

Fear Me Out Podcast

Episode 53

Hosted by Clinical Psychologist - Dana P. Saperstein PhD.

Guest Speaker

Amy Cooper – Finding Yourself from Within

Kim Fauskee 00:00

Good morning, good day. Good evening. Whatever time you're listening to this episode, we're now privileged to be listened to in 41 different countries. And Dana and I appreciate every one of you, listeners, no matter where you are, in this big world. As we continue our conversation on finding yourself from within, we're welcoming back. Special guests, Amy Cooper, who was a guest on our show, actually, she was the first guest on the fermion podcast in 2021. In episode number three, or Amy talked a lot about her psychological journey. So she was the perfect person Dana and I were thinking about in terms of somebody that has spent a significant amount of time finding herself from within. And through that journey, loss of love, loss of a marriage, problems of a child rearing, successful entrepreneur losing a beloved business, she's evolved into a very content and psychologically sophisticated person that's enjoying life these days. So we wanted to continue that conversation. So you don't have to hear Dana and I talk about that subject all the time. So Amy is very eloquent in describing her journey and her trials and tribulations and it was a very good discussion. And Dana, I'm sure we have a few thoughts on Amy being here and helping us with that episode.

Dr. Dana 01:32

Well, first of all, I'm really glad that you decided to come back because she can approach his life with humor and intelligence and insight. And I just really enjoyed this episode. So I hope everybody else does also. Well, I

Kim Fauskee 01:44

hope you enjoy it. So here's our conversation with Amy Cooper.

Dr. Dana 01:59

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 02:18

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 hosts, Kim foskey. And Dr. Dana Saperstein.

Kim Fauskee 02:40

So don't you have to lose something first to find it,

Dr. Dana 02:43

apparently. So what do you mean? Well,

Kim Fauskee 02:46

I'm just trying to say in the context of this discussion today, and we're joined by the lovely Amy Cooper, who happens to be the first guest on the fermion podcast. So welcome back 12 months later, and I'm honored to be back. Thanks for sitting in the hot seat again. And this isn't about you this time, though.

Amy Cooper 03:04

No, I know, this is a female, the female voice. You're the you're the

Kim Fauskee 03:07

female conversationalist in this episode, but we're going to talk about finding yourself from within, which I think is pretty much weaved in and out of most of our 50 episodes, but we're gonna specifically speak about it again. But as I was thinking about that is, if you're finding yourself within doesn't mean you lost it at some point.

Dr. Dana 03:29

In that context, you're absolutely right, I might not talk to people all the time, that being raised in an environment where you have to create a false sense of yourself in order to be loved and you lose connection with your true self in that regard. So part of therapy is reconnecting with your essence and your, the deep part of yourself so that you can feel more whole as a person.

Kim Fauskee 03:50

So the question is, though, did you ever know what your essence actually was, though? I think that

Dr. Dana 03:55

you're born with an intuitive connection to it, although you may not necessarily consciously recognize it.

Kim Fauskee 04:02

Because I was thinking about this, you know, as we're talking for a couple of weeks about doing this episode. And whether I've blocked out that essence from the beginning, is that I didn't really figure myself out till later on in life. And so I don't think, again, when we talked about this, this curated way of living, or what you think how you should be living, or how somebody else thinks you should be living. I didn't know who would or where I was.

Dr. Dana 04:36

I don't think that's unusual at all. Kim, actually, I mean, I have a couple clients that are 14 years old, and they've already figured out that they've lived have sort of false connection to their reality.

Kim Fauskee 04:48

I wish I would have learned that at flat. I

Dr. Dana 04:50

know, it's pretty remarkable how insightful some young people are about that because they can feel everything, especially if you're really an intuitive person, and they know they're being lied to, but everybody pretends like, everything's fine. So they end up feeling like, you know, disconnected from reality. It's quite sad. But man, does it come back quickly, once they understand that they've always known the truth?

Kim Fauskee 05:13

How come our parents never promoted the fact that we should know who we are?

Dr. Dana 05:17

Oh, I mean, don't you think that most of our parents are really damaged people, and they have no idea who they are. So how they're going to vote something that

Kim Fauskee 05:25

maybe this is the wrong audience asset?

Dr. Dana 05:30

I don't mean, if I think about my parents, all they knew was survival. That's it.

Kim Fauskee 05:35

Because I'm thinking early on, I'm not going to put words in your mouth, but you have a daughter, that's now 21. And I'm assuming because I've known you for a long time that you probably have had a lot of discussions with her in terms of figuring out who she is, and why she responds the way she does and what makes her tick.

Amy Cooper 06:01

Yeah, although it just all goes back to family systems, right. So even though I'm going to do it the way I think I wish, you know, I'm going to be the kind of mom that I wish I had, she still has her father and me and my own blind spots, and both of us being deeply flawed human beings. And her being a completely individual, unique human being she's not a mini me, right. So even the ways in which I was parenting, maybe aren't even what she needed. Or, or, as I said to her, you know, gosh, I supported you so much and loved you so much. And she still didn't, she had low self esteem. Well, that had to do with her, it had nothing to do with me. So, yeah, we come in with what we come in with, but then the family system has such a huge impact.

Kim Fauskee 06:42

I mean, Danny, we're talking about that most of the people that you see, are going through this identity crisis, I would say yes. Yep. And most people go through multiple identity crises in life. Is it predicated upon trauma or some type of sentinel event that happens in your life?

Dr. Dana 07:05

You know, I, one of the things I know for sure, is that most of the people I see are very unusual to begin with, they're very, very sensitive by nature. very empathic, and most of them start their life feeling the problems in the family, and feeling like it's their responsibility to carry the pain, in order to try to feel some sense of security. I don't think that that's the norm. You know, that every kid starts out that way. Back in the olden days, when I was in school, it used to be called the identified patient, the kid in the family that would carry all the problems, but my experience of it now is that the more sensitive you are, the more in tune you are with what's happening around you. But if nobody validates your reality, then you end up feeling like a crazy person. And then you create a false self, that you present to the world, because that's what your parents want a view, they don't even really realize they're asking it of you. So you can't ever trust the love that comes your way, because it's based on false pretenses. So a lot of times my perceived role is to help people really recognize who they are, as opposed to who they've created. And to try to be as centered within themselves as possible. Because the more centered you are within yourself, the easier it is to navigate relationships and almost everything in life. But it's scary also, because you have to be willing to trust your intuition. And a lot of times we're taught, you know that that's a dangerous thing to do, especially in our families. Because your parents, I mean, I know the way that you grew up with him as an example, they weren't interested in you as a person. Not at all. They were disappointed in the person that

Kim Fauskee 08:51

you were too sensitive. I'm sorry, I was too sensitive.

Dr. Dana 08:56

And I think that scared them, right, in a certain way, because most people have secrets that they prefer to keep the secret. Well, most

Amy Cooper 09:02

people manage their own anxiety and pain by trying to manage the people around them. Right. So if they saw you upset or that upset them, then they want to have you stopped the behavior in you that so that it stops the feeling of themselves instead of dealing with their own feelings,

Kim Fauskee 09:15

right? Boys Don't Cry. Yeah, this is what I was told. Right? And told me I was different. Right, I think that's what you were talking about Dana to and on some of your younger clients that you've seen, and especially the discussions we've had recently about kids that that are intuitive or highly sensitive and and can pick up on and carry other people's energies and emotions, and don't know what to do with that. And the parents don't recognize that.

Dr. Dana 09:46

Well, and it also creates a fundamental feeling of failure because if you're managing pain as a kid, it's absolutely humanly impossible to absorb enough pain from your parents to make them okay. And so you're very much aware of the fact that you failed right from the beginning of your life. And I think it creates a feeling of really low self esteem. And sometimes people have no idea why they feel so badly about themselves, because they don't really recognize that they already know the most profound failure that a person can ever feel, which is trying to save somebody that you love. So I see a lot of kids that

are really mystified by why they don't feel good about themselves, when they get a lot of praise, and a lot of acknowledgement, but once they really understand that they already know what deep failure feels like. And they can start to recognize that, that it's not their fault, that they failed, that it was a mission that was humanly impossible, it can be actually quite relieving to some young people.

Amy Cooper 10:45

I've seen a lot of that in the recovery program, the love addiction, kind of that that zone, where there's a lot of talk about, you know, women with daddy issues, you know, that the men who felt responsible for their mother's feelings, which is also quite common. And then as you know, a 567 year old little boy, feeling as a failure because they can't take care of this adult woman, and then bringing that into their future relationships. So it's interesting to see how those parental patterns like you said, either you feel disappointed, or you're disappointed in your parent. Either way, what do you do with that? And What decisions do you make going forward? Based on that knowledge? Yeah,

Dr. Dana 11:22

well, most kids take whatever's happening that's negative out on themselves, and believe they're responsible for whatever the negativity is, or the pain is or whatever it might be.

Kim Fauskee 11:33

It's amazing, you know, you hear the stories, and you hear the example that Amy just gave, how do we actually survive in life? Well, you know, how we get through one foot forward every day, or how we survive these relationships, or I guess the relationships actually don't survive. You know, some people go get help, and they realize that, you know, they pick the wrong person. And, and, you know, or have that familiar pattern of picking the wrong people that have the mother complex, right?

Dr. Dana 12:04

I think we have a lot of resilience. So we're not aware of, I mean, if you think about a woman, Rachel Aden that we interviewed, who was brought up in Scientology, and raped and pillaged as a child, and it's a miracle that she didn't become a drug addict or a prostitute or even killed herself, and yet, she's a CEO of a major corporation is trying to help people heal their wounds using plant medicine. Why does one person go that direction and find a path toward, you know, being of service and really helping a lot of people? And why do some people go the other way and destroy themselves? Because the trauma is the trauma. And so I'm always amazed at the resilience that people can come up with. And in order to survive their childhood, Timothy, you're resilient. You're both resilient people. You never gave up no matter what. You continue to pursue your healing, no matter how painful and scary that it was. And I think that's the difference between people who don't and people who do get to a place where there's goodness in their life. I mean, shoot, I started therapy when I was like, 16 or 17 years old. And it was more than necessary at the time.

Kim Fauskee 13:19

The resilience for me was that, that there was this nine feeling inside of me that something wasn't right. Okay, that I wasn't living. And I don't want to use this cliché, but I'm going to use the cliché, I wasn't living my truth. Right? Right, because I had to be a shut up as a child and tried to keep everything at peace and everything at bay, right. So I wasn't able to speak my mind or was able to figure out who I

really was. And then I chose partners in my life that, you know, mimicked how it was brought up as a child, as well. So my voice was kind of muted then as well. But I continue to have that nagging feeling inside that there's okay, there's just something just not sitting right with me. And as you go through multiple decades about that, it's like, eventually, you want to find out?

Dr. Dana 14:10

Well, you want to find out but most people would prefer not to say

Amy Cooper 14:14

That's how you're wired because I'm so wired to it. As soon as I send something off, or there's a problem I'm let's get in there. I don't care how painful it is. Let's get in there and dig it out. And that to me, that's just a no brainer, because then I have more freedom and ease and peace in my life. And most people I know don't want to go there. Well,

Kim Fauskee 14:31

and I didn't realize originally that it was going to be so painful. You know, that ignorance is bliss. You're absolutely right. But I think it was the curiosity that there has to be something better. Right that I know that I'm not who I really am. And so I needed to figure that out.

Dr. Dana 14:54

Well then we all start out trying to avoid the pain in whatever way we can find do drugs or alcohol,

Amy Cooper 15:02

or just disconnection from self. But back to what you said, you know, if you disconnect from your own feelings, you're numb in a certain way.

Dr. Dana 15:08

Yeah, I mean, I remember, in high school, there wasn't a single day, I went to school without being completely stoned out of my mind from morning until the end of the night. And that was the only way I could handle going to school or being a person. And on somebody, I knew that it was problematic, but I had no idea what I was supposed to do about it. So it just became a way of life. And before that, it was violence, all the way up until junior high, it was violence. And I was a really violent person until I realized that that was not the best way to be, because I didn't really want to hurt people anymore. So then I started, just started taking it out on myself. And I think that's something that most people never come to terms with. They just live that way their whole lives.

Kim Fauskee 15:54

So what was the epiphany for you? So you're stoned all the time you're picking fights

Dr. Dana 16:00

i will never fight after junior high school because the last fight I got into, I was sitting in my bed, and my hand was probably the size of grapefruit or was so swollen. And I looked at my head and I thought, Jesus, this is how much pain I'm in. Imagine what I must have done to the person who's faced my hand. And I never fought again after that. I absolutely refuse to engage in violence in any way from that

point forward. Because my conscience kicked in. I was gonna say you showed some empathy there. Yeah, I did. But before that time, which was before puberty, whatever the world was black and white, and all I needed to do is just escape my pain and my trauma. So then I turned to drugs, because I was the only thing that was available, and it was readily available, that's for sure. I mean, we're talking about the mid 60s at this point. And it wasn't painful. No, I mean, there was, it was just flooded in the area I lived in. And that lasted all the way till I was about 17, maybe almost 18. And my parents just happened to approach me and you know, say to me, you seem like a pretty miserable person. We have this therapist that we're working with who was really lucky. My parents were liberal enough to recognize the beginning of psychotherapy back in the early 70s. And I met this man who sort of helped me understand that, you know, maybe had a reason for my pain. And that started at least a decade, if not longer, of really intense therapy for me. And that's what made all the difference.

Kim Fauskee 17:23

Well, that's good. He didn't say what's wrong with you. He said, What happened to you? Right? Yes,

Dr. Dana 17:27

it was very much an exploration of the trauma that I suffered, and there was no shortage. So it was pretty easy to come up with all the different reasons that I was hating myself, basically.

Kim Fauskee 17:40

So that was the turning point in your life was that your parents identified that got you to therapy? Yes, you actually were lucky enough to get into a good therapist that said, let's figure out what happened to you and not what's wrong with you.

Dr. Dana 17:53

Yes, I was really lucky. I was not pathologized for whatever reason. It wasn't a psychiatrist that I saw, which was really the only type of mental health back in those days in that regard. And then I just fell in love with the idea of knowing who I am, and, and healing, I just found it to be incredibly fascinating. And then finally, the therapist that saved my life really told me that if I ever decided to become a therapist, he would help me. So he was like a surrogate dad in a lot of ways. And he really was instrumental in me becoming a psychologist, he did everything he could to make it happen, which was really lovely.

Kim Fauskee 18:31

So Amy, when did it shift for you? I've known you a long time, I've seen a few shifts in your life. But when did the when did the kind of more epiphany of how you're living your life today happen?

Amy Cooper 18:46

Did you say a pet for me like Amy, or I'm gonna call that's gonna be my new name for me, Amy. That's it. That's me. That's my name. Yeah, it happened when I was in my marriage. And my daughter was just getting old enough. So I wasn't completely consumed with that. So she was two or three. And I was looking around thinking, This just doesn't seem right. And it was actually a conversation with my sister, where I said, I kind of feel like I'm happy and then sad, and then happy and then sad, and then happy and then sad, but nothing really changes. And she said, Would you like to get some more tools in your toolbox. And so that appealed to me the way that was described, like, you're just gonna get some new

tools for your sister and my sister. And so I went to this family program and learned a lot. She had said, you know, this family system we had really affected you. And I didn't feel like it had. But I went and learned more about my family system and the role that I was given in it. As you said, you know, you're kind of given a role and that's your role in the system. And mine was to save everybody and help everybody and make everybody happy. And so when I saw that role, and then saw how that played into who I chose as a partner, and then how that was that I was so profoundly disconnected from myself within that marriage. I didn't even know what my own needs were, much less how to ask for them. So I started getting curious about that. And then once I started knowing them and asking for them and knowing that there was no going to be no milk at the hardware store, because the hardware store has no milk, and you can ask nicely and you can be the best person ever and the greatest person and ask 100 times, but there's no milk there. So you might as well move on. So then when I left that marriage, I started my, my real deep therapy journey.

Kim Fauskee 20:24

And you didn't realize the pathology that affected you growing up until that point,

Amy Cooper 20:30

not at all. So I was in denial. Yeah, yeah. Yeah. I mean, I thought, you know, I looked, I looked good on the outside. You know what I mean? I mean, I was married with a child and had done well, professionally, and, you know, it just everything looked okay. The facade, the facade was great. Right? Assad was good. And inside, it didn't feel like that. Yeah,

Kim Fauskee 20:49

I know that feeling. That's exactly what I was describing. Yeah. So so your sister didn't send you to Sears? Obviously, to get more tools?

Amy Cooper 20:59

No, she, as I said before, she has worked in the recovery community for a long time. And she worked at a really nice rehab place up in Canada, and they had a family program for families of the people affected by addiction. And our parents were both addicts and had that. So so it was like an Al Anon. Yeah, it was like my first but it was a week long program. Yeah, up in Canada, and I got to go for free, because she worked at the

Kim Fauskee 21:22

place. And so that at least gave you some perspective about what happened to you and how you grew up. And because you're making choices

Amy Cooper 21:29

with people who are suddenly saying everything that you've been doing and thinking and you start to get really kind of like, oh my god, the perfectionism, the control, the focusing on other people's feelings, the being disconnected from your own feelings, the kind of having that mask, the, the all of that I was hearing from everybody else in the room. And these were men, women, all different ages, from all different places. And so it just suddenly felt like, wow, these are my people. And this is how I've been operating. So I need to take a look at this. Yeah.

Kim Fauskee 21:58

So what was an X because we've talked about this, that it's not a week long intensive to figure everything out that that really healing and figuring out to journey, right, there's early.

Amy Cooper 22:12

That's, I think we talked about that too. And I would love to, I wish I knew the answer to why some people are willing to do the work and are interested in the exploration, no matter if it's painful, or interested in looking at their own character defects is some of the language that's used. I'm fascinated by that. I love to tell you about a character defect, I can't wait to know it, you know, I want to know, so I can look at it and be aware of it. Because to me, that just gives me more happiness and joy and availability to myself and others in life. But it can be painful and humbling and embarrassing, or shameful, or, you know, all the feelings come up the grief, the pain. But when I came back, I started into Al Anon and also got a personal therapist, a little bit of that. And then after a couple years there, then I knew that marriage wasn't going to work. And so then I left my marriage. So then that was another huge sea change in being out in the wild. I mean, that's what I compared it to, like, I could have stayed in the zoo, everything was fine, and everything was paid for, and I knew where my meals were, you know, I wouldn't have had to really struggle. But I decided to go back out into the wild. So there was a lot more struggle, but a lot more reward for what matters to me.

Kim Fauskee 23:18

And you did that because you just understood it wasn't working for you.

Amy Cooper 23:22

It was beyond not just working for me. By the end there. I was profoundly depressed and alone. And I felt also for my daughter, I thought, you know, I don't want a role model for this as love, this isn't, this isn't love, and I don't want this to be her model for what a relationship looks like.

Kim Fauskee 23:40

And so through through that course of of having therapy going to Al Anon, where there are other modalities that you use to

Amy Cooper 23:50

oh, gosh, yeah, you know, we live in California. You know, it's just a little chakra work and some acupuncture and bodywork and, you know, but just that really it was the the 12 steps I find to be magical, even though they sound quite, you know, dorky when you read them. But there's a lot in there that helps you to look both at what happened to you, but also the decisions you made. For example, this was one of a huge, a huge mind blowing moment where you're doing your resentments. And you're kind of going through what happened to you and okay, my father's alcoholism. And one of the questions is, well, what was your part in that? Like, well, I didn't have a part I'm an I'm innocent. I'm a child. When you dig into it, what did you decide? Did you decide men are unsafe? Did you decide you weren't lovable? What decisions did you make based on what was happening to you? So you start to really get a sense of as much as there are things you know, like we talked about, we can see people with profound trauma that are resilient, joyful people and people who it seems as if not much has

happened to them or bitter, miserable, awful people. So no matter what happens to you, the key point is, what do I do then? What do I decide either about myself or others? The world or do I seek help? So that process was really freeing for me, because I did start to kind of pull apart how I had structured my worldview based on what had happened to me. So it's not good to have compassion for myself and say it was hard what I went through. But it's also good to have that sense of well, I can are these, what is what I believe actually true? What a freeing thing that is, you start to look at what am i Believing that it's possibly not even true? That to me is the self discovery piece that will continue to go on hopefully for the rest of my life. Because I think you still, no matter how old you are find something. I found something recently where I thought, oh, yeah, I hate sunflowers and I, I literally had

Kim Fauskee 25:41

sunflowers, my mother.

Amy Cooper 25:44

She not only hates them, but we were trait we didn't know, everything was about not getting her upset, right? And making her happy. Otherwise, it was really even a really difficult environment to me. And I really had to say at 54 Wait, do I even know I think I actually liked them. You know, that's just a silly example. But think of there's things underneath that are happening that you're making decisions based on that were just adopted as part of a survival mechanism. So that's where the finally getting to know yourself at this age, especially now that I'm having an empty nester. How exciting what do I care about? What do I love? And that can change decade to decade? So

Kim Fauskee 26:20

are you ever worried about alienating when you were working on yourself and becoming a different person? And more confident in yourself and more content with yourself? And really understanding yourself? Were you worried about alienating family members or friends at all?

Amy Cooper 26:36

Yeah, I don't know about I don't think I was I think talking about ignorance is bliss. I wasn't worried about it. But I definitely lost friendships. I think when you grow and change, there's people that fit with you. And then there's people that don't and, and now at this age looking, you know, we talked earlier about dating and finding a partner, my commitment to self growth and awareness is so strong, that I would need that in another person. And that limits the field even I was gonna say and it already is limited. Yes, it's less than a needle in a haystack than a needle in a haystack. So when you find someone with that same commitment, you know, we are who we are. I can't pretend I mean, that's who I am. That's how I'm wired. So yeah, but yeah, I lost friendships and relationships changed and relationships within my family changed. Yeah.

Kim Fauskee 27:26

And how is your relationship with your parents now?

Amy Cooper 27:29

It's excellent. My mom is excellent. She did a lot of work on herself and a lot of recovery work. And she and I are really close. And I'm really grateful to have a mom now that I didn't grow up. And

Kim Fauskee 27:41

so you got the dream, right? You got the mom, you got the mom that you always wished you had later on?

Amy Cooper 27:47

Or no, no, no, if we ever get the book, so Okay,

Kim Fauskee 27:49

so it wasn't I

Amy Cooper 27:50

have a very, I might have a very close relationship with my mom. And it's a much better relationship than you thought and a great relationship. It's just like, you always wish you had, you know, you could be mothered when you were little, but you know, you're never gonna get that back. But that's what I was going to tell you that that I think is so interesting is you I was I was still trying to find things externally, like we do not we're not in we're not on an island, we should. But just recently, I had this experience where I went on this retreat in Mexico, kind of a health retreat, because I've had autoimmune things. And I've still, especially with the health issues, really been seeking someone to please figure this out and helped me. And I went there, and I was so excited about it. And it was really expensive. And it was a big deal for me to go and it's a three week and I got COVID de to Well, no. And locked in my room on the health retreat on a three week very expensive health retreat, right. Very expensive quarantine. Very expensive quarantine. And I realized how many tools I have, because I am not Pollyanna. It's not like, Oh, this is great. And everything's fine. It was meant to be No, this is horrific, but I can have my feelings about it. And I can also make a choice about it. So do I want to feel like a victim? Do I want to just, you know, sit in my room forever? Do I want to fly home? You know, I really worked with it. But the main thing I got out of it that is just a profound change is they were so flawed in how they dealt with it, and didn't really know what to do and didn't handle it well. And the whole retreat wasn't great. And I had this moment where I thought, Wow, this feels familiar. Feels like childhood is like I came down here for mommy and daddy to take care of me. And I was really excited. And they let you down and they prefer they do not have anything I need. And in previous iterations of myself, I'd been told, you know, well, that's for you. It's for you to love yourself. It's for you to take care of yourself. And I thought well, I've always you know, why can't Why can't someone I've done I've done it. Why do I I have to do that. Now I felt like, I get to do that. I am the most qualified person to take care of myself to know myself to love myself, there will never be someone who knows and loves me the way I love myself. And it's like I got Dorothy's red shoes. It was like, I'm home. I'm here, I was here. I had them. They were right there. And then, once I kind of had this big feeling of, I get to be with me, I get to be the love of my life, and not in that new agey, stupid way that you hear where I was thought that was so dumb, but really, in a profound, beautiful way, like thinking about myself as a little girl, and how I would have cherished her and all the different ages of me and what makes me me, and felt like, oh, wow, I get to know myself and be with myself for the rest of my life. Then I also paradoxically started to see how many other people were there to love me and be there for me and show up for me. But I still was kind of waiting, waiting for some kind of quick, not quick fix, certainly. But a fix or some magic thing. And the magic thing really was that I suddenly got that people are disappointing, and people are flawed. And the

world isn't and sufferings has happened and things are unfair. And that's just fine. I'm going to be fine. So that's life. That's life. But I just still was stuck in a bad when that happened. You know that I get COVID. It's like, well, why is this happening to me? Instead, it was like, who cares? What are we going to do with it?

Kim Fauskee 31:36

Oh, the universe was sending you a message. I mean, I believe that right? Because I think it's or not, I

Amy Cooper 31:42

think some stuff is just random. Maybe it is random. But I think it's what you do with it. That's what I'm trying to say no matter what happens. What are you gonna do with it? Right?

Kim Fauskee 31:49

It was, to me, like a test for you. It's like, and we're gonna put this in front of you, whether it's the universe or whatever, you want to think about it. Right? And let's see how you deal with it. Yeah. And apparently you dealt with it appropriately, the right way.

Amy Cooper 32:02

I mean, yeah, I don't know. I cried, I was mad. I was sad. I had all the fields. And then I also just, yeah, had this revelation that while I still am kind of looking for something outside of myself, that really is mine. To do for myself. Now. It's fine to ask thing of other people ask things of other people and have other helpers, and therapists and doctors and friends and family and but ultimately, I fully came home to myself on a level I hadn't before or not even come home, I fully took ownership of my own well being at a level that I hadn't before. That's awesome. I know. It's pretty remarkable experience.

Kim Fauskee 32:39

Not exactly not not what you thought you were gonna get out of that retreat where

Amy Cooper 32:43

when I stuck my money back?

Kim Fauskee 32:46

No, yeah, it was money well spent.

Dr. Dana 32:50

Really, it was it should have paid you. Yeah. Right.

Kim Fauskee 32:53

So Dana, we've talked a lot about we were talking about before we started recording this podcast about still out there in the world and out there on social media, is the ability of the quick fix. We just did a series on psychedelics, and we talked about it during that series of psychedelics that it's become potentially a fad. Or people think that they can go on an iOS or an LSD or pod or whatever journey and be cured of all the rules on that. And I just want you to talk a little bit about the process in terms of finding yourself from within. And it isn't this quick fix. It isn't that AMI went and did it over the course of

five days in Canada, or that Kim sat in his period of discomfort for a week or two, and then found out who he really was. That really, it really is a journey, and that there is really no magic wand that is going to have a cure all for you.

Dr. Dana 33:56

You know, I completely agree with everything that you said the problem is that it goes counter to our culture. Because our whole culture is based on people getting immediate gratification. I mean, that's what social media platform is based on, right you push a button and you win the right and you win the award or you win the you just keep

Kim Fauskee 34:16

just keep scrolling, you'll find the answer. Oh, yeah. I

Amy Cooper 34:18

mean,

Dr. Dana 34:20

based on the slot machine concept. So yeah, I mean, who doesn't want to have the easy way? It just seems so natural to all of us that we should, you know, be able to heal without effort. And I tell people all the time, I really wish that I could help you heal your wounds without you having to go through the pain. Because I often tell people you know, if you decide you're going to work with me that the first couple of months might be really difficult and it gets worse before it gets bad. That's what I say. And people go Yeah, yeah. And I know they hear me but until you go through it, you have no idea the level of sadness and despair that lives inside your body and a lot But people are really scared of how much pain lives inside of them. So if they can find a magic answer through a book, you know, all self help books or you joke about all that stuff, it's so much easier because then you don't have to face really the despair and the sadness and the, it's not feeling sorry for yourself, but it's feeling sorrow for what it is you've been through and what didn't happen for you. Because it's usually an equal measure of deprivation and trauma that people have to come to terms with.

Amy Cooper 35:30

One of the things they said at the retreat that was helpful was what you can't heal and you heal by feeling. And to really feel those deep feelings, you have to feel safe in your body. And as soon as he said that, well, you know, what will it take to feel safe in your body, most of the people there have no concept of that, a lot of the women who'd had sexual trauma and things happen to them definitely had no concept of that, right. So to even feel safe to feel deep pain and grief. Yeah, you have to feel like you have to have some container for it, or some, some bravery or courage or sense of faith in your therapist, or whoever's guiding you.

Dr. Dana 36:05

Well. And I also don't necessarily believe that pain is a negative thing, which sets me apart from most people, because I tell people all the time, why did you call me? And they say, well, because I was in pain. I said, Well, pain is a motivator. If you allow it to be, it tells you that there's something that you need to pay attention to. So it's not negative from that perspective, and there's nothing wrong with

crying hysterically. And, you know, really feeling the depth of whatever it is that you need to go through. It's not a negative thing. Unless you tell yourself it is.

Amy Cooper 36:34

I think it can be a scary thing if you didn't have any role modeling for it. And

Dr. Dana 36:38

well, and most people have negative models of people raging. And yeah, we were talking about the holidays as an example. And I can't tell you how many people have said to me, yeah, the holidays. So my dad got drunk and threw our presents in the fireplace. Oh, goodness, right. And I've heard 8 million stories of people that had the worst experiences, in some ways in their life, during the time, so we're supposed to be celebrating how much we love each other. And how grateful we are so

Kim Fauskee 37:04

well, I think, you know, they have you know, there's two different movies out there, right? There's the Christmas story, which most people can't relate to, they only can hope they could, but then there's home for the holidays. Or it's complete dysfunction, right? Where everybody can relate to well, and

Dr. Dana 37:17

then there's bad Santa, which was Yes, right. But that's because he was drunk the whole time.

Kim Fauskee 37:23

Exactly.

Dr. Dana 37:25

So yeah, I mean, it takes an enormous amount of courage. I tell everybody all the time that they're my heroes, if they're willing to hang in there and do what it takes. And it's takes a long time. And it's a lifelong process. So there's no such thing as getting better, or getting cured, because there's nothing wrong with you in the first place. Right, that needs to be cured. It's learning how to take good care of yourself. And recognizing that with each decade that goes by, there's something else that's going to come into your life that's both wonderful and super scary and painful. And nobody gets a life without pay.

Amy Cooper 37:56

No, I liken it a bit to the gym. I had someone who went they went briefly to therapy that guy did that five years ago. It's like, yeah, I worked out two years ago.

Dr. Dana 38:04

It didn't stick. I know, I

Amy Cooper 38:05

don't know where I blew my pants dope.

Kim Fauskee 38:07

Exactly. I mean, it's yeah, it's worked out once.

Amy Cooper 38:11

I did. It wasn't for me.

Kim Fauskee 38:12

I talked to a therapist. I'm good. No, yeah, exactly. No, I think people feel that way. I think a lot of people feel that way. Right? I know, go when they're in extreme

Amy Cooper 38:19

pain, but they don't kind of go,

Dr. Dana 38:23

or when it's too late in a relationship situation. Yeah. But I'm really a fortunate person, because the people that generally speaking come to see me are super motivated, and really understand that there's no shortcut. And so they're willing to hang in there and do what it takes in order to excuse me get to a place where they can find some peace and self care in a way, so I know that my life is not normal in that regard, because I'm not a you know, pathologize you fix you therapists, that's just not the way that I operate. So the people that come to see me probably understand that that's not what they're gonna get. Because I've already tried, that didn't work. So I'm not sure if I answered your question.

Kim Fauskee 39:08

Well, I think so. I again, I just want to reiterate that there is no shortcut to this right? And, and I think because self help and social media does propagate that, that you know, we have the answer, this book has the answer. Or this video series has the answer for you. And in fact, it can plant some ideas in your head that can help get you further along. But again, reality always wins, which we always talk about on this thing and that you can smoke it away and drink it away and drug it away or sex it away and chopping away and working away. And that works for a period of time. But again, then reality catches up with you. Right. So we're not talking about a stop gap. We're talking about moving forward In your life

Dr. Dana 40:01

here, well, a few years ago, I had a stroke and ended up in an ICU for a week or so. And then the first night, I remember laying on the bed sobbing, and the nurse came and looked at me like, What the hell's wrong with you? Like, it was a weird thing that I was crying really hard because I had a stroke. I said, you know, this is one of the worst things that's ever ever happened to me. And it absolutely scared the crap out of me. And I'm not gonna sit here and pretend like I'm okay when I'm not. Because this was really, really dramatic. And I think it made him enormously uncomfortable, that I was expressing the emotion that went along with the experience that I was having.

Amy Cooper 40:35

But that's a very male thing. I mean, I'm glad we're having this discussion. Because one thing I've wondered is why men seem to avoid feeling and avoid Is it our kind of toxic masculinity culture or what's going on

Dr. Dana 40:46

there? Because we're made to feel ashamed of it, that somehow it's a sign of weakness. I wonder why that ever got put in place? Oh, my God, men are the most frightened creatures on the face.

Amy Cooper 40:55

Are there what I mean, right, what's giving birth? wouldn't happen, it wouldn't happen. No, I

Dr. Dana 41:01

know. But I think it's an overcompensation for the vulnerability that we that we feel. And I'm really glad. And I can say that it at least in the first world that I live in, it's slowly changed. It

Amy Cooper 41:14

is slowly changing, but most men I know make their women have their women do the emotional labor for them. Well, you know, which is why they are happier in partnership. And often women are happier, not I mean, statistically, the happiest women are unmarried single, which is strange. I know single motherless women, I mean, childless women, because no, because you're often taking on the emotional labor for both people. It's not that you wouldn't love to be partnered. Right?

Kim Fauskee 41:38

Well, you know how both of you know how I was right? It's right. vulnerability was not a thing you weren't you. And again, I voiced it earlier in this episode, that you didn't you didn't voice your emotions. You didn't show your emotions. boys weren't supposed to cry.

Amy Cooper 41:51

Right? It's yeah, it's such a terrible thing that they've done to the men in our culture. Right. And

Kim Fauskee 41:55

but I couldn't help it. You know, I have you know, I'm an empath, and have that highly sensitive person wiring. So I couldn't, you know, I still watch, you know, sad movies and still cry, as well. You should crying is great. You know, and again, I think that helped me especially when we talk about finding yourself from within when you know, when Dana and I were talking about sitting in your discomfort is that you have to go through all those emotions and crying is the first one in like, uncontrollably sobbing. I mean, Dana and I were talking about this and was talking to a friend of mine yesterday about, you know, and we're going to do an episode on this on hypnotherapy. And I've had dozens and dozens of sessions of hypnotherapy. Yes, talk therapy did a lot of good for me in terms of understanding what happened to me in why was the way I was and why I made the decisions that I made. But the catharsis didn't happen until I did hypnotherapy. And I remember being on that couch and doing him and just crying uncontrollably for an hour. And it was like taking my hand and reaching down my throat and pulling out that, that and having an exorcism in that way. And I remember leaving the therapy office and sitting in my car, and just being emotionally exhausted, but in a good way.

Dr. Dana 43:23

So, um, I mean, you're bringing up a good point, emotion is passion. It's just passion. It just depends how you express it that determines whether it's negative or not. So if you take your anger and express it in a healthy way, it's just you're just being passionate. If you hurt people with it, then you're being super destructive. So I don't know. But I think it does take a certain kind of person that enjoys that level of passion. Because that's all you're describing, is that you got in touch with the passion of your grief. I

Kim Fauskee 43:52

don't know if I enjoyed it in terms of the experience.

Dr. Dana 43:56

Well, I know it's not fun, but think about the relief that you felt afterwards.

Kim Fauskee 44:00

Oh, yeah, absolutely. I wouldn't, I wouldn't be sitting here doing this podcast or sitting here with either one of you, being the person I am today. Without that experience, experiences actually, that's the

Amy Cooper 44:13

piece that I learned recently, too, is how much it's in the body and not in the mind. So you can sit and talk therapy and be very intelligent about your issues, aware of your issues and nothing changes. So we did traumatic release exercises, and it was taught by a firefighter and he said he used to go on these really dramatic calls, get back in his bunk and then do the trauma release exercises just to release all that energy in the body. So what you're describing is similar. It sounds like or I think of it is like my anger bucket is high or my tear bucket is high. You know, once you empty it and you get it back down to neutral, because more suffering is going to happen and life happens and loss happens. But if you're kind of keeping up with that, it's not so overwhelming.

Kim Fauskee 44:52

I agree with you because I think you do. I think you said it earlier in the podcast about being in touch with your feelings and understanding And what that feeling is, right. And Dana and I have talked about this on on podcast before, especially in this fallacy that you have to be happy in life. That that's, that's the ultimate goal to be happy where we've talked about, and I'll reiterate again on this podcast, that the really, it's to be content, right? Because bad things are gonna happen to you, right? You're gonna get angry, you're gonna get savvy, we're a combination of all of our emotions. And just like Dana was saying earlier, it's our reaction to those emotions. Because if you see him as negative, they're absolutely negative. But if you don't see them as negative, it's like, okay. It's like, when I was sick last week, I was pissed off the first day that I was sick, right? And it's like, and I'm sitting there thinking, why am I pissed off that I've gotten the flu right now because there's nothing I can do about it. Right? And it was kind of funny how it kind of just changed my perspective, distilled, like, Okay, I'm gonna be down for a few days, I got the flu, just kind of go with it right. And don't be pissed off. Don't try and fight it and been out for two weeks, just take the week off and get over it. Well, that's

Amy Cooper 46:09

See, I think the goal of life is to be present, right. And to be present, you have to be in acceptance, with whatever's happening. And that's another thing. It's in a big book that a book about acceptance is the

key to my Er, yeah, acceptance is the key to my happiness today. Because some thing or person or whatever is unacceptable to me. So as soon as you're at war with reality, you're suffering right now, if you're in acceptance, I feel really sad. Right now I feel really mad, I got the flu, I feel happy. But at least you're present, you're present. And then that's where all the joy and good stuff can come in. And you also can't choose what to feel right now. Either feel or don't feel. So that's it. That's why it's I agree, it's not about being happy. Good luck with that. I mean, it's about being present to whatever life is bringing you

Kim Fauskee 46:54

standing in line eating coffee today. And I was frustrated. I was standing in line because the person in front of me didn't know how to order. Oh, yeah, no, not that. And I was going through the grind. Why am I getting so much pain right now? Because it's like three, it's like the reality at the moment. I'm like, Okay, there's nothing I can do. Just take a breath. Yeah, it's gonna be you know, but that's, you know, that's we do that, but But again, I think when you talk about acceptance and decentering it's like I can I know right now, when I'm reacting to an emotion. Like, I wasn't used to, it's like, just reacting, right? It's like you were talking about earlier, it's like, your reaction was to get in a physical fight with somebody, right? And now, when I have those types of emotions, it's like, immediately it hits me between the eyes. Why am I having Why am I reacting to this emotion right now? And am I reacting the way I should be reacting to this emotion?

Dr. Dana 47:54

I think that that's entirely possible with few exceptions. When Trump's supporters call me on the phone, and are looking for money, or when they call my wife, she just hangs up. Because to her, it's an annoyance was not a big deal. When they call me you're looking for the engagement. Now I got I have so much fun giving them crap. And I say things I would never say to another human being. It looks to me like what is wrong with you? Why don't you just hang up the phone? And my response is, it's just a wonderful opportunity to be my worst self. And I really enjoyed every once in a while, because I can justify it. Now. I'm not 100% proud, but I'm also not. No, you're

Amy Cooper 48:37

100% human. I mean, that's the thing, right? That's the other part of life. And growing up is saying, there's great things about me. And there's bad things about me. And there's, you know, when you're young, you want to say there's a good person and a bad person. No, we're all just kind of doing the best we can

Dr. Dana 48:50

I can be a dick, like, just so I'm good at that, actually.

Kim Fauskee 48:54

Well, we can all go by we're all flawed in some way. Yeah. Right. But at least you choose to get some level of entertainment out of your flight do

Dr. Dana 49:02

and you know, I think that my father taught me that it's okay to

Kim Fauskee 49:07

to make fun of certain people,

Dr. Dana 49:09

yes, to have a good time. Under those circumstances, as long as you're not instigating the problem. I can always justify like, well, they call me so they got to put up with what they want. They get on the phone, because I didn't call them.

Kim Fauskee 49:21

Amy ever thought back. If you didn't have that discussion that day with your sister, about adding tools to your toolbox, what your life may have been,

Amy Cooper 49:31

oh, I would have had the same path no matter what either would have gotten bad enough that I would have sought help through some other thing or my marriage would have fell apart and it would mean, I don't see any other path for me other than this path. That's where I think we don't know how much of that is a choice or you come in either being interested in that and wanting growth and No, no being sensitive and an empath enough to say this does not feel right. I mean, I'm kind of jealous of the people who can go through life really checked out. It seems like an easier way to go. But I think I'm I choose that if I could, so I you know what I'm saying? I mean, I don't know, I think you either have that or you don't?

Dr. Dana 50:05

I mean, I agree with you. Well, I

Kim Fauskee 50:07

thought about that question specifically in terms of going through life checked out. And I keep thinking, what a beautiful life you're missing out on.

Amy Cooper 50:17

Well, that's back to the President's right? Because you choose, you either feel or you don't. Right. So they choose not to feel but I think they're missing out on a lot of joy. That was another thing I decided after retreat, how am I prioritizing joy every day? I didn't even know that that was an option until that sentence came into my head. Now, if I'm doing dishes, I'm playing some great music. I mean, I'm having a dance party

Kim Fauskee 50:39

at the house. That's true. You came into the studio here singing show tunes.

Amy Cooper 50:42

I know, it was actually Chicago. I don't know why. But I was sitting, I was belting it at the level of a Broadway performer in my own mind. So yeah, it's it's, I get to prioritize joy. That's another way that I'm present and connected with myself is to find the little moments of that. So yeah, so if you're

disconnected, I think you're I mean, you're probably missing a lot of pain. But I think you're missing a lot of joy, too.

Dr. Dana 51:05

So how do you then encourage people that are really afraid to face their pain? How do you do that? Both of your lives?

Kim Fauskee 51:13

I'm sure that you wish, I don't know. Isn't there a PhD after your name

Dr. Dana 51:17

there is but I beat you to the punch by ask her. Before he asked

Kim Fauskee 51:21

me, Amy's much smarter than me.

Amy Cooper 51:23

Oh, no. I mean, I tried. I mean, I would have thought that my ex husband would have you know, he was going to lose his family and his marriage, and he would lose anything rather than going to the pain. So I don't I don't know.

Kim Fauskee 51:33

I mean, again, you can lead your lead a horse to water, but you can't make them drink

Dr. Dana 51:38

out? You know, I take a spiritual approach to the question I asked, which is to feel on an intuitive level, whether the person might be open to, to my ideas about this stuff. Because I think that there's lots of people that would really don't really understand what is available to them. And you can feel whether somebody is open or not. So why waste your time with somebody that you get a really strong feeling would prefer not, as opposed to somebody who just doesn't know or would love to know, but just hasn't been exposed in some way?

Amy Cooper 52:11

Although How many times have we had I'm sure we all have where someone says, Wow, I basically I want what you have, like, how did you do that? Or I see something and you're like, Oh, I hear I hear it all the time, right? And then you say, oh, my gosh, I'll do it. And they go, Oh, no, yeah, no, no, thanks. Well, I

Dr. Dana 52:25

don't want it that bad.

Kim Fauskee 52:28

Well, there is no cookie cutter methodology, right? Because what worked for you is not necessarily going to work for me and vice versa, or with Dana, right. It's all of our own different processes. And

again, going back to how we react to our own emotions, but I do get asked all the time, because they said, Oh, my God, you're light, you have the like, the widest perspective of anybody that I know. Not that I'm smarter than anybody or that, you know, that, that I have this intellectual side to me. It's this that knowing myself and like you said, becoming comfortable with yourself and loving yourself, hugely broadens your perspective in life in how you see things. Right. And like I said, in reacting back to the emotions brings, you can get right back to center, quickly now.

Amy Cooper 53:18

Well, broadening the remote, like when you said that I had this kind of Revelation the other day, and I wrote it down where we're born, say we're born, and there's a whole river in front of us. And then different rocks or boulders are put in the river. And some of them are just maybe where you were born or the family you were born to, or, you know, anything that's kind of a that is going to narrow. That is not your choice, but it's going to narrow your path or what's available to you could be the income level or the country you're born in or anything. And then more things happen and trauma happens and suffering happen. So I feel like our work is to move those things and heal those things as much as we can, the things that are within our grasp. And then you're just having a wider, wider, wider opportunity to engage with the world, which is what you just said.

Dr. Dana 54:02

I can think that you can take it a step further though, if you want to. Because when I decided to sort of be of service on a spiritual level, 24 hours a day, I can't tell you the weird experiences that I've had an unexpected way like I was on an airplane and waiting in line to go to the bathroom on my way home from Hawaii. And this really tall young man came up and stood next to me and you know, and he said to me, can I ask you a question? And I knew immediately that this was not going to be like, how long do you think it's going to take to get to the bathroom? Because when I placed myself in that position of wanting to be of help, weird things start to happen. This guy said to me, I take eight Viking in a day. Do you think that I got a problem? And I said, Oh yeah. I said, Yeah.

Amy Cooper 54:49

He said to you, are you

Dr. Dana 54:52

You know, I said, he said I hurt myself playing football. And I'm addicted, you know, to the Vikings. And I said, Well, you gotta worry more about the Tylenol All in your vacant and then you do about the narcotics because you're destroying your deliver. He said I had no idea that Tylenol was even part of us, at least at a minimum, find a different narcotic to take and on a maximum, whatever, get some help and get off the drugs because they're not going to help you. He said, really? I said, Yeah, this is a really serious problem, especially that you're destroying your liver and your young person. And this is really scary. He said, Okay, thank you. And he got up and he walked back to his seat, and he sat down, and he wasn't even standing in line to go to the bathroom.

Amy Cooper 55:32

Well, when you say you made yourself or you decided to be of service, how did you do that? Started in your mind and heart or is it something

Dr. Dana 55:39

you well, and it's something that I asked God to sort of join me? Yeah, just to know that I'm always available. You do say it every day. I don't have to, I don't feel the need to repeat myself. Because I don't like things having to be complicated. That's

Amy Cooper 55:51

good, right? That God used me how you will or use me for.

Dr. Dana 55:55

I mean, I had a barbecue here once years ago, and I'm doing the barbecue and a woman and a man came to the barbecue. I hardly knew I didn't really know anything about him. And I'm out there by myself. And the woman comes and sits down at the table while I'm waiting to flip whatever. And she said to me, can I tell you something? And I'm thinking, Okay, here it goes again. She said, My dad molested me from the time I was a little kid all the way till I was a teenager.

Kim Fauskee 56:18

How random is that? But it's not random in my No, I get that.

Amy Cooper 56:22

But it happens to me too. But I thought that was just being an empath. No, she

Dr. Dana 56:25

started sobbing. And I said, I thought to myself, You don't know me? Why are you telling me this? And then she said, You know, I just had a feeling like you were a nice guy, and I know what you do for a living. So maybe you could know that you can help in some way. And so her husband comes outside, and she's sobbing. And I'm thinking to myself, he looks at me like what do you do to my wife? I said, I'm just going to step aside here while you guys have a little conversation, because she said to me, I've never told you about anybody. You're the only person I've ever told this to wow. And so as she tells her husband, he just completely loses a shit and takes it as an insult. And it was a whole drama, whatever. But it certainly opened up a chapter in this woman's life, to approach healing in a way that you never did before. And that's the only part that I was interested in was, can I help this woman find a way to heal her pain despite the fact that her husband is going to do exactly what she thought he was, which is humiliate her, and make her feel bad about what happened to her because she said, I didn't tell you because I thought you'd throw me out the door, and never want to talk to me, because I'm such a disgusting person. Because most people get molested and blame themselves for it. But anyways, I'm making a long story longer than it needs to be. It's just that when you open yourself up to being of service, people will find you good things happen. I think that painful things can happen. I mean, I don't think this guy was happy. I told him he was going to die from liver disease if he didn't get a handle on the Viking taking. But he also seemed to benefit usually by the information, because he was quite grateful that I told them what I did. I don't know how he knew to ask me, I have no idea why somebody would come and stand with me, and, and then go back to sit down. He didn't even wait to go to the bathroom.

Amy Cooper 58:05

Love that about life, though, that these random things happen that aren't so random. But I think

Dr. Dana 58:09

it's fun. I think it makes life really interesting, in a certain way. But it also involves being present to other people's pain without taking it in. Because I didn't take his pain in and nor would I anybody else's,

Amy Cooper 58:20

and not feeling the need to save him or rescue him or Oh my gosh.

Dr. Dana 58:24

So I just figured that if he's asking, I'm going to tell ya, and I'm going to do the best I can to point him in a direction that might be helpful to him. And I like being that kind of a person that is available in that way. Okay, so what happens to the grocery store? Who cares? Right? If it can be the beginning of somebody's healing process that feels good to me? I mean, isn't that why we're doing the podcast that we wanted to approach a wider audience about? Well,

Kim Fauskee 58:48

yeah, I agree with you. Number one, that men can actually talk about these things, and men can be vulnerable about it. But if our subject matter, or through our guests, or whoever is talking here, help somebody out there and try and it's worth it. And doesn't that feel good? Does it feel good? Because we've we've gotten a lot of feedback to where, you know, whether it's been URI, commenting on something, or it's been a guest, that people have gotten, you know, some level of epiphany or have found the courage to go seek further help by hearing somebody else's story, but it is all based in pain, but it is all based in pain. Right? Yes.

Amy Cooper 59:25

I don't know. I mean, I guess back to it is all based in being alive.

Dr. Dana 59:30

Well, in dealing with your choosing to deal with choosing,

Amy Cooper 59:33

choosing to deal with what isn't working and choosing to face that and seeing your partner

Dr. Dana 59:38

well in in your situation is with enthusiasm, or at least that's what it sounds like. Yeah, you approach it with

Amy Cooper 59:44

like you I mean, I'm really curious about life and psychology and people and emotions. I always happen so it partly it's I think it's partly my fierce curiosity.

Dr. Dana 59:55

Yeah. Which I don't think is an accident.

Kim Fauskee 59:59

Yeah, well, So this is a little bit of a one off from this conversation. But there's this overused terminology of manifestation out there, that people think that they can manifest jobs, they can manifest partners in their life, they can manifest money, you can manifest whatever out there. And I think there's this common misnomer about what actually manifestation is, or if actually manifesting is actually a thing, or how you go about manifesting. And I know, Dan, and I don't know if we've ever talked about this on the podcast. I know we write about it in the book a bit,

Amy Cooper 1:00:40

we need a whole episode on that, because there's a lot to dig into with that.

Kim Fauskee 1:00:44

Yeah, but we got to, we got a few minutes here that we can at least cover the surface on it. Well, you

Dr. Dana 1:00:50

i know that what you and I've talked about is the idea that you can manifest anything if you don't fundamentally believe that you deserve a deep down inside, right? The magic is if you don't feel like you deserve it, you can manifest it from now until the cows come home, and nothing's going to happen. Because I don't think the world is going to bring you anything that you're not feeling deserving of including negativity and pain. Because if you believe that that's what you deserve, then the world cooperates by bringing in lots of negativity and pain. If you're not faithful to yourself, then the people in your life are not going to be faithful to you. So really, in my mind starts with your relationship with yourself. And so we're always manifesting all the time, whether it's the good stuff or the bad stuff. I think that the world sort of recognizes what our intention is and cooperates.

Kim Fauskee 1:01:36

So we're so you're not talking about consciously, no manifesting, sitting, sitting at in the corner, having a conversation with a higher spirit, having a conversation with God, asking for certain things to be brought into your life,

Dr. Dana 1:01:50

I do that also. Absolutely. But I don't do it with anything, I don't feel like I deserve it. Because I know it's not going to happen. So you got to feel worthy, or at least open, open to whatever it is that I'm requesting. It just seems kind of logical to me that, you know, you win the lotto if you don't feel like you deserve it. And all the statistics show that within two years, people that win the lotto 80% of them are worse off than when they started. Because they get this incredible gift that they don't believe they deserve. So they just destroy everything in their life. And it's not happened just once it happens like 80% of the time. And, you know, I would like to win the lotto. I promise all the time that I won't mess it up. But, you know, I would have to buy a ticket. So that's life. But I think that applies to almost everything positively and negatively. Amy,

Amy Cooper 1:02:45

i have a lot of feelings about it. Because I feel like people use it as a way to think they can curate their life, they can just decide and curate their life. And I think that that is part of that magical thinking that a lot of people get in childhood where they just believe that if I just was good enough and sought positivity all the time was brighten them and everything would be great. And I don't think that's true. Because what happens then is then when suffering does happen, or a cancer, some diagnosis happens, well, then their whole worldview falls apart, right? Because they thought if they were just good enough and perfect enough and manifested correctly, and we're always happy that everything would be great. So I get a little concerned about the manifestation, I believe in being in alignment with your values and being open and asking. And I've certainly done that and asked for big things, and had them happen. But I also keep an open hand with that, which is that the higher power God universe love, whatever it is, this world, this life I'm on. So much of it is beyond what I would ever have imagined. And also, I don't necessarily know what I need, I know what I might want. But I feel like in the end they bring that brings what I need. So I just take a lead approach with manifestation and I don't think you can just, you know, curate your own life like a like a Instagram

Kim Fauskee 1:04:04

page like a Disney movie. Yeah. So what Instagram page do or a swing into loom or wherever you want, wherever you want your life to be? Well, this has been a great discussion about finding yourself from within any parting words of wisdom for our audience?

Dr. Dana 1:04:22

Well, I just really appreciate it. I mean, that you're willing to come and again, talk so eloquently about your path to healing. Because it's one thing to listen to the two of us. It's another thing to get the inspiration from someone who speaks about it

Kim Fauskee 1:04:36

so well. And he's done the work and continues to do the work. Yeah, absolutely. It's very inspiring.

Dr. Dana 1:04:41

We really appreciate you coming in to talk.

Amy Cooper 1:04:45

Thank you very much. It's I appreciate being here. I love talking to you guys.

Kim Fauskee 1:04:48

We'll have you back. All right. And again, I want to remind the audience that nobody gets a life without pain. Isn't that the truth?

Fear Me Out 1:04:56

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