

# *Fear Me Out Podcast*

## **Episode 15**

Hosted by Clinical Psychologist - Dana P. Saperstein PhD.

*Guest Speaker*

15 Nancy Locke - Self Exploration

**Kim Fauskee** 00:00

When you know yourself, you are empowered. When you accept yourself, you are invincible. On today's episode, we speak with Nancy Locke, whose journey through life hasn't exactly taken a traditional path. Through addiction, complicated family relationships, and a high profile marriage. She ultimately found sobriety love and the person within she was looking for. So I hope you'll join us for this special and candid conversation

**Dr. Dana** 00:35

there are two basic motivating forces, fear and love. When we're afraid, we pull back from life. When we're in love, we open up to all that life has to offer with passion, excitement, and acceptance.

**Fear Me Out** 00:54

Coming to you from our studio in Santa Barbara, California. This is the fear me out podcast. We're not your typical Self Help Program. Our show takes a deep dive into those psychological issues that affect us on a daily basis. We hope to shift your perspective and have you experiencing emotions differently. Now here are your house, Kim Fauskee and Dr. Dana Saperstein.

**Kim Fauskee** 01:16

So one of the best things in life for me is being able to have friends that you can have intimate and valued discussions with. So Nancy, welcome today to our podcast studio. Thank you. For our listeners, can you tell us who Nancy lock is?

**Nancy Locke** 01:34

Oh, wow, that's a that's a it's a little it's

**Kim Fauskee** 01:37

a little loaded. But it's all downhill from here. So

**Nancy Locke** 01:40

Let's see. I'm Nancy lock, and I'm 67 years old. I'm a retired building contractor. I've lived in Santa Barbara, this time. It's my second time living here in the six years I lived here. I moved here in 1976 during college, and I forgot to leave. And so a lot of people forgot to leave. It was too nice. I was a

carpenter and for lots of different contractors in town, and then I moved to LA I got my license and started my own business. And when I retired, I said to my wife, let's get out of LA and we came back here. So I live with my beautiful, wonderful, amazing wife, Meredith. And we've been together for almost 17 years,

**Kim Fauskee 02:24**

how'd you get into carpentry or construction.

**Nancy Locke 02:28**

Basically, my major at UCSB was art. And one of the courses I took was sculpture and they took me into the room with all the saws and, and I was taught how to use a table saw and bandsaw and I went oh my god, this is way fun. So I you know, in 1977 when that was happening, nobody would hire a woman as a carpenter. So it's kind of a long story that I worked for an all women's construction crew up in Santa Rosa for free. So you could learn how to be a carpenter. And

**Kim Fauskee 03:06**

as you find an all woman construction crew in Santa Rosa wrote

**Nancy Locke 03:08**

an article about this construction company in the LA Times about this woman that had an all women's construction company. So I wrote her a letter. This is before I could call, you know, you hit mobile phones or email. I wrote her a letter and I said, Hey, would you hire me? I want to learn how to be a carpenter. And she wrote me back and she said, No. So I wrote her back and I said, if I work for free, would you hire me and would kind of come work for you. And she said, I'm not stupid. Get your ass up here.

**Kim Fauskee 03:36**

So what was the key word?

**Nancy Locke 03:38**

The key word. So I did. I drove my Volkswagen bus up there. And I was, you know, first thing I did was dig ditches and move lumber. And, you know, I was the laborer. And they taught me some skills. And I came back and started just begging different contractors for a job. So I worked for different contractors. And we did a stint with the County of Santa Barbara, which was horrible, the carpenter and just kind of worked my way up.

**Kim Fauskee 04:06**

And then you became a contractor yourself. Yeah. And the home building or a residential?

**Nancy Locke 04:10**

Residential. It was a really great career for a long time until it wasn't. It became incredibly stressful.

**Kim Fauskee 04:20**

And when did it Why did it become stressful?

**Nancy Locke** 04:25

It was always stressful, but it became a lot more stressful, you know, as my Jobs got bigger, and my clients got more expensive and pricey and more demanding. You know, nobody's ever happy with you. So everyone felt like, at the end of my day, everybody was mad at me instead of, you know, some people have a career where, at the end of their day, people are saying, Oh, my God, thank you so much for what you did today. And mine was where the hell was the plumber? Or why wasn't this done? Or why is this costing so much money? Or why is it taking so much time and you multiply that by four As you're doing it at the same time and it just became too much for me. I don't know anybody. That's my age. That's still a contractor. Everybody retires. It's just hard.

**Kim Fauskee** 05:12

How long have you been out of the business? About five years? Okay, so it's fairly recent. Yeah.

**Nancy Locke** 05:18

I was in construction for 43 years on time.

**Kim Fauskee** 05:22

How many houses in those 43 years did you build?

**Nancy Locke** 05:25

I didn't, I didn't build too many houses from the ground up. Mostly it was remodeling, remodeling and additions. And I did a wide variety of work. And it was, it's cool. At the end of the day, you look around you go, Oh my god, this is what I did today. It's very creative. I love that part of it was awesome.

**Kim Fauskee** 05:45

You're one of five kids. Yeah. Where did you grow up? Where'd you grow up?

**Nancy Locke** 05:49

Glendale? Mostly born in Portland, Oregon, and grew up in Glendale.

**Kim Fauskee** 05:53

And where do you stand in the? The sequence of the five?

**Nancy Locke** 05:57

I'm the baby, you're the baby. Yeah.

**Kim Fauskee** 06:02

And your parents?

**Nancy Locke** 06:03

They're both gone. Okay, I just lost my mom. Almost a year ago. Okay,

**Kim Fauskee** 06:08

just like me. Yeah, as well. And we kind of influence you were your parents on your life.

**Nancy Locke** 06:16

A huge influence on my parents, my parents were huge. You know, I, my parents were a mixed bag of, of, well, you know, they were incredibly loving, especially my mom, incredibly loving human being. But they were also very, very, very strict. And they were very, very born again, Christians. So there was a lot of punishment, there was a lot of, I was always in trouble. My parents didn't believe in sparing the rod. They would strike me and hit me. And, you know, I didn't realize it until later that my parents, particularly my father, were abusive. And, you know, he wasn't, he wasn't a bad man. He wasn't a mean man. It was the way he was conditioned. That's how he was raised. So that's the way He raised us. But it was sometimes pretty scary.

**Kim Fauskee** 07:22

Were they born again? Prior to being birth? Or? Yeah,

**Nancy Locke** 07:27

My mother was a Pentecostal. So she was really religious, came from very, very all of her brothers are all ministers or were they're all gone now. missionaries, and it's very strict. We weren't allowed to go to the movies, play cards, we couldn't dance. There was a lot of there's a lot of rules that we couldn't, things we couldn't do.

07:53

How did you respond to the

**Nancy Locke** 07:55

idea? Anyway? I was very rebellious. Yeah, yeah, I was really rebellious, I would sneak and always get caught and always get in trouble.

08:04

And the problem was usually physical punishment. Always.

**Kim Fauskee** 08:09

Yeah, they always said the youngest one always had it easier, but apparently not my

**Nancy Locke** 08:13

mindset. My brothers and sisters say, Yeah, that's so easy. I'm like,

**Kim Fauskee** 08:17

you can feel that way. To

**Nancy Locke** 08:19

me, but yeah.

**Kim Fauskee** 08:21

We had spoken earlier about you and I have something in common being both highly sensitive people and empaths. And so how did that affect you growing up? Probably you didn't realize that obviously. Like, I didn't realize

**Nancy Locke 08:35**

no, I didn't realize that at all. All I knew about Kim was that growing up, I always just felt like I was just so different from everybody. And I never felt like I fit. I wasn't you know, I had lots of friends, but I never felt like I like them. And yeah, I never felt like I had a place you know, it always felt different. And my parents, we talked earlier, my parents, they called me difficult because things were difficult for me to navigate as a little kid. That was, you know, I had to be comfortable. And it was not easy for me to be comfortable all the time. Like, I mean, silly things. Like, if my socks were, you know, had, you know, like burrs in them or something and I would put my shoes on and they would rub my feet. I'd be like, Ah, I can't wear socks. I can't wear the socks or if a shirt was too scratchy or and my mom would just be like, don't be a baby. What's wrong with you? So

**Kim Fauskee 09:38**

I feel your pain that

**Nancy Locke 09:41**

there is a you know, it was like physical discomfort was one of the things that was always difficult for me and still is I have to have things a certain way. But I was also really sensitive as a kid. Things would affect me too. Currently, I would feel things really deeply and differently. I didn't see my friends react to things the same way that I did. Or ignore my brothers or sisters, sister and my one sister.

10:11

How did you handle that difference? How did you? How did you cope?

**Nancy Locke 10:18**

You know, I don't know if I did cope, I just as a child, I just, you know, just kind of had to grunt through it bear through it. As a young teenager, I got I got involved in drugs really early, like 13 13 14 years old.

10:36

What kind of drugs?

**Nancy Locke 10:38**

Everything? Yeah, everything was once I discovered drugs, it was like, Oh, here's my ticket, the equalizer. Here's the equalizer. This is how I can fit in. This is how things won't feel. I won't feel so much. I didn't realize it at the time, that's why I was using drugs. But, you know, looking back, it was exactly why I turned to them. And they were a part of my life for a very, very, very long time.

11:09

How long was a long time?

**Nancy Locke 11:12**

Well, I you know, I got sober when I was 51. So

11:17

45 years, maybe, ya know, a long time.

**Nancy Locke** 11:20

And it went through degrees. Sometimes it was pretty heavy. And sometimes it was just recreational.

11:28

And you could still function and do your job and go to school and no.

**Nancy Locke** 11:32

Oh, yeah. But you know, I was the life of the party. Always, you know, always looking for a party, always looking for something to do. That's fun. I was also a kid, so I had a lot of energy. And that was another thing that was really difficult for my family and my teachers and I drove my parents crazy, because I couldn't sit still and I couldn't stop talking. I was always moving because my energy level was off the charts. So that made it you know, doing drugs was another way to equalize that I could, I could calm down or I could keep up. But yeah, it was an a, you know, I when I got sober was when all this stuff came crashing back in on me. Yeah. Yeah.

**Kim Fauskee** 12:27

Did you ever lose the support of your parents ever during the rebellious time? So God?

**Nancy Locke** 12:32

Yes, yeah, I was kicked out of the house frequently. I was put in, you know, at the time, they had these like homes, that kids would go to kids that were on drugs, and they would be separated from your family. And you would go to these homes where a lot of them are Christian based. So they would pray it out of you, or you know, lots of groups,

**Kim Fauskee** 12:58

they call it restorative therapy now, right?

**Nancy Locke** 13:01

Yeah, I had to go through that a lot. And I would always run away. And it was always a lot of drama. I created a lot of drama in my family around my drug use and the trouble I got into and

**Kim Fauskee** 13:14

that caused problems with your siblings as well. Oh, yeah.

**Nancy Locke** 13:17

Yeah, it disrupted the whole family. For me to be constantly in trouble. Oh, Dean. Yeah, it was it was not pretty.

**Kim Fauskee** 13:31

So you ended up leaving home and coming to UC Santa Barbara?

**Nancy Locke** 13:34

Yeah, I left home pretty early. I left home as soon as I could.

**Kim Fauskee** 13:37

What was that like for you actually leaving home and then being out on your own in college that didn't make it better make it worse. I

**Nancy Locke** 13:45

left home before I came to UCSB, I left home and moved out and started working and going to school. And yes, I'd love the freedom of not having to live with my parents, I could finally, you know, do things without being in trouble all the time.

**Kim Fauskee** 14:06

With all due respect, you kind of live an alternative lifestyle. Right? Right in that way. And I kind of wanted to get to that point as well. And so obviously, you probably at least your parents want you to toe the line while you're still at home and so on and so forth, which caused the acting out and so on and so forth. When was the point that you finally felt that you could start being yourself?

**Nancy Locke** 14:34

Probably when I moved up here and started going to school, and I you know, I didn't. I didn't even know I was gay at the time. Right before I moved up here to go to school I had a long story, but I had a fling with an old friend of mine, a female friend of mine that kind of like I was like, whoa, what was that about? And then I moved. I moved up here. You'd go to school and I started realizing that I was attracted to women. And so I met a group of women here in Santa Barbara, who became lifelong friends of mine. And that was way before you could be out. I mean, everybody heard who they were. But in that pot of women, we supported one another. And we played together, and we dated each other. And that made me feel like I was finally at home, that I could finally had found a place. And that was life changing for me, I think.

15:41

Did your parents find out at that time?

**Nancy Locke** 15:44

I tried to tell my parents about a year after that occurred, and my father wouldn't have anything to do with it. And my mother, when I tried to tell her, I had broken up with somebody and I was visiting them, and I was obviously brokenhearted. And she said, Do you want to talk about it? And I said, I'd love to talk to you about it. And she said, Well, if this has anything to do with a woman, I don't want to hear about it. And so I said,

**Kim Fauskee** 16:13

okay, so they had a suspicion or kind of knew beforehand, or

**Nancy Locke** 16:19

they, my mother, I realized at that point that my mom had a suspicion. So when she told me she didn't want to hear about it, I didn't. I didn't speak to my folks for I would call them on Christmas. But I didn't, I didn't come home for lots of years. I didn't feel I didn't feel like I could be myself, if I came home. If I did have to come to a family function function. I made sure I had a lot of coke and drank a lot of Jack and was always just like, higher than ship because I didn't want to have to deal with their rejection.

16:54

Well, your siblings, did they follow your parents lead.

**Nancy Locke** 16:59

Kind of one by one I told my siblings, it turns out I had my oldest brother who was also gay. So we kind of came out to each other at the same time. I always kind of knew about him but he also was hiding. And so that you know, to have a gay sibling. And it was a great, huge support for me. So and then mice, I came up next to my sister and she was really supportive from the get go. Okay.

17:29

So you got some support from?

**Nancy Locke** 17:30

Yeah, so I could go to family functions, and you know, and bring my roommate. And they would know exactly who that person was in my life.

17:40

But not your parents pretended like it wasn't happening. My parents pretended like it wasn't happening. And were they upset that you only saw them maybe once a year. So

**Nancy Locke** 17:48

my father would always say, you just got here, because I would leave quickly. I couldn't stick around too long. I would come and do the event. And then I'd be like, see ya. So yeah, I think it upset them. When I moved back to Los Angeles, I think I was about 40 when I moved back to LA and I did start spending more time with my parents. And even though they didn't talk about accepting me, they started accepting me. So you could feel

18:20

the shift in them. Yeah. But none of this really changed your need to make yourself disappear.

**Nancy Locke** 18:28

What do you mean by that? With the drugs and alcohol? No, I was still definitely disappearing. You know, is it it was more manageable? It was more? It wasn't an everyday occurrence. Oh, that's not true. I would I would drink every day. But I kept everything in check. You know, I had a company that I was running, and I was trying to keep a hold of that.

**Kim Fauskee** 18:53



Was there a reason? Behind your parents' acceptance of your lifestyle at all? Or do you think it was just time that they just realized that to you that's who you were going to be?

**Nancy Locke** 19:05

I think it was because I didn't come up with time. I think it was just enough that I knew they I mean, my father said to me, two days before he passed away. Oh, my God, Billy Nixon came to visit me and I still think you guys would make such a great couple. And I'm like, Dad, I'm gay. And he was oh, no, you're not. So he never fully accepted it.

19:28

This was right before he died

**Nancy Locke** 19:29

right before he died. Yeah. My mom. On the other hand, I remember when Meredith and I wanted to tell my mom that we were getting married. My mother had already lost her hearing. And we were a little concerned, although she knew we were together and she loved Meredith. We wrote it on a sign. We wanted to let you know we're getting married. And she was kind of shocked, I think but she was at our wedding in the front row and she was crying and she was she was at the end she was dead. Definitely very accepting. Thank goodness.

**Kim Fauskee** 20:03

Was that a turning point for you? How, how'd that make you feel ultimately,

**Nancy Locke** 20:07

you know, wasn't a point. It was a gradual thing. So of course, it made me feel really good not to have to hide anymore. That means they would, she would come to our house for Christmas, she would come to our house for Thanksgiving now we held all the events and she would come and she was very loving to Meredith and she told us how much she loved us all the time. So yeah.

20:31

Do you know what brought you towards sobriety?

**Nancy Locke** 20:35

I do know what brought me towards sobriety. You Dana. Yeah, I got to a point in my life that I'd been at a lot of times before, but I was really tired of running away from who I really was. Really wanted to know who the authentic Nancy was. I really wanted to know, I really wanted to be present. I wanted to have a conversation with my friends, and listen to them and not be fucked up or, you know, thinking about what's the next thing we're going to do? And yeah, it became really important for me, I wanted that. I wanted that more than anything.

21:20

Did you meet some resistance from your friends?

**Nancy Locke** 21:22

Oh, gosh, yes.

21:23

I could imagine.

**Nancy Locke** 21:24

Oh, my gosh, yes. You know, they think it was very difficult for my friends when I first got sober because they thought they were losing, you know, the ring leader, the life of the party, phone girl, the fine girl, the jack and the coke. Yeah. And you know, for a number of years, I wasn't that much fun. It was difficult. It was not an easy, it's not easy to get it over. It's not easy to stay sober.

**Kim Fauskee** 21:47

So these were these are obviously close friends of you that were in that party circle, or living that kind of same lifestyle, right, and you're like, hey, wait, I gotta

**Nancy Locke** 21:55

I lived with the lifestyle a lot longer than most of my friends, I forgot to grow up. I was like,

**Kim Fauskee** 22:01

I don't know if there's anything wrong with that. There's nothing necessarily wrong with not growing up. But

**Nancy Locke** 22:06

most of my friends might that that tight knit group that I spoke about earlier, they had, you know, really buckled down, they all had really wonderful careers, they had great relationships, I was the one that was still I started hanging out with a lot younger people because they still wanted to play like I wanted to play. And so when I would come to things with them, they would kind of like, you know, lock, you know, maybe it's time for you to just kind of cool it a little bit. And I didn't. I didn't have a, you know, like a switch where it was, I'm going to be, you know, sort of sober. Or it was either all the way or nothing for me. So, when I first got sober it was yeah, it was very challenging for them. I think they're okay with it now, because you know, I can go to a bar with them and hang out. I don't have to have a drink. I don't judge them. I don't care what they do. I mean, I care what they do, but it's not my business, how much they drank or, you know, getting sober changed me.

**Kim Fauskee** 23:08

Did you go through a formalized program to get sober?

**Nancy Locke** 23:11

I did. I went, you know, initially, I started going to a and for me, that was a way to get sober. And I stayed in the program for about five years, until I decided that it was not really a good fit for me. And I you know, I gotta say one of the things that was difficult for me to be an AAA going back to the HSP is I would sit in a room of people in pain and in grief. And I didn't have a way to not feel all that right. And so I would know, I could listen to the stories and empathize. But it was the

**Kim Fauskee** 24:02

the people's energy you took on other people's energy. Yeah,

**Nancy Locke** 24:05

and I would get so uncomfortable in my seat. I'd be like what's going on with me? And I could look over and look at a person and go oh my god, that person isn't a lot of grief. That person is over there and you know what's going on in their life is so heavy and so intense. I don't know how they're able to be here today. And I would leave the meetings and I would feel so depressed and so exhausted that at the time I didn't know that I was a highly sensitive person. I just was like, I don't know why I can't go to a particular meetings would be different. I can't go to that meeting anymore. It makes me feel awful. Or it makes me feel uncomfortable or I get agitated when I leave so there was a lot of reasons why I chose to leave the program but I, I am so grateful for it in my life. It I don't know if I could have stayed sober, had I not gone through a program, had a sponsor that was amazing and, and people that were sober around me to support me while I was going through those initial first first five years, it was really important.

25:24

But taking the pain felt like breathing, it just was really natural for you. And how many of you struggle with that now?

**Nancy Locke** 25:32

Struggle with taking on other people's pain? I struggle with it? Do you still? Yeah, it depends. You know, sometimes it's actually a beautiful thing. Sometimes it's a beautiful thing when I'm around people I don't even know. And I'm like, Oh my God, that person is really suffering. I'm gonna hold that person in my heart today. I'm gonna hold that person in my heart today. I might even pray for that person today. I don't know what's going on with them. If it's someone I know, I often will say Is everything okay with you today? And they may or may not want to share with me what's going on? Right? But lots of times they do. And it's I feel honored that people will want to talk to me what's going on

26:22

with them with the difference and taking their pain into your body? Oh, that's totally different. Yeah, yeah. So I mean, the notion that you'd like to take care of people, it's really lovely. It's how you go about doing it that determines the outcome.

**Nancy Locke** 26:35

When the pain goes into my body, like we talked earlier about being in situations that you can't get away from like being on an airplane, or being in a theater or waking get up from a theater or being on an airplane is a really tricky one for me. Because I don't know how to buffer that. And when I feel other people's anguish, it's a really uncomfortable for me.

27:00

So what do you do?

**Nancy Locke** 27:03

Well, this last trip I took to Santa Fe flying there, I actually kind of had an anxiety attack. And I had to, I grabbed a hold of my wife and said, I am really struggling right now. Can you just talk to me? And she was like, what's going on? I said, I just feel everybody on this plane right now. And, and I don't think I can handle it. And so she just talked to me, calmed me down.

27:29

So allowing yourself to be cared for makes a big difference.

**Nancy Locke 27:33**

Yeah, it's one that was a hard one for me. Danna to learn how to ask for help. When I'm in those situations, first of all, I had to, you know, let them know, something freaky is happening with me. And can you help me out?

27:49

When you have to take the chance of them looking at you like you're crazy. Some people do because they look around and they don't see or feel the danger or the discomfort? And, you know, you're buckled over with the feeling inside your body that you can barely. It's hard when the people around you don't understand. Yeah. Really difficult. Yeah, I know that Meredith does, which is attempting to

**Nancy Locke 28:14**

know, she's what she's, you know, she's she's been incredibly patient with, you know, my journey through therapy. And because it's been quite a journey, you know, for me to you know, once you're on that quest, at least for me, and I think I can speak for you to Cam once you're on that quest of wanting to know why the why of who you are. Absolutely. Is it it doesn't it never stops and never stops. And it's, you know, it's painful. And sometimes it's incredibly wonderful. And you know, it was my it was it was a decision I made along the journey is like, even if it's painful, it's a good thing. Even if it's a painful thing, I'm going to learn something from it and I am going to sit through this difficult challenging piece of what I'm learning because I know on the other side of that is going to be an AHA and a relief.

**Kim Fauskee 29:17**

I want to circle back a little bit to when you decided to do the self discovery phase of your life and get off the booze get off the drugs get clean, get sober, get clarity that way, was there something in for me it was I was living this life and I didn't look at it like I was living this lie. But there was something within me that was telling me you don't know who you are. There was something kinda missing in there, like you don't know who you are. And you got to figure out that you gotta figure this out at some point. And that's when I've referenced it on a couple of POC asked before, when I got the advice you got to sit in your shit. And you know how uncomfortable that's going to be and go through the emotions of the grieving and the acceptance and, and so on and so forth before you come to that place of clarity and kind of begin to understand who you are why you're here and like you, like you said earlier, start answering the why. Part of it. So. So for me, I just kept felt there was something missing within me. So that kind of gave me the idea to begin the self discovery phase for myself. So I'm asking what was kind of the trigger for you to start that?

**Nancy Locke 30:45**

Oh, absolutely. I mean, I definitely felt like something was missing. I felt like I wasn't my true self in any way, shape, or form. I felt like it was kind of like, wait a second, wait a second. This isn't who I am. This isn't who I am, I can remember waking up on the floor of a friend's house after we'd been up for days and days, smoking crack, and she was still passed out. And I remember looking at her and looking at me and going this, this is not my life. This is not how I thought it was going to be. I don't want to do this. I don't want to be this. And then to discover that there were so many things about myself, I did not know, because I hadn't looked at them or hadn't taken a look at them. You know, it's like why do I feel different all the time? Why do I feel like I don't fit? Why do I? Why did I grow up thinking that I was adopted? Why did I grow up thinking I was, you know, from another planet? You know, why are those things? Why is that and, you know, in that in this journey that I've done, I have done, you know, I've done talk therapy I've done, I've done drug therapy I've done I've done journey work with mushrooms, I've done journey work with ketamine I've done lots of different things because I'm on a quest. And and it's, you know, it's pretty fascinating. Actually, you know, I'm always dumbfounded by friends that I talk to, and I'll ask them a question about something personal in their life. And they go, Oh, how do I talk about that? And I'm like, What do you mean, you don't want to talk about that? Oh, I don't talk about that. It's like, okay, now I really want to talk about what's really going on, but

**Kim Fauskee** 32:49

really piqued my interest.

**Nancy Locke** 32:51

I've never been able to be you know, since I've been sober. I'm not I don't know how people shut down. I don't know how they can shut out their feelings. Being people that are highly sensitive. You can't shut out your feelings. You can't, there's no way it's there. They're there all the time. And so are everybody else's. But it's, you know, I decided that I wanted to embrace that. I wanted to know why I feel this way. And I didn't want to blame other people for what I might be feeling or going through why I'm doing what I'm doing or so, you know, it's also beneficial that I have a partner that is also highly inquisitive about who she is. And so, we have wonderful conversations all the time about how, you know, what, what do you see when I'm doing that? Or what happens to you when I do that? Or how do you feel when this is happening? And we have a no, such an open relationship of communication. It's, it's pretty amazing.

34:02

What a departure from previous time in your life. Yeah. Oh, yeah. It's like, you know, nine day Yeah.

**Nancy Locke** 34:11

And we you know, and the wonderful thing is we both love that it's, it's for there to be a situation that's uncomfortable or a situation that's a problem. And for us to sit down and talk about it and not be afraid to tell each other how we feel, not to be afraid that you might not agree with me, you might not even understand but to be able to talk it through and talk it through and talk it through again. Is such a gift.

34:40

Well and it also turns out that you've been correct your whole life about the fact that you are different not only did you think you were you actually were but not necessarily in a bad way, just in a way that you didn't understand. Yeah, I

**Nancy Locke 34:55**

you know, don't even I gotta say to be honest with you to this day, I still struggle with it. Yeah, you know, it's still, it's still it's still, you know, I often wonder how come I'm not like them? Or how come how come I'm, how come I'm not like that or in but you know it? What happens for me now is the answer is a lot faster than it used to be. It's like, No, you're not like that because you're like this.

**Kim Fauskee 35:21**

Yeah, I call it a blessing and a curse, right? There's some days I'd rather just be driving down the middle lane. Yeah, exactly. Instead of being in the fast lane or the slow lane, I'd rather just be in the middle lane and minding my own business, but as an HSP, or an empath. We're always feeling you're always feeling

**Nancy Locke 35:38**

oh, he's feeling and always thinking and always, you know, yeah, it's a, it is a blessing and a curse. You know, let me just share the blessing part of it, please. And you know, the blessing part of it is to be able to feel so deeply. Just even talking about it makes me want to cry, because it's to feel love so deeply. What a gift. That's such a gift to be able to love people, love the people that you love, and love them so deeply. And, and to feel that love, you know, surrounding them and coming back at you is, oh my god, it's such a blessing. You know, when my mom passed away I knew and she was going to die, that it was going to be rough on me. Michael, my guess is going to be a hard one. It's gonna be a hard one. And it was but it was the differences. A couple of days after she passed away, I remember being in my backyard. And it was like, I became overwhelmed with a loss of her. And instead of trying to busy myself, or I'm not gonna think about that, or I don't want to feel this right now is like, okay. Okay, Mom, come on. And I actually felt my mom. It was almost like she was laying on top of me. Her presence was felt so deeply and my grief that came out of me was like something I've never felt, and certainly something I've never heard before. It was like otherworldly. And in it, I think that probably lasted for maybe, I don't know, time, time didn't exist. For me. It was just I was just in the feelings completely. And when it passed, I I cried for gratitude. How I got to feel this. I got to feel my mom's love. I got to feel how much she loved me how much she will always love me. And that was

**Kim Fauskee 37:59**

what a gift. It's a good thing. Yeah, really good thing. Yeah. And I

**Nancy Locke 38:03**

get to love my friends away. And I get to love my wife that way. And the other side of that is losing people is really painful.

**Kim Fauskee 38:15**

Do you think that you would have ever gotten there, knowing that you had a previous life of numbing out those experiences and kind of knowing what that felt like? And then going to the complete antithesis of that, of letting yourself really feel what everything feels like?

**Nancy Locke 38:33**

Would I have ever gotten there? Had I not stopped using is that richer? Yeah, I'm

**Kim Fauskee 38:37**

asking if if you hadn't stopped using and. And wanted to know more about yourself?

**Nancy Locke 38:45**

Oh, absolutely not. I think anybody that's ever had a drug or alcohol problem. It's, it's, it numbs you. It makes you, it makes you not feel. You know, it's that's, I think that's why a lot of people drink and use. They don't want to feel you know, and here's the interesting thing is that I didn't know that I was HSP until I started seeing Dana. And how I came to see Dana was like, just random. You know, I was getting my hair cut. Now it's my therapist, neck therapist, my hair cutter. Well, they're kinda like, do you, you know, I need a good therapist. And she said, I don't really know any therapists but I got a friend that swears by this therapist. And so I called Dana and it was in the very first session I had with you. And I was sitting over there and I was talking to you about what was going on with me and you looked at me and you had these beautiful blue eyes of yours and you just your smile broke out and you said do you do know your HSP right. And I was like, What the fuck is that?

**Kim Fauskee 39:52**

You didn't quit college eyes

**Nancy Locke 39:56**

and then continued to do work with you and you To help me realize that I'm, you know, because for a long time I thought I was crazy. And yeah, I don't know. Did you feel that way too? At times? I must be crazy.

**Kim Fauskee 40:10**

Okay, you and I've had discussions about this, I told you that my mother called me different, right? So I never knew what I knew wasn't positive. But they didn't know what that meant. Right? And I always knew that I was very sensitive, and I could tune into all my friends, and so on and so forth. And I think you made the reference I've liked, why can't I just be like them? Right. And so yeah, I didn't, I didn't. Yeah, I didn't know, either. I didn't know why, why I felt that way. Why I could sense those things? Why my intuition was always, you know, at DEFCON five, Intel, you know, in therapy, I was told that you're an empath and HSP. And then I had to do the reading, right? I had to read Elaine Aaron's book and understand more. And I think through that, it's like, oh, yeah, that is me. That's the first time I think that kind of set me on that path of self discovery. It's like, okay, I finally understand why I am the way I am here. And so let's use that as the fulcrum to figure out the rest of it.

**Nancy Locke 41:27**

Do you sometimes forget?

**Kim Fauskee 41:32**

Yeah, I think it was so easy to fall back into familiar patterns. For especially, you know, from the abuse, and being the caretaker and the peacemaker, and so on, so forth. But I've mentioned this in previous episodes as well, is that I used to try and use my intellect to override my intuition. And then my body

decided to say, you know, enough of that in me so I started having physical symptoms, when I stopped listening to my gut. And so now, anytime that I try to outsmart myself that way, my body reacts

**Nancy Locke** 42:14

to it. Yeah.

42:16

Does that feel familiar to you? Yeah, I'll

**Nancy Locke** 42:17

get a stomachache. Yeah. So,

42:21

can you describe a bit your relationship to your intuition? What does it feel like to you?

**Nancy Locke** 42:27

Sometimes it's scary. Yeah. Yeah, sometimes it's scary, like all know, things, sometimes you're gonna happen before they happen. And that's, that's a little frightening to me.

42:38

Can you give us an example?

**Nancy Locke** 42:41

Some of them are pretty silly. Okay, here's it. Here's one. That's pretty silly. I remember many years ago, when I remember when the space shuttle blew up. I woke up in the morning, and I turned to my girlfriend at the time, and I said, Oh, my God, this spatial is gonna blow up today. And she said, What are you talking about? I said, the spatial is gonna blow up and everyone's gonna die. And she said, Where did that come from? I said, I have no idea. I just know what's going to happen.

**Kim Fauskee** 43:14

And so that's scary. Exactly.

**Nancy Locke** 43:17

And I always add on a job site, I was a carpenter, somewhere on State Street. And she drove up. I think it was sometime in the afternoon when the crash happened. I don't remember this was a long time ago. And she drove up and her face was just ashen. And I said, What's wrong? What's wrong? And she just couldn't speak. And I said, the Space Shuttle crashed. And she said, How did you know? And they went, I don't know. I just I just knew. So things like that will kind of pop up. Those kinds of things. Were very scary for me. It's more, more about my intuitions now. They're more like, I kind of know. A situation you know, I It's kind of hard for me to decipher. Am I reading into something? When I'm going into a situation it's like a Oh, that doesn't feel good to me. I don't think it's going to be a good place for me to be

44:12



do laundry and trust it

**Nancy Locke** 44:13

most of the time. I do honor it. And sometimes I do honor it and then I don't go I'm like, Okay, did I miss an opportunity? Did I make something up? I don't even know and I'll never find out what it was that I wasn't why wasn't supposed to be there. But yeah, I'll walk into rooms and say I can't be her. It's like There's something's not right in the room for me. I'll know that with people too. And that person is not right. That's not a good person for me to spend time with or even talk to

44:46

and respect these fields that you have. She does now.

**Nancy Locke** 44:53

She she does now . It took her a bit. You know we would go places and I might kind of I can't go there.

45:02

Because there's no way to prove it in a sort of real way. Because it's the feeling that you Yeah. And, you know, so like, you're gonna walk up to them versus so you know, you're so get out of here.

**Nancy Locke** 45:18

No, no, no, because she's gotten what she's, she's very accepting of it now. Situation feels uncomfortable for me, I'll, I'll let her know. And she'd be like, Okay, that's fine. Yeah,

**Kim Fauskee** 45:29

I have to be constantly. If I'm in a public venue, I have to be constantly scanning the room. And I cannot have my back to the door. Oh, wow. Interesting. Yeah, it makes me completely uncomfortable. I have to continue to look at what other people are doing. It's just it's always been that way for me. Yeah. Otherwise, I feel. I feel very uncomfortable in that situation.

**Nancy Locke** 45:54

I always have to know how to get out. Where's the way to get out. I always have to take my own car.

**Kim Fauskee** 46:03

That's a California

**Nancy Locke** 46:04

so you can escape. So yeah, escape is a big one. For me. Escape is a big thing. Escape is a big one. For me, it was a really hard thing for Meredith has five children that are my children as well. This was not an easy thing for them to accept. Because you know, when I would be around all five of them, their energy would sometimes just be way too much for me. And I would just go, I would just slip out the door and go to my studio. And their feelings got really hurt. Like, why does she always go? So I finally just told him who I was. And what is it like for me? And it doesn't, it has nothing to do with you. You guys aren't doing anything wrong? This is just who I am. And now they totally understand. They do the show. They will accept that. Oh, yeah. But it was too many years.

46:59

Because when my mom was alive, I used to tell her all the time that there were certain people that relatives that I would have nothing to do with and she was suitable as your psychologist, you should be able to be with anybody and everyone except everyone. And I would say to her, Well, that's the main reason why I can't be with this person because I can feel that there's something really dark in them that I want nothing to do with them. I certainly don't want my kids exposed to this person's energy. Well, you know, my mom will say, well, they can't do anything if you're in the room. And I said, Well, he can look at them. And he can vibe them. And he's not welcome in my house as an example. And she died thinking I was, I'm sure she thought it was alluded to.

**Nancy Locke** 47:39

Because I have a brother I can't You can't be with

47:43

because I just wouldn't accept anything that didn't feel acceptable to me. Yeah.

**Nancy Locke** 47:46

His energy is scary to me. And when I'm with him, I get frightened and scared. And the see No, no.

47:59

And do you know what it is about him that that you are tuning into that he prefer that?

**Nancy Locke** 48:04

I know. It's been there my whole life their whole life? It's been something that is I've I've always had a fear of him. And yeah, it's It's my mom, very sad.

48:18

Because you tried to avoid them as much as you could.

**Nancy Locke** 48:23

I still try to avoid them. And the crazy thing is not that long ago. As you know, I have avoided him for years and years. And I know that he lives in Ecuador. And out of nowhere, I ran into him in daylight era Plaza. after not seeing him for I don't know, maybe 10 years. Wow. I was like, Oh my god.

48:45

That's so random.

**Nancy Locke** 48:46

I totally was like, Oh my God. And you guys check this out. I saw him before he saw me and I'm like, I think I can hide.

**Kim Fauskee** 48:56

Did you do that at Trader Joe's sometimes?

**Nancy Locke** 49:01

No, I didn't. I was like, Oh my God. My mother would absolutely never forgive me if I don't go and embrace Him. So it was weird. You know, it was it was weird.

49:14

It was I mean, it's not like this is your hometown. And that he would have no reason to be back where you guys grew up?

**Nancy Locke** 49:21

No, it's crazy. Yeah, it's crazy. It was my mom. She was going Yeah, making us be together. So.

49:29

So at this point in your life, do you feel like you can accept the sensitivity gene that you possess?

**Nancy Locke** 49:39

More and more, but you know it is? It is like That's why I asked him if he forget sometimes, because sometimes I'll be in a situation where I forget. I'm uncomfortable because I'm a really highly sensitive person. And I'll try to change it. You know, just don't Be that way, or just don't feel bad. And it I can't. It's impossible. It doesn't work, it doesn't work. One of my goals in my life is something that you've talked to me about. And my goal is I'm trying to find the humor in it. Because you've talked to me about how your family has accepted who you are, and that you guys can laugh about it.

50:26

Yeah, they make fun of me endlessly. That's how they accept. They tease me mercilessly. And there's nothing I can do other than laugh with them, because I'm trying to get it because they're right. I am weird, but I'm happy to be weird.

**Nancy Locke** 50:43

Does your family accept who you are.

**Kim Fauskee** 50:47

So both of my parents are deceased, and your children, my children do accept me because I've always been this person who I always knew I was around them, I didn't have to be a chameleon. I didn't have to be an actor, I didn't have to be something that my parents wanted me to be. That way I could actually be myself around my kids. And it was probably the first time being a parent that I've was able to actually be myself

51:17

around could speak for you, Kim, I also know that you don't require your kids to take care of you in an unhealthy emotional way. No, I

**Kim Fauskee** 51:23

don't, I don't put that burden on them. Right. But but a lot

51:27

of parents do. And they don't even realize they're doing it. But I know for certain that you don't do that with your job, no. And that makes it easy for them to, you know, accept you and all in all the oddities that you might possess, because you're not asking them to do anything to make it better or to or to help you feel better in any real way. I mean, as many times as we've talked, I know how much you love your kids and how sort of clean the relationship is between you and them.

**Kim Fauskee 51:55**

I hope I hope that's the case. I believe that's the case and the way that it appears from the outside into the day that I go six feet under, I want it to be that way. So Nancy, I want to ask you, I'm a believer that certain people come into your life for a reason. Absolutely. You're married to a high profile person, public person. We've mentioned her name. Early on in this thing. She's obviously not here to talk about her own story. But it's an interesting story of how you guys met and how your relationship has evolved and you really have this great love in your life. Right now. So I want you to talk a little bit about that. If you feel comfortable doing that about our relationship. Yeah, about how you guys met and how it evolved. And I don't believe that Meredith had publicly said she was gay at the time you guys met and things like that television. I think I remember that story. But again, that you know, you've had done some of this self evolution and conscious introspection pieces yourself, I believe, before you guys had met or was starting that process. And then you, you know, you guys fell in love. And she's trying to figure out how to publicly do this, and so on and so forth. So I'm kind of interested in how that dynamic worked or didn't work for you guys, and how are you guys have evolved to where you are now,

**Nancy Locke 53:22**

you know, when it was interesting how Meredith and I met, we were both in different women's therapy groups, led by the same therapist. And so I was sharing in my women's group one evening that I was like, you know, kind of lonely and I wasn't looking for a partner, I was just looking for some friends to do things with this is when I had broken up with somebody, I was single, I didn't want to go out and party anymore. I wanted to I wanted to like form some relationships that were based on not alcohol and not drugs and not partying, I was looking for somebody, they go hear a lecture with her go look at art with or and the therapist said, you know, there's a woman in my other group that is also looking for the same thing. And, she happens to be sober. So she might be somebody that you might be interested in talking to. So she gave me her number and I, I called her and I talked to her on the phone and I said, you know, she said, Well, why don't you come to a meeting with me. And I got lost, I couldn't find it. And I ended up not staying sober and forgot the telephone number. So it didn't call her. Maybe a year went by and I called her again. And I said you know, I'm you, I might don't know if you remember me, but I'm wondering if you'd like to ever attend some lecture or something if you'd like to go to the lecture with me and something like that. And she said great, so we decided to meet one another and I didn't know who she was. I just knew her name was Meredith. And so we agreed to meet at a coffee at Starbucks on Wilshire. And so I was a little bit late. And as I was walking in, she was walking out. And I went, Oh, my God, that woman looks really familiar. How do I know that woman? And I said, Are you Meredith? And she said, I am. Are you Nancy? And she's? I said, Yes. And then I realized that she was a television actress. And I was kind of nervous about that. But it wasn't a date. It was just meeting somebody. So we sat down, and we talked, and we instantly had a connection, and that we like talking to one another.

She was seeing, I didn't even know she was gay. And I got up to leave. I said, I need to run. I've got a meeting I need to be at and I got up to go. And she wanted to let me know that she was gay. So she just kind of fumbled and just said, well, the woman I'm seeing and I went, Okay, whoa, whoa, whoa, whoa, whoa, whoa, whoa, whoa, whoa, wait a second. The woman you're seeing is gay? And she said, Yeah, I didn't know how to tell you. So we just had a friendship for a while. And she broke up with this woman. And we had a friendship. And then I started realizing I had feelings for her. And she started realizing, and she had feelings for me. So we started dating. And it wasn't very serious. At first, it was just, we were having a lot of fun. And she did not, she was not going to come out. And as our relationship got a little bit more serious, and I was starting to spend more time at her home and kind

**Kim Fauskee 56:34**

of ask, she didn't want to come out because she thought it would be a career. Yeah, she thought it would ruin her

**Nancy Locke 56:39**

career. And plus, it's terrifying to come out no matter what you do for a living, especially, you know, no, it's not so terrifying. But back then it was pretty terrifying. So said, a couple things came up where she said, You know, there's some paparazzi hanging around, and I'd like to, I want you to park your truck down the street. And I went, what she said, I don't want them to know that, you know, I don't want them to see you coming into the house. And I was very offended by that. And then something else came up. And she let it be known that I was holding hands, and she saw someone she knew, and she dropped my hand. And that was not okay with me. So we broke up, because I was like, you know, I came out of the closet a long time ago, and I don't live my life that way. And if you need to live your life that way, then I'm not the person for you. And when we broke up, we both saw that therapist, as in I was brokenhearted. And the therapist asked me a question. She said, you don't see what kind of relationship are you looking for? And I said, What do you mean by that? She said, there's different kinds of relationships. There's the kind where you date, you have fun, you go to the movies, and you'd have a great time. And then there's a kind of relationship that it's a spiritual relationship. It changes your life, it changes who you are. Which car do you want? And I said, I went back kind, I want a spiritual relationship. She asked Meredith the same question in marriage said, I just want the one that's fun.

**Kim Fauskee 58:13**

honest answer,

**Nancy Locke 58:14**

so I thought we were doomed. And but it turns out, Meredith had some time to think about it. And she decided that she did want that kind of relationship. So at that moment, our relationship changed dramatically. And we spent a lot of time in therapy, learning how to talk to each other, which was, I mean, what was so important because we learned how to listen to one another. And that is, you know, what, it's something that I applied in all my relationships, my work relationships, my friend relationships is learning how to listen to what people are saying and not interrupt them or not. Yeah, but yeah, but or tell my side is to listen to that person's side. Repeat what they say that they had just said to me to make sure I got it right. And you hear things differently that way, and it slows everything down. And from then

on, our relationship just took off. And we were you know, I I've never been happier in my life. She's, I couldn't have chosen a better partner. She's amazing.

**Kim Fauskee** 59:19

And you were talking earlier about her five kids, and how you had to educate them on being a highly sensitive person and what not to take it personally, but this is how I am and so how did they accept you into that relationship? Because obviously, did they know that she was gay?

**Nancy Locke** 59:37

They knew that she was gay. She had had one or two relationships before me. But you know, the whole world knew she was gay after she she made a decision that she decided that she was you know, that paparazzi we went on a cruise, a women's cruise and there was cameras there and so she was kind of gonna get outed and she made a decision to tell her own story before they could and I don't you know, it's a pretty amazing Kim because I remember we were in this beautiful hotel in New York getting ready to go on the Today Show. And she was crying in the bathtub saying, What am I doing this for? Why am I doing this? And, you know, I went in there and I said, you know, when I was a kid, I didn't have anybody to identify with, because nobody was out. But if just one person, one famous person had come out this before Elon came out, you know, as young, if somebody had come out, it would have normalized it and it maybe would have made my parents think differently about who I am, it certainly would have made me feel different about who I was. And I think if you can, if you can do this, and and and think of the service that you're going to do for people, then maybe you can get over the the fear of what you might lose. And I was really proud of her for doing it. It was a it was a big deal.

**Kim Fauskee** 1:00:57

That was the blessing. Yeah. Right. I mean, the intuitive self, you know, coming up with that kind of advice. Just mean just, you know, very personal and, and loving. Yeah, in that way.

1:01:13

She probably couldn't have done it without you.

**Nancy Locke** 1:01:17

It's a good question. I think it would have been a lot different. Yeah. And I don't know if it would have even happened. I don't know. That's what I mean. I don't know if it would have ever happened.

1:01:28

So in your life in your life, now. I'm assuming that she's fairly accepting of how unusual you are as a person.

**Nancy Locke** 1:01:37

You know, Dana, I actually think she really likes how different I am. Okay. So it's gotten to that level. Yeah. You know, because I am an artist, I make art. It's kind of bizarre, and very whimsical. And she delights in how my mind works. And she knows that my mind wouldn't work this way. If I wasn't HSP, if I wasn't highly sensitive, if I wasn't an empath, if I didn't feel things so deeply. That I mean, it's just challenging for her, I'm not gonna lie, it's challenging for her to have me as a partner, she has to, you

know, make sure things are okay. Where are we going to stay? Who's going to be there? Is this going to be okay for you? Is that going to be okay for you? Can you handle this gonna be a difficult situation? You know, she checks in with me. And it's not just let's go. You know, a lot of times, that's when I wish I was like everybody else, but I could just be like, let's just go, it'll be great. Because I don't know, it's gonna be great. It might be challenging and might be hard. It might be a situation I don't want to be in. So. No, she's I. I think it's challenging for her. But I think she actually also embraces part of it.

1:02:57

And she can see the gift that provides you.

**Nancy Locke** 1:03:00

Yeah, she pointed out to me more than I know, actually.

1:03:05

Which is very sweet.

**Kim Fauskee** 1:03:06

So we're coming up to the end of the hour here. But the journey never stops.

**Nancy Locke** 1:03:12

Journey never stops, you know, and I was, I have to say real quickly. I was wondering why I was like coming here today. And if I've said anything, or shared anything about my own experience to somebody that might be listening, that has felt like the three of us have felt in our lives that we don't fit, or why am I this way to normalize what they might feel, I hope, I hope it was beneficial.

1:03:39

It's no different than when Meredith went on the Today Show and to help whoever might hear it. Really the same concept, which is that you're an unusual person who struggled very deeply with something genetically programmed into your person, and coming to accept that has changed your life enormously. Yeah. And imagine what your life would have been like if somebody explained it to you when you're a kid. Yeah. Completely different experience altogether.

**Kim Fauskee** 1:04:06

Yeah. Now our listeners know why you're one of my favorite humans. Thanks. Thanks for being here.

**Fear Me Out** 1:04:15

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