

# *Fear Me Out Podcast*

## Episode 71

Hosted by Clinical Psychologist - Dana P. Saperstein PhD.

**Trauma - Pixie Saavedra, Dr. Dana Saperstein,  
Justine Hamilton**

### **Dr. Dana** 00:11

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** 00:30

Coming to you from our studio in Santa Barbara, California. This is the fear meow 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, Dr. Dana Saperstein

### **Justine Hamilton** 00:50

Hi, everyone, this is Justine Hamilton. I'm here today with Dr. Dana Saperstein. And a very special guest to the Fear Me Out podcast. We are here today with pixie and I always put her her last name because I can't roll my R's. And she's so much better than I am at it. But it's also separate. And she can tell you what it really is somebody that There you go. So pixie welcome. I just want to say how excited I am to have you on this podcast. This is pixies pixie has quite the story. This is her first time ever telling it. She is also a recognized face in the community here in Santa Barbara. So I just have a lot of gratitude for you for your vulnerability for coming on this to share your very inspiring story. And we're really happy to have you. So thank you. I think probably the best way to talk about this is I know a little bit of your story, I've known pixie for a while, and she kind of filled me in and I was like, oh gosh, you need to come on the podcast because it is really inspirational. But I think that we could maybe look at this in decades of your life. And she has had decades of change. And she has gone from, you know, just a really tumultuous part of her life to basically growing and leading and inspiring others and really being of service. So we have a lot to unpack, because I have a lot of questions. So let's start sort of maybe let's start with your first decade when you were just young and you know, when everything was puppy dogs and ice cream,

### **Pixie Saaverdra** 02:33

kind of right? Yeah.

### **Dr. Dana** 02:34

Was it ever puppy dogs and ice cream? Even at the beginning?

**Pixie Saaverdra** 02:37

I would actually say yeah, there was a good portion of my childhood there was puppy dogs and ice cream. My mom even used to make ice cream. Um, yeah, our childhood was good. I was. I guess we'll start Yeah, let's start from the beginning. Right, please. So I was adopted as a baby. My birth mother was 15 years old when she conceived me. My birth father was 24. And we'll leave it there. My story to tell. I guess the way to say it is I was conceived in a fight or flight mode. And my life from there was kind of always such. So I was adopted by wonderful, wonderful people when I was a baby, so I was only in foster care for a short time, which is part of the country here in California, so I was actually born in LA, in my adoptive parents were living in the San Francisco Bay area. Okay, so I was adopted, though the same month I was born at the end of the month, I was a Christmas present. So I was taken back up to Hayward, California, where I started my life. And yeah, from about that point, everything was great, at least, you know, that I knew of. There was all the underlying that came up later, right? From conception and birth and all that, that I now understand a lot more how it affected my life. Of course you imagine I'm a very pragmatic person, by nature. So I always assumed that none of that had anything to do with my life. But it's very clear to me now that it all does, right. Like where I came from matters is what I'm saying. And I know that now. So yeah, childhood, the puppy dogs and ice cream part was just the best parents a kid could ask for. Really, my parents. We're amazing, are loving. My mom was born to be a mother. And so I was adopted. Like I said when I was a baby 1982 And my brothers, we adopted my brothers when I was two years old. So I went from being an only child to a middle child. We adopted a two and a four year old.

**Justine Hamilton** 04:53

Were they siblings, their siblings and why were they adopted also,

**Pixie Saaverdra** 04:58

they were removed from their home by the state all say from they're also not my story to tell. But the family did go through a lot behind their trauma. But yeah, we they were removed by the State of California from their biological

**Dr. Dana** 05:21

parents, were they from a word or so?

**Pixie Saaverdra** 05:23

No. So they were from San Jose. So we had filed to adopt with this county of Santa Clara, we all of our adoptions are different actually. So like I was adopted in a very private and closed adoption through an agency. And then my parents filed with the county, just how we ended up with my brothers. And then we also had two other situations where we were near adoption and then lost those children to different occasions in my childhood, and then my final sibling is my brother, who was adopted when I was nine. And we adopted him through a semi open adoption is what they call it. So yeah,

**Justine Hamilton** 06:05

and your adoptive parents are just doing good work and wanted to take care of children that needed it.

**Pixie Saaverdra 06:10**

Yeah. So well, so my mom, this, I know, she's okay with me sharing. So my mom, she suffered through four miscarriages all very late term. And, you know, just like I said, she was born to be a mom, right? Like she really was. I mean, there's no disputing that, like, she's just a born mother. Some people are like that, you know, and so she just wanted nothing more than to be a mother. And so they got married, she knew she had a childhood illness. She had cancer, non Hodgkins lymphoma, when she was five years old, she almost died. In fact, the doctor says it was an actual miracle that she lived. And so back then in, you know, the early 60s, there wasn't good care for when you're, you know, a cancer patient, and you're getting chemotherapy and radiation and other things. They weren't protecting the body the way they do now. And so her organs were, like, zapped, and they stayed the size of a five year old her whole life. So like her, you know, all of her organs, uterus, bladder, all these things. They're all very small. So she wasn't able to carry to full term, her body wasn't internally mature enough to carry to full term is what my understanding is. And so she suffered for miscarriages. Like I said, all late term was very painful for her and still painful for her. I've now suffered the same once. And it's awful. No, it's not uncommon, but it's terribly painful. And so I can empathize now, more than I even could before, but she just wanted to be a mom. That's it. You know what I mean? She just wanted to be a mom. And she was supposed to be Yeah, I'm so glad that she was mine.

**Justine Hamilton 07:49**

So, so then then, all puppy dogs and ice cream? Yeah, we've got some siblings and

**Pixie Saaverdra 07:56**

siblings, we're having a little family. And we like so we lost two children along the way. One. He was older. So you know, as far as adoption goes, if anybody has experienced being adopted, or adopting a child or being in the system, you know, there's all kinds of reasons why one might end up there. Right. So my, we had one young man, he was 10 years old. I was probably five or six. When he came into our home, and my parents were going to adopt him, he'd had a tough life. You know, it was one of those things like my parents were just so I can't really say enough about what kind of my parents are. So they just really wanted to help people. You know, and this kid was, you know, he was troubled, and came into our home. And I know there was some I don't have one thing that'll be recurring in this conversation is that my mind does this thing where I can really shut out pieces of life. So like, there's, there's things I don't remember. Very well, but I know that he was with us for like, a few months. And he would fight with my brothers. And then there was one time where he was abusive to me physically abusive to me. And my mom called my dad on the phone and told them what had happened. And my dad said, Get him out of my house. So then he went away. And that, you know, the boys stuff. It's kind of normal, right? But yeah, you anyway, so it was. Yeah. So he was gone. And then about two years later, we were in the adoption process with a little girl that we named. We had her for six months. She was an infant. And then back then, this would have been the late 80s. Mothers had six months to change their mind. Oh, right. And five months in 30 days, she took her back Oh, gosh. Oh my god. So that was really painful. My dad still cry. Every year on her birthday, so yeah, that was hard. But then we got two years after that. So another two years later is when we got my baby brother who's nine years younger than me. Yeah, he's basically like, I'm like he calls me as other mother. We're really close. Love that kid. But yeah, so you know, and then the childhood Yeah, it was good. Around the time when we got my youngest brother, we adopted my youngest brother. You know, our family was complete at that time,

my parents weren't seeking to adopt any more children after that, at that point, they were like in their mid 30s, which, to me at the time, was so old, but we did a lot with that. Very baby, you know, I waited until I was 39. To have my first biological child was 38. But anyway, so by the time they were already done with all those things we just said, so yeah, they that's when like some of this, that's when it started to get a little dark, you know, was around that time, and unfortunately, for my baby brother was because some of the, in the family or outside the family in the home, because it was when. And again, out of respect to my family, I won't go into too many details. But some of the trauma that had happened with my brothers at an early age started to you know, we were going into adolescence, and some of that stuff started to rear its ugly head. So as a family, we went through a lot of therapy.

**Justine Hamilton** 11:27

And how many siblings were there at this point? So four of us. So for me, you were the only girl? Yeah. And you were their second oldest? Yep.

**Dr. Dana** 11:37

Who was responsible for the trauma,

**Pixie Saaverdra** 11:40

the trauma and the trauma that my brother suffered or? So the trauma that my brother, their biological mother, and the man she married when their biological father went to jail?

**Dr. Dana** 11:52

Oh, so so this was before they became a part of your family?

**Pixie Saaverdra** 11:56

Yes. Yes. And then and then unfortunately, you know, they were they were, they went through a series of foster homes before they came to us. So it wasn't like a direct line either. Wasn't it a straight line? I'll say, yeah, for them. So yeah, you know, the trauma I won't speak to, but that the specific trauma I won't speak to, but it was, you know, you can imagine as ugly, you know, and so, some of that stuff started to come up for them later.

**Justine Hamilton** 12:20

How old were you at this point?

**Pixie Saaverdra** 12:22

When it started to come up again? Yeah, family when we were entering adolescence, so I would I was about 10. Okay. Yeah. So like, it was like one of those things where, you know, you as you, as you know, you're, you know, in your in your career, it's, it's something that's common, right, when you when you have early childhood trauma, and then you're entering adolescence comes up, you know, and it comes up in weird ways. So our family did a lot of group therapy and individual therapy, and my, you know, yeah, there was some trauma that happened in the home, trauma that happened outside of the home, and we all kind of suffered along with it. So

**Dr. Dana** 13:02

in your life also are mostly there's mostly there's

**Pixie Saaverdra** 13:05

mostly my traumas, outside of my conception, didn't really start until I was a little bit older. Yeah.

**Dr. Dana** 13:16

And, um, how are you affected by your brother's difficulties?

**Pixie Saaverdra** 13:21

I think just having to process a lot of that stuff at such a young age, you know, like, understanding what had happened and feeling like I couldn't do anything about it. Because I was such a child myself. But I've always, like I said, I've always been a very pragmatic and compartmentalized human. And so like, even as a 10 year old, I was like, well, I should have been able to do something about this, or I should have been able to fix this or save this person or, you know, be better.

**Justine Hamilton** 13:46

So talked about, like, was it just a pretty open conversation within your family about what was happening?

**Pixie Saaverdra** 13:51

That's a good question. And I want to say that again, my my memory of it isn't super clear, except that when it came up a few years ago, and this just kind of came up a few years ago on like, a family vacation with with

**Justine Hamilton** 14:06

fun times.

**Pixie Saaverdra** 14:08

Here's a good time was talking about. It wasn't Hawaii, like everybody likes a good steak anyway. So we were it was just me and my youngest brother and my parents, and we were on a vacation together. And my brother asked a weird question. Me and my parents kind of looked at each other like oh, you knew about that. So like to say that we all talked about it openly at the time. I mean, my youngest brother was a baby he wouldn't. We just kind of assumed that he didn't remember anything that was happening at that time. And we haven't talked about it since it happened. I'll put it that way. You know what I mean? Like since all that stuff happened like it's just kind of been like Don't Ask Don't Tell him when it came up in Hawaii you know, weird moment. You know, we all still kind of avoided the conversation. I've since talked to him to process a little bit of it, but It's really just kind of, yeah, we don't really talk about that period of time, if you will,

**Justine Hamilton** 15:05

how did all of this sort of affect you? When you were, you know, 10 1315? Like, what?

**Pixie Saaverdra** 15:11

My knee jerk responses, I had to grow up really fast. Okay, you know, like, I had to have an understanding of adult level things, and figure out how to be okay with all of it. And I think that might be where, like, if I'm, if I'm sorting out my own head, like, where I became more of a pragmatic, compartmentalized person, because I figured out how to like put things in the little boxes where they belong, and just keep moving. You know, like, Okay, well, that that hurts. So I'm gonna put this over here and not deal with that right now. And then we're gonna get down to business on it, you know? And then, you know, I'll come back to it later. And then sometimes I wouldn't, sometimes I wouldn't. Right. You know, and I still struggle with that, you know, like, where, like, when is the time to talk about things, you know, or when is the time to deal with things? I've gotten a lot better. Obviously, you know, but

**Dr. Dana 16:06**

what kinds of things were you tucking away? If you if you're on my mind? Yeah,

**Pixie Saaverdra 16:10**

no, that's fine. So yeah, just like, again, like, I guess, the understanding of what was going on around me, I know, I'm being a little bit vague, but again, not my story to tell some of it, you know, so like, things that were happening in the home and outside of the home that, that were outside of my control that were hard for a 10 year old to understand, that weren't good, as you know, like the result of people having trauma in their life is that they usually perpetrate trauma on other people. Right. So,

**Dr. Dana 16:39**

Is that what happened with your brother? And will your parents still being like good parents and all that? Absolutely.

**Pixie Saaverdra 16:45**

Yeah. I mean, that level of support was endless. It was just, you know, we, yeah, the support was there. Again, going into a not my story to tell situation. And then, and then I can start really telling my story from adolescence. That time period, like everyone, has different feelings about the way my parents handled it, but in my personal opinion. They did. They did what they believed was best for everybody. You know, and, and therapy was a huge part of our life at that point in time. And I think it was necessary. You know, that affected everybody a little bit differently, though. Yeah.

**Dr. Dana 17:28**

So how did things unfold in your life then from moving forward?

**Pixie Saaverdra 17:31**

So moving forward, the next place we went, was actually, so we moved. And put it all together the timeline in my mind. So like, as, as I entered adolescence, we moved a lot growing up. That's what I was doing in my head right now. So like, we moved a lot, we moved on an average of every two years, my entire childhood, my dad was with utility companies. And so every time there was a promotion, there was a move. Oh, and of course, the goal is a promotion. Right? So there was lots of moves. So we lived, the way I can piece together the timeline of my life with all the muddiness is, is where we lived. So I was just trying to remember where we went next. So we moved to where we actually lived in California. I've lived in California the majority of my life, but when I was 15 years old, so I'm fast

forwarding a little bit, but when I was well, I guess I was 14, when I was 14 years old. We moved to Utah for a very short period of time, and it was a short period of time because that is where my personal traumas began. So we moved to Utah. We had come from like, a really upscale community in California, Walnut Creek, and I love that place. It was a really nice, nice place to live. And so I had a pretty good time there. That was like seven, eight, something eighth grade, probably. And I you know, I, up until that point in my life, I don't remember anything that was personally hard other than the family stuff, right? Like, I don't remember anything before that point that was personally hard. But I was pretty happy. I was a happy kid. You know, like, I was a happy kid, I have great parents and loving family, etc. is just, you know, there was some stuff in the peripheral, but for the most part, it's all good. We moved to Utah. And without sounding Well, we all have some sort of judgment based on our own perception because of personal experiences. Right? So the people there were not super welcoming to a little girl from California. There was a lot of judgment and yeah, there were kids, that neighbor that weren't allowed to hang out with me because I was from California. There were you know, this weird, sort of very inclusive community. That was an acceptance of outsiders. And that affected me and my friendships. And that was a shock to me because I always had a really easy time making friends very talkative, very social I, you know, I had learned through my childhood, to make friends easily because we move so much. So it was really easy for me, you know, it was like, we will move in a new place. And I just go around and tell everybody my whole life story. Five minutes later, we're friends. Like I said, you know, it's great. Like, my parents joke about, you know, we live when I was five years old, and we lived in this one place that I went around and knocked on every single person's door in the coldest sack and told them our entire life story, including my adoption and everything, I would die, my brothers are adopted my parents, my parents ages, like, I couldn't get another social security numbers, you know what I mean? Like, I just read a little. So that's how I was as a kid, you know, it's very happy and lucky. I was very social, very talkative. And when I went to Utah, and I had this experience with the people in this community that again, we're in a very inclusive community and, and I was an outsider. And so I was shunned, I guess, like, I wasn't the people, kids weren't allowed to hang out with me, people were very, like, specifically rude to me. There was a time that I remember, and I blocked some of this experience out, I'll say that, like, one of my brain is really good at that. But um, they say it's protective. But I do other things. I don't remember. But I do remember instances such as, like, one time, walking home from school, and then a bunch of boys jumping out from behind a bush and shooting me up with frozen paintballs. I was molested a couple times. You know, and then shamed about it. Like, just weird, like, things that I don't? Yeah, like, I don't really know why they happened, you know, except that like, people were being mean, if that sounds so dumb, but like, you know, really alone, I was really alone. And I'd never in my life experienced that. Because again, I had such a loving family. And like I always had an easy time making friends. So for me, it was super traumatic, like, it was just, like, next level, like, what is wrong with me? Why do these people hate me? What did I do wrong? You know? And then of course, it's all internalized, like, well, obviously, it's me, like, they're not doing this to anybody else. You know, like, I transferred schools that didn't work. Like I told my parents, I ran away from home, like, I did all the things, you know, I was just like, and then it got to the point where I felt like no one was listening to me, and like, my parents put me back in therapy, but individual therapy, because now it was my shit. And I and I told the therapist that I was having trouble sleeping, so I could get sleeping pills, and I tried to kill myself.

**Justine Hamilton** 22:51

You were 15 ish. So all of this was happening to you and your loving family. They they knew what was happening. And were being as supportive as they could, but they probably didn't know the depth of your pain

**Pixie Saaverdra** 23:06

and understanding in like, in like you said, like, I'm the kind of person to or like, I didn't want to, I don't know, worry anybody. So I didn't tell them about the sexual assaults, which wasn't really fair, right? If you don't tell, but I was 15. But if you don't tell people things, how can they help? You know, they mean like, so. Like, they kind of knew they knew I was being bullied. Like, they knew that they didn't understand it, because again, they all they knew is this like happy go lucky girl that always had lots of friends and was always super happy. And then I turned into this, like, you know, shadow person and like, they were like, what's going on?

**Dr. Dana** 23:41

Is it a religious thing? I mean, was that a Mormon? Sort of a thing? Where are you?

**Pixie Saaverdra** 23:45

That's a good question. And it's worded it the way did because maybe but my parents are Mormon, I was raised Mormon. Oh, so like, I don't know that it was specifically that because I was Mormon. At that point in my life. I did

**Dr. Dana** 24:02

a pure the California version, I was

**Pixie Saaverdra** 24:05

an exact different way different weight well, in it is and I could go that's a whole other podcast. But there is a difference, like, in my opinion, and that's just my perspective, based on my experiences. Right. But like, I feel that yes, it did have to do. There was some inclusiveness. Like I wasn't part of that group. You know, whether it was a specifically religious issue or not, I don't know. But if you know, what I know is that like, my parents are super religious. And I'm not. I haven't been religious since I haven't really been active in church or gone to church of any kind since I was like, 18 years old. But But yeah, at that time, I yeah, it had something to do with that it had something to do with the inclusiveness of the Utah Mormons versus the others.

**Justine Hamilton** 24:54

So what happened when you took the sleeping pills and what How did your family react? And do you feel like you? Do you know, like, did you really want to commit suicide? Or were you just like Can someone please listen to me?

**Pixie Saaverdra** 25:09

I straight up wanted to die. You did. I straight up wanted to die like there was no for me at that point in my life. There was no reason to live. Everybody hated me. I was ugly. I was a piece of crap. Like, there was all kinds of stories, I told myself to the point where it was just like, no one wants me here. Yeah, so and I don't want to be here because I can't live like this where people don't like me. Because again, it



was such a contrast right to like who I was before. I can't be this person that nobody likes. And my parents won't take me out of this terrible place. You know, like, so it was yeah, I wanted to die. Like I really did. And I you know, in my 15 year old way, that was the way to do it. Like that was the surefire way I don't have access to a gun or how close to JUCO Do you know, I was almost dead? Yeah. So what happened was my so I took the pills. And I remember this night, very specifically. But I saw my dad actually had some friends over that night, which was kind of weird part of the bit, but like, he had some friends over and like, so I went up there upstairs, actually resided in the basement. If you know, Utah, there's basements and they're like a whole apartment. So I resided in the basement, and I went upstairs because I knew I was going to do this. That night. And I went upstairs and I sat on my dad's lap, like I did when I was a little girl and hadn't sat on his lap like that in a long time. And he definitely noted that it was strange. Yeah, I climbed up on his lap, like a little girl. And I told him, I loved him, and I put my arms around his neck. And yeah, just kind of sat there for a while. And then I kind of did something similar with my mom, you know, in that, and then I, and then I went to bed. And when I went downstairs, I took the pills to a whole bottle of pills, and went to bed. And my intention was to not wake up. And then the next thing I remember is my dad screaming and trying to pick me up off the floor. And I guess, if memory serves, he was leaving for work and something spoke to him to go down and check on me. Which he didn't normally do, by the way. So I spoke to him to go down and see if I was okay. And obviously I wasn't. And he panicked. And they called the paramedics and they came and they took him to the hospital and at the hospital. They mainly immediately had me you know, drinking charcoal and doing the whole thing. And then the doctors told them that if I had got there like five or 10 minutes later, I would have been dead. Wow. Was probably about five in the morning or 430 in the morning rush me.

**Dr. Dana** 27:39

So um, when you realized obviously by waking up that you're dead how what happened from there

**Pixie Saaverdra** 27:46

was so bad. I bad I was so yeah, oh my God. And I felt stupid. Right? Like, I felt stupid. And I was mad. Like, I can't even do that. Right. Not

**Dr. Dana** 27:58

other people that have been saved in the way that you're talking about. And usually it just increases the feelings of failure. myself. I'm not trying to make like,

**Pixie Saaverdra** 28:08

oh, that's exactly how I felt. And it's fine to be like, that's how I get through life. But yeah, yeah, I was so pissed. I was just like, No, you gotta be kidding me. Like, I didn't even do this. Right?

**Dr. Dana** 28:19

They at least take you seriously after that. So

**Pixie Saaverdra** 28:23

a month later, we were moving back to LA.

**Justine Hamilton** 28:25

Oh, wow.

**Dr. Dana** 28:26

So you accomplish a good purpose. We did. Like,

**Pixie Saaverdra** 28:30

messing around. My dad still teases me about that. He's like, Well, you always get your way. Right. We still do we make light of things in our family. We have to. But um, yeah, so some

**Dr. Dana** 28:39

of the Travi alleviated by moving to Los Angeles a little bit so

**Pixie Saaverdra** 28:43

the yes, I'll say yes, as the short answer. But what happened was is that I had all of a sudden like all this pain to unpack right? And I didn't know how to do that. And it created massive insecurity. So like already being an adolescent you know, you're already Yes, like I mean, any adolescent regardless of trauma, I mean, everyone has some level of trauma that's my true belief that like everyone has trauma I don't you know, because perspective perception other thing you know, all play everyone has trauma, but my personal trauma Yeah, I just it created massive insecurity in me so like I because I didn't know how to deal with it and I'm a very controlled person by nature I tried to be right so probably a lot of people are like that I tried to be very in control. And as anybody knows as being realistic just no way to be in total control of things right. So that was just very conflicting and cause massive insecurity for me so yes, when we moved back to the LA area, will not go back to it's actually ended up being the first time we lived in the LA area. But my dad found a job so as soon as I did that crazy thing, right? My dad was like, oh, we gotta get out of here. Like this is serious. Like this is like she's not Just being bullied like she's, this is crazy, you know, like we have to go. And so he started looking for other jobs. I didn't know that, you know, like, I wasn't privy to what was going on with the adult decisions in the house, right. But he immediately started looking for another job, and previously had been with pg&e before moving to Utah, and then he got the job in Utah with Utah power. And then he found a job with Southern California Edison, after my attempt, so he got the job. He got a job with Southern California Edison out of San Gabriel Valley. So we moved to Los Angeles County. And yeah, so I was 15 years old when we moved to Los Angeles County. And I guess the thing that saved me from being really honest as I met a boy, oh, that that loved me. Okay, you know, and so yeah, and I was confused by his love for me because of everything I had just been through. So that was really probably hard. I know that it was hard for him. Because I wasn't very, I didn't receive the love very well. I'll say it that way. But he just, he was special, he was special. He was, he was just the type that would do a deed that pushes love anyway, so. So I got lucky, I guess, because I found a sweet boy to love me. And that happened rather quickly. Like literally within a month of moving to LA like, we met at church.

**Dr. Dana** 31:33

Actually, the world was conspiring to keep you alive. Yeah.

**Pixie Saaverdra** 31:37

Yeah. And he just showered me with love every day and didn't let me believe anything bad about myself, even though I still did, but he tried to, you know, so yeah, but I didn't receive the love very well. And so that relationship was hard. Besides the fact that we were just young, you know, the relationship was hard, because I didn't receive the love well, because I was so insecure. Because of the trauma that had just happened, so

**Justine Hamilton** 32:00

and so what finally happened? Did you drive him away? Or did? I did because you didn't feel great about yourself?

**Pixie Saaverdra** 32:08

Yeah, I didn't know how to. I didn't know how to love myself the way he loved me. How long is love was so innocent, you know, just so pure and insincere? Yeah. And I just couldn't write. Like, I just didn't know how to accept it, you know? And so yeah, I did I, I drove him away. But then also, it's like that whole. I drove him away. But I didn't really want to write because I love him, too. Yes. And so it was just very back and forth for a minute, if you will, you know. And then to be quite honest, him and I were like that for many years. For many years after we're anytime one of us was, or anytime the both of us excuse me, at the same time, it's very important to say, anytime both of us were at the same time, not in a relationship, we would come back together. And that happened really until I met my now husband. Wow. Yeah. So so it was just one of those love stories that just continued on. So what

**Justine Hamilton** 33:09

the next few years of your life look like you're back in the LA area, trying to get it together. Sure. You're still dealing with a lot of trauma and pain. And so how were you?

**Pixie Saaverdra** 33:22

So after I completely dismissed this sweet boys love? In just Yeah. Rude. But anyway, after I did that, I started using drugs. I found actually, ironically, one of the things that he did. He loved music as much as I did. So I don't want to say it was because of me. But I had this thing for me. I loved music and bands and whatever. And so he picked up playing the guitar. And and then he started a band. And

**Justine Hamilton** 33:54

that is true teenage level. Yeah.

**Pixie Saaverdra** 33:58

Yeah. So he's very, very talented. But he picked up, picked up the guitar, started playing in a band started a band, he was the head of the band. He was a singer and guitar player. And a couple other members of his band fancied meth. Okay, and they introduced me to it. He didn't know about that

**Justine Hamilton** 34:17

way. 1516 No, by

**Pixie Saaverdra** 34:20

this point, I was like, 18 Okay, yeah, so high school had ended. I so high school wasn't a great experience for me either. Because what's another funny thing about this guy was that he was actually very popular, which was another thing that I had a very difficult time with. Because again, coming off of the experience I had just had, I didn't understand why a popular guy was interested in me, right, you know, because why would he be like That's the craziest thing ever. So

**Justine Hamilton** 34:48

not as crazy as a churchgoer doing math.

**Pixie Saaverdra** 34:51

I'm Mormon specifically. Yeah, so I Yeah, so I didn't understand that and I did actually experience some love I have I don't want to call it bullying but like, some level of people not liking me because they didn't understand why he was with me. And I was the new girl. And I was, you know what I mean? So why he chose me, you know? And I and to be honest, I was with them. I didn't understand it either. You know what I mean? So I was like, Yeah, I don't know. I don't always I haven't, you know, but, um, but yeah, so I, yeah, I didn't enjoy high school, right, I was always just kind of his girlfriend, right? I wasn't, I never really got the self esteem, if you will, or the confidence to make my own friends. So it was really just his girlfriend. And that was my identity. And that high school was I was just his girlfriend. And then when he graduated, cuz he was a year older than me, then I had no identity, that it was like, you know, okay, well, nobody even knows who I am, or cares that I'm here. So I'm just going to disappear. And so at that point, when I was about halfway through high school, and something else happened, and I'm going to be honest, I don't really remember exactly what it was. But I had made made friends with. This is actually one that messes with my brain, because I had made friends with a group of girls, like sort of, I thought we were friends. I felt like we were friends. And then I don't remember what else happened. And that's the stupidest thing, but I don't like I was a senior in high school, and I had made friends with these girls. And I don't remember what happened. But all of a sudden, we weren't friends. And they hated me. And they wouldn't talk to me anymore. I don't know what I did or what they did or what happened. I don't remember. But after that I dropped out of high school. Like I was like, I'm done. Like, I'm not I'm, I hate this place. I hate everybody here. I'm leaving. So I dropped out of high school because I had turned 18. And I didn't even have to tell my parents like so I just literally just dropped out of high school. And then one day, my mom's like, why aren't you going to school? And I was like, I don't go to school anymore. But she was like, What do you mean, you don't go to school anymore? And I was like, I'm 18. I don't have to if I don't want to? And she's like, wow, okay, well, you're gonna graduate. So figure that out, you know, so I did. I went to like a local continuation school. And I took me like, one month and I did all the packets. And I graduated high school in January, instead of June, kind of thing. And so, yeah, so then right after that was when he had come back, he had actually gone off to college. And he had come home for the summer. And that's when he started that band. Right. So now we're back to that. And these other people in his band, they did drugs, he didn't really know that he was pretty innocent to that stuff. At that time. He was like, he didn't drink or do drugs or smoke cigarettes or anything. And I kind of picked up cigarettes through the actually through the girls I'm talking about I was talking about from high school. So I smoked cigarettes, but I didn't do drugs or drink. No, I never did that stuff. I was following the rules kind of thing, you know. And so the rules on my religious family. And so yeah, they introduced me to meth. And I really enjoyed that the first time, so I was like, wow, I want to do more meth. And so I did for like three months, three months, that felt like three years. And he

stopped talking to me, because he was like, Absolutely not like That's insane. Like, absolutely not, you know, so I'm actually really glad that he set that boundary up, because that was really strong of him. Did you stop? No, I didn't stop to get arrested for the first time. So being an overachiever, I made my way to the top and I started dating the drug dealer and started running around with him. He's about 13 years older than me. And this

**Justine Hamilton** 38:27

over a course of months, or Oh, yeah,

**Pixie Saaverdra** 38:29

I'll happen very quickly. You know, when you're doing when you're doing

**Justine Hamilton** 38:37

what's happening, and so he was sort of out of the picture, then you're dating now? I'm

**Pixie Saaverdra** 38:41

dating the drug dealer. And using like, regular like daily? Oh, yeah. Lots. And where were your parents at this point? Devastated at home?

**Justine Hamilton** 38:50

Did they know what was happening? I mean,

**Pixie Saaverdra** 38:51

yeah, they did. I was lying to them. But they were right. I mean, it was obvious. Like I lost like, 20 pounds in like, a month. Yeah. Like, you know, it's just like, ridiculous. I was. I was I wasn't, I didn't sleep for like three months. Like, legitimately, I was in like, 95 pounds and not sleeping. And we were living in motels. And yeah, it was just the, it was absolutely insane. You know, going to casinos every night and then not sleeping, and you know, the stuff you do when you're on meth. Right.

**Justine Hamilton** 39:22

And did you ever think about it? I mean, it was just fun. And it was a party. Did you ever like in a, you know, moment of clarity. Just say, Am I doing like, Am I doing this to deal with those boxes that I don't want to open up?

**Pixie Saaverdra** 39:37

Or were you just I'm learning and I'm alone, clarity in the myth and said, until you get arrested till I got arrested, so So I got arrested. By the time I'm 19. Okay. You got arrested for somebody ever being arrested? I was like, actually, that's not totally true. I got arrested during that three months for trying to shoplift from a wall which is ridiculous. Listen, I actually got in a fistfight with the security guard. And yeah, so your way out of control way out of control like, Yeah, way out of control. So who arrested you? LA County Sheriff's. Actually, I got lucky. And I was in an unincorporated area. got arrested by sheriff's What were

**Dr. Dana** 40:16

you doing when you got arrested? Selling drugs? Oh, you're okay.

**Pixie Saaverdra 40:20**

Yeah. So we got a funny story funny, I guess. But, um, so yeah, we got what I didn't know at the time is that they are I mean, they're clearly I should have known but they already knew who he was. And they were trying to create a case for him. The guy was dating. Okay, and he was much older than me and had been on that scene for a long time. And I mean, at this point, I'm hanging out with gang members I'm hanging out with I'm hanging out in trailers, cooking meth, we're going to all the stuff that was happening around me and you know, I mean, we're holding people up at gunpoint over drug like the the things that were going on in my life at that time. Like when you say, like, out of control, like it was out of control. Like there's, there was no control. You're lucky you survived. I am. Yeah, that period. I'm lucky I survived. Yeah, that's just 19. Yeah.

**Dr. Dana 41:12**

It goes further from this is. This is the very beginning. We're just at the beginning. Yeah.

**Pixie Saaverdra 41:18**

So yeah, completely out of control. Yeah. And we're in trailers, cooking math, or people robbing people at gunpoint or hanging out with Yeah, it's all bad, right. So I get arrested. And I'm taking in, they had been building a case on him. So when they pulled us over, they expected to find like, massive amounts of meth and money, I guess. And whatever they thought they were gonna find we were in my car. So they start tearing apart the car. I mean, we're talking, taking out the seats, like the whole thing, right? And we're just sitting on the curb. And he's just like, you know, hidden his hands. And they're interrogating me like, you know, do you know, like, anyway, like, just all this craziness, right? And so I'm like, is happening, right? Like, oh, my God, and I'm trying, I'm racking my brain, like, what's in the car? Like, I have no idea what's in the car. We're basically living out of the car. You know what I mean? So I was like, Oh, my God, I don't know what's gonna happen right now. And then they're telling me they're like, you're going down for years. And I'm like, out years, like, what? So I'm like panicking, right? Obviously, like, this has never happened to me before on this like this. No. And so they ended up taking us in and interrogating us separately, I was interrogated for like, I would say, close to 12 hours, they were just screaming at me and doing the whole, like psychological warfare, like trying to get me to tell them something about him and tell them something about the gang members that we were hanging out with and the myth, cooking operations, at least. And I'm like, I don't know, I don't know why I thought I was being really strong. But I didn't say a word. Right. I was just like, I'm not telling you. Nothing. Like nope, like not doing it, you know, so I didn't. And he, the one if there is an honorable thing he could have done out of all this. He's like, she didn't do anything to like, you know what I mean? Like, she didn't do anything like this is all me, you know, tried to, you know, but we but they were going to charge both of us and the charges that what they ended up the reason they were so upset was because they didn't really find anything in the car, except for like seven grams of pot in a scale with some residue on it. And like a little bit of money, so they didn't get what they thought they were gonna get. So they were like, damn, like, you know, we've got to build this bigger situation and it really wasn't a big situation. So it was so what they ended up charging us both with sales and transportation of marijuana. Well, back then, you know, marijuana, that was like a much more serious charge than anything could be now it's I laugh about this. Now I like watch people go to the store and buy marijuana. Yeah, like I remember this

time. 21 years ago, or I got really roughed up over that. But yeah, so and it was just seven grams of pot, which I mean, like, it was like literally almost nothing right? And I didn't smoke weed. I'd never smoked weed at that point in my life. Like, that wasn't my you know, so I thought it was hilarious. So ironic, right? Like, I get arrested for selling weed. I'm like, I didn't sell any weed. Like, that's the craziest thing I've read even though I know how that got in the car. I use meth. tweaker. Right. So like I have, I had no idea where this weed even came from. It's so silly, you know. And so anyway, my grandfather had been a police officer for 30 years. And he was a lieutenant in Anaheim. And so he showed up my court date. And he spoke to the DEA, and he spoke to my public defender and he said, you know, what are we looking at here, right? And he knew how to talk and whatever. And they're like, well, listen, she had a brick of marijuana. So they called it. She had a brick of marijuana. She's looking at like five years and he was like, Oh, wow. Right. So they told him this whole line of crap. That really wasn't it wasn't reality. And so he goes, he told me, he's like, Well, can I talk to her and they let him talk to me. The boyfriend of mine, his child's mother, is actually there too. And I got to acknowledge that she went up to bat for me too, because she went back there and talked to him. And she was like, you better make sure that you take all of this. This little girl didn't do anything wrong and you know it? No. So she told them, she said, If you don't do the right thing here, you know, we're gonna see your kid again. Wow. And so he did, you know, he was like, trying to take all of it, you know? So whatever, for whatever honor there is there. But my grandfather told me he's like, listen, they told me everything, and you need to take whatever deal they give you because you're getting a good deal. And it turns out that that was wrong, because the story that was given to him was untrue. But anyway, so I ended up, they were gonna send it to me too. They were talking about three years in prison. But they ended up giving the major charges to the, to my at the time boyfriend, and I took a sales and transportation to marijuana charge. But with a misdemeanor, like they gave me a misdemeanor level charge. And I was able to do I was sentenced to six months house arrest and three years formal probation. So my parents were able to take me home that day. Okay, so that's what because the other thing was, I was indigent at the time, right? So like, then my parents were like, well, what happens? Like, where does she and they were like, Well, are you willing to let her go home with you? And they were of course you know, so I went home with my parents. So now here I am, I'm in the situation where I've been in jail for a few days. I'm near sober at this point, right? After three months of running and gunning. So I get home, and I'm just devastated. I'm, I'm mad at myself. I actually at the time, I miss my boyfriend. Like, I'm, like, sad for him. Because of course, you know, I mean, at the time, that made sense, right? So I'm sad for him. He's going away for whatever, six years or something, you know, and like, I'm like, Man, my life is in a in quite a mess. And I'm feeling pretty badly about myself and my grandfather came up, get ready for trauma number two, my grandfather came up to the room, and I'm sitting on the floor sorting through my belongings and crying and I'm emotional. And like you said, probably not totally sober yet. You know what I mean, after that. So after that run, so like, I'm sitting there, and I'm just very emotional. And he comes up and he just starts screaming at me. I'm an embarrassment to the family. I'm not his granddaughter anymore. Huge trauma for me in that moment that like this man that I always like, love so much. And like, it can literally still move me to tears. I'm 40 years old, you know, this happened 20 years ago, like I just hit you are really connected. I was I loved him so much, right? And he was my hero in a lot of ways. And in that moment, he just disowned me. You know, he was like, I, he was ashamed of me. So all those feelings of insecurity, all that shit I've been holding on to and trying to, and trying to work through, just all came back up with a vengeance, like, I am a total piece of shit. Like, I'm unlovable, I'm a failure. There's no hope for me. You know. So like, for somebody who is already massively insecure, to be then rejected

by I mean, I have a very special relationship with my father, who has absolute unconditional love for me. This is his fall. But this was known as my mom's dad, actually. Yeah. But something about my grandfather, and the relationship I had with him was just different. And it was like, you know, he was a very. But yeah, conditional love was definitely in his repertoire. So anyway, that was massively traumatic for me. And I'll kind of come back to that a couple times. Because then, that happen. And of course, my reaction though, after the initial shock and sadness, and whatever was just anger, like, you know, what? A feud. Yeah, you know, what I mean? Like, all of you for your opinions about me, and for what you think, you know, like, I just, I don't need any of you guys, you know, like, I'm just I'm done, you know, I'm gonna do whatever I want. And no one can say anything about it, you know? And so I did, I spent my entire 20s effing up my life. Like, that was my mission. And so yeah, like, you know, the high school sweetheart came back around at a point I destroyed that again. You know, I just, I was, yeah, I was bound to just do whatever I want, whatever that looked like, you know, and it wasn't gonna let anybody hold me down or control my ship. You know, like,

**Justine Hamilton** 49:41

how are your parents reacting to all of this because they, I'm sure we're in so much pain, they loved us so much, and you would just, you would just, or doing whatever you wanted. If I

**Pixie Saaverdra** 49:52

I would say the most serious regret I have of those years is hurting my parents. Hmm, like the amount of pain that I caused them for my choices to live with? Yeah, it is, you know, because, yeah, they're just, I mean, they still to this day, they're just like, Unconditional. Unconditional. There's literally nothing I could do.

**Dr. Dana** 50:16

So they hung in there. They hung in there no matter what, no matter what, wow, no matter what, it's pretty remarkable actually.

**Pixie Saaverdra** 50:22

They're remarkable people. Yeah, there's Yeah, I used to say it this way that like, you know, like, I won the parent lottery for real, like, because they chose me. And then they kept me like, you know, they didn't ever walk away from me. They never, you know, there wasn't, you know. So in my, in my adventure of my 20s. So I am 22. I was looking at prison time again. So I was taken to that point, actually. So at that point, actually, I was in a weird situation, because I was kind of on the band scene a little bit at that point, like, I was booking bands and writing, I was writing for a local scene magazine. And that was sort of my area. Like, I love music, and I love being around music and whatever. So but I was sober. I got sober. And I did that a few times in my 20s. Where like, I was like, Man, I just don't

**Dr. Dana** 51:20

feel like doing so you stop them out. Yeah, yeah. Oh,

**Pixie Saaverdra** 51:23

the meth for sure. So the meth I didn't touch again after that day. I guess that's important. Never touch meth again.



**Dr. Dana** 51:29

So when you say sober, what was the alcohol and cocaine? So you switched over? Yeah,

**Pixie Saaverdra** 51:34

I switched over. Yeah. So the meth Yeah, never touched meth again. Because my perspective on that became that, like meth ruined my life, right? Like meth screwed it all up. It wasn't my choice. It wasn't that, you know, that one drug like one drug somehow was better than the other like a meth what meth screwed up everything right. And so yeah, I was sober. Actually, I wasn't even drinking at this time I'm about to tell you about. And I was about to go to band practice. Guy was dating. And I was picking up some beer for them, like for the band. And I picked up some beer. And I went by my parents house because I was sort of living between his house and my parents house. And I had some so I went by my parents house to grab something. And my brother was there, one of my brothers. And he had been having some issues with the girlfriend, the girl he was dating that was actually well, she was a fiancée at that time, I guess. Anyway, so he was, like, sad when I got home. And I was like, What's going on, dude? And he's like, oh, you know, we're supposed to go out on a date night, but she canceled on me because she's going out with some of her friends. And I was like, Oh, dude, that sucks. I'm like, you want to go out? Like, want to go with me for a little bit? You know? Sure. Yeah. I'd like that. You know what I was like, yeah, we can grab your beer and just sit down and talk for a little bit like, whatever. So we went to this bar downtown, where we lived in liver. And when we walked into the bar, we saw her and she wasn't with friends. She was with another guy. So my brother was like, she's like, sitting on the guided lab, like the whole thing. And my brother was like, I could just see it, I could just see his whole heart go into his stomach, you know, and I was like, ah, sucks. So then I'm feeling really sad for him, you know? And like, she was like, let's just go sit down, you know, like, don't even address her. Like, let's just go sit down. And, you know, and he's like, alright, alright. So we went, we sat down, and then she got up and walked past us and walked outside, like nothing, you know, and I was like, wow, she's really going to do that. Like, that's amazing. So then he's like, I just want to talk to her. And I'm like, I don't think that's a good idea. He's like, no, no, I'm gonna go talk to her. So I follow him outside because he wants to talk to her. And they start talking and she starts yelling at him, and, of course, berating him because, you know, obviously, he did something wrong. And so I get mad, very defensive, my brother and I start yelling at her. And so then she turns around and starts yelling at me. And then she starts running in my direction. And I leaned back, leaned in, punch her in the face. And I told my brother, I said, I gotta get out here. Like you punched her in the face to face pretty hard. Yeah, but important part of the story, because it goes to my whole defense in court. I was wearing mittens, and I only hit her one time. Okay, so now move on. So I used to wear these like mittens row cut off the fingers. So I was wearing those and I Yes, I punched her pretty hard. And I was I was known to get in a bar fight here and there you know, I mean, it wasn't totally unusual for me

**Justine Hamilton** 54:37

I know I love

**Pixie Saaverdra** 54:41

so you know what, I wasn't a stranger to jumping over a table and I'll get someone out. So but this case, in this case, very important to mention that I was wearing mittens and I only had a one time

because then so I left my brother wanted to stay whatever. Not my not my relationship, right. So I left, I would have bad practice. And I forgot about the whole thing, right? Like God is idiot. About two weeks later, I'm at my boyfriend's house where I was, like I said, sort of living. And I get a phone call from my parents. So detectives came by and they want to talk to you. And I'm like, your poor parent out what your I know. It's the word my, my dad still tells me and this is so sad. But like my dad still tells me so if he gets up, if they get a phone call late at night, he gets paralyzed, like thinking that something happened to me. And I'm, We're way beyond Oh, yes. Yeah, you know, but it doesn't matter. Like it's still like a paralyzing thing for him every like, yeah, they're just like, what happened? What happened to her? So, um, so yeah, so I get this call from my dad that the, you know, the cops had come by and they want to speak to me. And I'm like, about what, like, I literally couldn't even imagine what they wanted to talk about. And so I was like, Okay, well let them know. I'm gonna be at work. You know, at this time, if they want to stop by or I can come by there. Did they leave a phone number? My dad's like, yeah, just give me the phone number. I called the number even like, I got nothing. I didn't do anything wrong, you know. So literally wasn't even thinking about this fight. Because like I said, a bar fight wasn't unusual. For me. That was like it happened. You know, every any given weekend. sighs not that, in my mind. It wasn't that big of a deal. Because Oh, yeah, whatever. So I was like, I don't understand. So anyway, I called them they weren't there. They show up at my work that day. And they arrest me at work. And I'm like, What is going on? Like, what did I do wrong? And they're like, you know, you're under arrest boldly and tell me why they give me in the back of the car. And I'm like, now I'm like, irate. And I'm like, you know, what am I what am I being arrested for? Like, what's going on? And they're like, you're being arrested for assault and battery with the GBI, and felony probation violation. And I was like, Okay. So I'm still not thinking, that particular fight because I'm like, maybe I'm like, I don't know. I have no idea. So I'm like racking my brain, like, what did I do GBI? So I asked him because even even with all my, you know, stupid choices that I'm like, What is GPI stands for I have no idea what that means. And they're all great bodily injury. And I'm like, great bodily injury and who makes me sick? Like, I haven't had any great bodily injury fights, like what are you talking about? Remember? Yeah, like, right, like, maybe I don't think so. Like, oh, like I said, I was sober at the time. I don't remember anything else being pretty careful. I was on felony probation. And I was still on probation for the thing when I was 19. Because by now I'm 21. So I've been on probate. I was almost I was about less than a year from getting off. So anyway, they take me in they they're holding me. And then they they even went as far as like, you know, I'm in for a couple days, I still don't really know what's going on they transferring to LA county jail. So now I'm in LA County Jail, which I don't know how much you know about LA county jail, but it is like not a really cool place to stay. And so I'm LA county jail. And I'm sleeping on the floor because at the time we were, they were like, beyond max capacity. I'm sleeping those rats crawling over my body at night. Like when I'm trying to sleep like it was pretty gnarly. And just the whole scene, you know, as people come into county jails, like it's short stay, right. It's revolving door short stay a lot of homeless people and people on drugs. So you've got people kicking heroin on the floor next to you, you got all kinds of stuff going on, you know? And like, obviously, like no control over your surroundings. So. So yeah, I'm like, and I still don't know what's going on. Like, I don't really know what I'm under arrest for, like I realized the charges. But I don't know what happened. Like, I have no idea, right? So I finally come up on a court date. I've been in jail for like almost a month at this point, I finally come up on a court date. And that's when all is revealed. Right. My parents got me an attorney, by the way, again, tried and true. My parents. They had gotten me an attorney. And so the attorney showed up was like, right, this is what's going on. It's this woman, blah, blah, blah. I'm like, No way. I'm like that,

that fight. I'm like, that wasn't even a fight. Like that wasn't even an actual fight. Like only hit her when I explained my side. Like I was like, This is what happened. And he's like, Well, she showed up at the police station with two black eyes, a broken nose, a cracked skull and a concussion and says you did that too. Oh, gosh. And I was like, well, that is a damn lie. Like, I did not, there is no possible way. You know, like, that's actually impossible. That's insane. It's insane. Who beat her up? Who knows? Maybe a boyfriend. Maybe? I have no idea. He

**Justine Hamilton** 59:37

was sitting in jail for a month just waiting. Yeah. And to

**Pixie Saaverdra** 59:41

find out what was going on and then what? So then they just kept putting me out to another court date, another court date another court date, because I had to fight it because she was insisting she even testified in court and looked me straight in the eye the whole time. She's telling this story about how I just beat her and beat her and beat her. I'm like, What are you talking about? That didn't happen? You know, like, that's apps. salutely insane. And then, you know, I mean, we even pulled witnesses that said they saw her later that night and she was fine. Like, there was all kinds of like, it doesn't make any, like what happened? I don't know, I'll never know. Probably doesn't matter. But I, yeah. So I ended up in LA County jail for five and a half months, fighting my case, going back and forth to court. And again, I don't know how much you know about county jail, but the court line going in and out of jail really sucks. Like, you know, like the, so I reached a whole new level of low in this experience of like, you know, cavity searches and court line and, you know, being accused of things that weren't real and riots in jail, you know, racially motivated things that were going on, you know, watching watching people do things I'd never seen people do before, getting in lots of fights myself, because like, says kind of scrappy and so there was like, you know, this whole scene?

**Justine Hamilton** 1:00:58

How are you surviving?

**Pixie Saaverdra** 1:00:59

I was literally just surviving, like, what was going through your head? Were

**Justine Hamilton** 1:01:03

you sad? Were you angry? Were you scared?

**Pixie Saaverdra** 1:01:07

angry? You're angry? Yeah. I was angry. I was like, This is bullshit. I don't belong here. Like, I don't deserve this. There was like I said, I mean, just the amount of things, the amount of stories I could tell, like from just that five months, five and a half months, whatever been in there and like, the things that the cops do to you, and, you know, I mean, they're, I could get people in trouble probably, you know what I mean? Like, there's, I won't, but the stuff that happens in there is disgusting. You know, from like, what the cops do to you to like, what people everybody's doing to each other. And listen, I can be I can be objective and say that, like, you know, with what the cops have to deal with all day, I understand their anger, you know, like, they are dealing with a lot of garbage that, you know, that probably makes

them upset and jaded. And but like the stuff that happens in there, it's just so gnarly, you know? And so yeah, I I was mad. I was mad that I was there. I was mad at the girl that quote unquote, put me there. I was mad at you know, myself for even being in that situation. I'm like, here I am. I'm sober right? Now, it wasn't even necessarily trying to get my life together at the time I just didn't feel like I was doing anything wrong. And then when I finally got sentenced, so I ended up I guess sort of winning the case about the assault because they ended up because I admitted to hitting her because I told the complete truth.

**Dr. Dana** 1:02:33

This is the end of the first half of our interview with Pixi. Tune in next week for the second and final part of the broadcast.

**Fear Me Out** 1:02:45

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