whereas the male cousin is like, I've got a PhD and I don't know, physics or something when he's working. I'm not going to say exactly what he does, but it's like he's a big man. He's not. But he's like that level. So, you know, he does a menial job where you need absolutely no qualifications and he's overqualified beyond and he still lives at home. And so this is a miracle really that when I think about like. ^{1s} What I've had to sort of go through with these masks. Yeah. You know, you're talking about what did you say? How did you you circumvent the people pleasing that all the all the stuff that I did for years. How did you you masked. Yeah, sure. Sure. As people pleasing. Because sometimes the mask is quite antagonistic and quite. Don't come near me. Fuck

you. Oh, like quite provocative. Yeah. Um, so that's self-protection as well, isn't it? Because in my mind, was that. And make the environment nice to make everybody comfortable. Make everybody nice. Because there were no, you know, my hyper vigilant and so on. Red alert like everybody. Okay. So I'm okay. Well it sounds like you you've got to go on. But that kind of prod that, that that provocation I think that's kind of an angry like a jab, you know, have that have that I'm not going to give it to you fully because I'm scared. So I'm going to give you a bit and then I'm going to withdraw. Try that, have a bit of that. You know, and I just, I'm, it's making me think about how much rage must have been stacked up in you since childhood. You know, sitting in that pub, not being spoken to and then being carted off on these holidays with God knows who and seeing the things you were seeing like, yes, terror and absolute confusion and and a sense of massive betrayal, but also fucking rage. What are you doing to me? I'm a kid. Yeah. I mean, I think that's a really, really good point. And someone once said, oh, my therapist, she said, great, a wise woman. Passion is anger turned inward. Inverted anger. Inverted anger. Thank you. It has depression. I thought that was a really interesting point. Yeah, well, Jenny has trained me up in this because I used to forget we've known each other since we were 18. And I always used to say, oh, I'm really sad. I feel so sad and sad about this. And she's trained me to understand. No, you're not sad. You're really angry about something. It's just the nice girl. Give Me the Years was like, no, I'm sad and it's all getting to be, you know, the nice sanitized version of anger, isn't it? Tears. Yeah. It's poetic. Yeah, but I think that's because that's what society wants from us. Totally want mad women, right? And furious women. My therapist asked me one day when she pointed this out a couple years ago, which was a real turning point. And if you've ever been in therapy, you'll know that you have to trudge through the cork mire just like, ah, I don't want to go, I hate you, I don't want to. You know, I'm so far I haven't turned out for three weeks. This, this, this, um, last three weeks. So she's going to kill me next week, and I'm sure there will be a lot of. Yeah, I mean, I wouldn't dare not. This is very interesting to me, but when she pointed this anger out to me. Oh my God, honestly, it's one of the funniest things ever. So she said, Stacey, why don't you just let us scream? Well, the fucking roof, oh I have, I did not. The sun was so visceral. Oh wow. Primal. I had no idea I could make such a noise. And it went on for a solid a minute. Sounds exaggerated. It probably more like 40s, but I couldn't speak afterwards. It was guttural. Wow. And a roar. Yeah. I mean, it's so liberating because it's the high. The endorphins afterwards are astonishing. And I guess there aren't many occasions, are there, where you're told, just go ahead and let it all out with volume and with force. Like, when does that ever happen? It honestly makes me think we should prescribe this on the NHS. People should be going off into fields, onto mountainsides, like onto cliff edges, and just letting it all out into the wind, you know, letting the wind take it. It's so it's the healthiest feeling. ^{1s} We will tell people, when did you last get angry with somebody or for myself? Apart from yourself? Probably angry. Oh, probably angry. Yeah. Yeah. Not sort of like. Because, you know, everyday anger for me consists of stuff like I can't bear chewing, um. ^{2s} Apples near me or Chris. In fact, if it happens on the tube, I have to get off. Right? Oh, my God, you're really crunchy. Truly, truly, truly angry was public, and it's the reason I have not been on Instagram for three weeks. It was over. You know I never do this. So when I was deepest, darkest despair, you know, not that far from, like, thinking I don't want to live anymore. When I was on my own and in my rental, after my divorce, my separation like that, I would never post. I always posted to Instagram. A few days later, I would write stuff down. I've got loads of notes and notes, you know, loads of notes. But I'd never ever take to Instagram in that moment. Not ever. And yet, three weeks ago I decided, ah, I had this red mist, right? I get it twice a year. It's usually involves my children. Someone has been with my son and my daughter. I go mad and it's like, it's awful. Like I have to say, there's been times when I've had to take two beta blockers, lie on the grass and literally be like, and I'm bright red and I'm sweating and I'm crying and I'm swearing. But this Stacey, I'm like, wrap you up in a duvet when you say this, I want to let you put a

big duvet around you, honestly. But it's not very often. But it is. I swear. It's usually to do with the kids. Right. Well, something they've done know someone. If someone's wrong, then because no one really protected me. Yeah. Ah, yeah. Right. Okay. It's really an act of protection for myself. And yes, I get that, I get. Yeah, it's interesting because I'm thinking so much actually, as you're talking about how there's a sort of indirect quality to what you're saying. So it's, it's like on behalf of other people, like the kids, you can be angry for the child, you. And also what about the other people involved in that? Like what about the real targets? What where are they? Like they've been removed. And it's this inverted idea, you know, it's coming back around, it's lashing out on you. And why why can't we just put it out at the people that actually were really pissed off with because we're women say more women don't do that. So when. So I've got I've been seeing my therapist with two years prior to deciding to leave my marriage. Um. 1s Because I have been able to sell this chair Santa chair with her. So many of the intrusive voices that came in, such as, well, he will certainly sell. Or, you know, there are months where I can't pay my mortgage very well and you should have stayed. And it was it wasn't that bad anyway, you know. Bah bah bah bah bah. And then I repeat this in my therapy. My therapist is like, I just decide to remind you the time when, you know, you told me that you cried silently in bed after you gone out for a dinner date. And he did not so much as look at you ever might talk to you. 1s And I have this sense I have this sanity check. I can check back in with her, thank God. Yeah, I would have blamed. Well, listen, self-blame is a well, I think it's a female thing there. Maybe women are saying no, no, I think so too. Yeah. Female thing. And I think that being angry on behalf of my children is, is, is far easier for me than being angry for myself. Yeah. And thank God your therapist is holding your reality in this way. But isn't it interesting that you have chosen to absent yourself from that reality for three weeks? It happens every time we have a break for half term summer holidays. I feel abandoned and I go, so you act out and I act out is anyway, I was going to say so acted out this anger moment live on Instagram. Oh, Stacey, I mean like, for fuck's sake, I've been so incredibly measured. I've kept my mouth shut so many times. This is the other to your point, actually, 1s uh, you know what? Which one of you said about the sanitized version? The good girl, the sanitized, you know, good girl? Yeah. That's the good girl version of you. Like I was crying. Yes, of course I'm just crying. I'm. Yes, exactly. Yeah. Uh, yes. Yeah. Fucking raging. As we say in Scotland, you're raging. 2s Pure religion. And so what happened was, um. I don't know about your feet, but my feet is filled with opinion about a certain war for me. I'm just watching these very, you know. White Western people 1s for the sake of argument. They work in fashion, reporting all news as though it is the they have got the facts from right there the expert. You are not war reporter I know your opinion because I don't value it. Yeah fair enough. Tablescape and your doilies and your ribbons and dresses and your fucking fashion. I don't want to see it. I don't want to see it. I don't want to see it. Yeah. Um, so what did you say? Well, I made this thing. It's amazing. It was a I'm quite good at design. I'm sorry if anyone is going to hate you for this, but please don't judge me. It was a moment of fucking madness, but I made this brilliant Zoolander, so it's like breaking news collage montage. I picture, you know, Zoolander 1s doing the Warhol. And then I wrote, like, what was it, Paris fashion Week special. Uh israel-hamas war. The reporters report back because they're good at reporting or something like that. It was fucking funny, but I don't know why I went mad. I was like, I don't want to read what you say. Yeah, I subscribe to newspapers for that, and I pay, um, uh, I buy the Financial Times every weekend, and I, you know, I can read my news. Thank you. Right. Because I do not. So what was the response? Oh, God. It was my caption that really killed it. Um, and in that moment of fury, I took to Instagram. I posted something I should not have posted and I hand on heart. No, I shouldn't have posted it. It was. It was done. Hotheaded Lee. It was done in a kind of flourish in the moment. I should have slept on it. No, what happened was. Then I was deluged by trolls. And that's never happened to me. Because I've always been. You've always been really careful. Jolly. Yeah. Yeah. Do you. Do you regret it, though, Stacey? Do

you wish you hadn't? I wish I hadn't. Um. But it was really interesting. Yeah. There's a there's a theme here, isn't there? Because you're a fantastic ally for your children or your friends. You definitely channel anger, positivity in that sense. I do feel that I, uh. Yeah. Do you think it was much of an ally to yourself? No. I'm not. You're quite mean to yourself, aren't you? This morning, I had an almighty argument with my ex about. I've had a. Really. Had a week with my son. It was an accident on Monday and a kid ended up in hospital and it was almost fatal. My ex was away on holiday and I was also working in a way, so he hadn't seen the kids for six days. So I was dealing with all of this somehow. Then an issue a mother was talking about my son. Clearly her son. Okay, so it just came at me like, so he called me this morning, my ex-husband, and he called me dumb. *1s* For getting in touch with this school about I mean, look for transparency. I followed in my mind what was the absolute correct procedure for both instances? You know, mothers were informed, fathers were informed. I had fathers as a father come here to my door. I was like, there's got to be no cover up of this. Um, well done. I, I agree with that. Um, so total transparency, uh, and I felt quite, you know, this sounds weird, but quite proud of myself because I think there's a part of an old me that may have slunk away in the corner, but it's too much. I can't bear it. Oh, my God, I can't bear. It's too much. This version of me was like, you know what? Fuck this. This is horrendous. We just got to face this. Everyone's got to face this, both of us. What we done. *1s* And you know I did. I went away and I believed him. I drove off in my car, did the school run. And then this morning I went to the heath for. *1s* Three hours with my dogs, Hampstead Heath, which is a massive open, *1s* uh, open land in London. And it's beautiful. It's it's kind of wild and rugged for it being in central London. And I walked and walked and walked. And I eventually realized that this kind of internalized belief that I'm stupid. When a man tells me I'm stupid, I've done something dumb. I in that moment, I was completely silenced and I could not defend myself. It was a dumb thing to have contacted the school about facts. I had no argument against it. I believe them. And so am I an ally to myself? No. No. I mean, three hours later, I was able to send a message saying I stand by. Um, *1s* that email sent to the school. And these are the reasons why. *2s* But. Yeah, but you took a lot of work for you to get to that, right? It's three hours. Yeah. That's long. Whereas for other people it's ping, ping ping defend, defend. But this is a phone call in the morning 8:00, which any mother knows is pneumonia is that you're like, um, it's it's the chaos. It's the gates of hell. Mhm. Oh, it really is. Um, Stacey, we're gonna we, we've kept you a long time, but we just want to before you go. This has been a very illuminating conversation. Uh, we would like to invite you into our virtual rage room. Uh, so this is like a quick fire. We're going to throw some questions at you. Uh, what would you like to see in your rage room to swing the bat at? Firstly, current news item making you seethe. Oh, well, we just discussed this. That's, um. Yeah, yeah, yeah. All the patriarchal, all the male leaders that have caused this shit show in the first place. In a rage room. Mhm. Mhm. Nice. Yeah. Where are the women. Where are the women on that stage. The women. No I was, I was going to say earlier I stayed off social media because I had a burner, I stayed up that night when I got involved in the conversations with people, strangers from all over the world. It was really quite intense, but it was really interesting how unbelievably desperate people feel and how misunderstood and unheard they're not. These are, you know, there are so many people who haven't got a voice and they've been left behind. And their male leaders, I'm sorry, I'm not anti male, I love men, I have a son. Really don't need to say that. Don't worry. We get it. We're with you. We're with you. For political leaders involved in this scenario are currently. And all men. Men. Okay, so next to all these men, what what else comes in aspect of modern life? Making you fume sucking emails, whatsapps voicemails. Ping ping ping ping ping. Oh, *1s* um. The phone. *1s* Yeah. Nice. Okay, good to be having this break from in stuff. Good media has been. And I mean social media and newsfeeds and everything. Yeah, it's just watercolour calls and it's very calming, but oh. So calming. Good for you. Pissed off in her watercolour class with all the grannies wrangling, *1s* we had to draw a leaf drawn. This is what we

all need. That this should be this. This should have the prescription. Frankly, in there I'm like, this watercolour doesn't do what I want to do. I was so surprised. Face watercolor. I'm gonna rock you. Watercolor. Yeah. Okay. Stacy. Another question. Another another object in the room. Behaviour of others, which gets on your wick. Sketching. It should be a criminal offence. Oh, nice. Love this. And I should be able to perform a citizen's arrest. God, this is brilliant. Because it is violence against women, isn't it? And it's women doing this, you know, to themselves. We've been. So it's like we're a robot army that's been programmed by the patriarchy, right? To kill ourselves. Destroy ourselves. Yeah. God. That's brilliant. I love that too much, I reckon. And this is not a scientific fact, *1s* but I reckon and we spend, I would say, 60% of our lives. But I'm really interested in coercive female relationships and how no one is really talking about the stuff we do to each other. Oh, *1s* what do you mean, hang on, hang on. Before we move on, what do you mean by coercive female? Do you mean the kind of tribalism that exists? Yeah. And also. You know the power that some people within the pack female have? Yeah, yeah. And seemingly possessed forever. Yeah, they have the power to switch the mood and dynamic within a heartbeat. Oh, yes. Oh, this is love. Trust. Yeah, yeah, yeah. Oh, I think this exists. Like, I think no one's really spoken about it. I think this exists within close friendships across the board. No matter how smart you are or you learn or anything. I think this coercion exists across the board. Oh, I want to do a deep dive research. Um, I feel some research coming on. Angriest moment on public transport. Stacy. The guy who hit his dog. Oh, um, and I almost had a fight with them, uh, on a train. Yeah, yeah, it's dog. And he was drunk and. And I tried to very politely intervene. And then I just got pure northern and really like you. See you. Right. Like being likely to headbutt you. *1s* And then I always end these. That when I have this moment, I always end it with, I'm not one of these posh cunts from around here cause they're like, oh, you know. *1s* Oh, God. Anyway, and then I think I'm like, you know, Wonder Woman or someone. And then. Yeah, that was bad. What happened? Oh, he he wanted to kill me. Oh, but you know, what's really interesting with these things is that no one really steps in. Yeah, this is true. Yeah. *1s* We're so happy that you came on. You're brilliant. You are wonderful. Thank you so yourself, Stacey. Thank God for that. Because thank you for coming. You were brilliant. I'm angry on Instagram the other week and I regret it. So there you go. Anger needs to be contained, but also explored. *2s* So I thought what Stacey was saying about bitching and the toxicity of of certain of probably many female friendships. Let's be honest, somewhere deep inside of them, um, was so pertinent to, I guess, topics that we've kind of touched on across the series, actually, in terms of how women can inadvertently sometimes or because we're stuck in a system, end up hurting each other. I think we can get caught on that ongoing hamster wheel. And yeah, as you quite rightly say, through the system that we are in, through no fault necessarily of individual women, but the society that we, that we live in, these are the sorts of topics we're going to carry on writing about. Um, yes. In Substack. Um, um, come back for our immense series three launch, including the likes of Salima, Bryony Gordon, who, you know, I'm very excited by Bryony Gordon MP, Jess Philip. Oh yes. Who you are very excited about. I'm very excited. We've got Nina Stibbe coming. Yes, I just saw her. I just saw the adaptation on TV of her latest book. Isn't it brilliant? Tune in for series three. Yeah, I can't wait. *6s* 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.