

Fear Me Out Podcast

Episode 64

Hosted by Clinical Psychologist - Dana P. Saperstein PhD.

Guest SpeakerS

Justine Hamilton & Dr. Dana Saperstein

The New Fear Me Out Podcast

Dr. Dana 00:00

Welcome to the new Fear Me Out Podcast. I'm Dana Saperstein. Your host. What's new about the podcast is that Kim Fauskee is no longer going to be involved in the production. Today, Justine Hamilton will interview me regarding losing Kim as a co-host and what I'm planning to do moving forward. Hope you enjoy this episode. Thank you very much for tuning in.

Fear Me Out 00:34

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. 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.

Dr. Dana 01:14

Welcome to the NEW FEAR ME OUT PODCAST! And I say new because moving forward, I'm going to be the sole host of the podcast not all the time, as today I've invited Justine Hamilton in and I'm going to be having other people come in to be co hosts and continue interviews. But today is the first of the big change in the podcast, Kim Fauskee has decided that he didn't want to participate anymore. And I decided that in the name of vulnerability and being in touch with feelings, I would describe my experience in living Kim as a podcast co host. And I invited Justine into interviewing me because I figured it would be best to have someone ask a lot of questions. And and I always appreciate your point of view. So well, I want to welcome Justine into the room. And On your mark, get set, go.

Justine Hamilton 02:11

Okay, here we are. Yeah, I guess, um, you know what the podcast is out almost a year and a half old and 60 Something episodes and a great run that you and Kim have had. And you know, people sometimes just decide they want to do something differently. And it sounds like that's what Kim did. And, you know, I think we should talk to about sort of why change hurts so much. But I guess what I want to know first is how do you feel now that Kim has gone and you're on your own?

Dr. Dana 02:47

Well, I feel very differently now than I did when I first found out that he wasn't going to remain in the pot on the podcast. It happened very suddenly, we were just going to begin an interview when he told me that this will be the last interview that he was going to do. So that part was quite difficult because I had no warning that that he didn't want to do it anymore. So to me, it felt like I got punched in the stomach. And I remember, I started to think to myself, boy, when is the last time that somebody broke up with me. And we're going back 50 years, because I've been married to the same person forever. So I have been able to avoid that awful feeling in the pit of your stomach when somebody says they don't want to be in a relationship with you is an awful feeling. It's horrible. So that's how it started off was that I just felt like, this is horrible. Just out of left field. Yeah, well, I mean that part, but also because I really love him. And he's a really lovely person. And I thought we were a really good match and that we were doing a huge service to, you know, the public by doing the interviews we did, and, you know, all the different variations of the way we did the podcast, and I was super excited about it. So it caught me as a big surprise that he had lost interest and decided to move on to other projects.

Justine Hamilton 04:04

Yeah. Yeah. It's tough when people make changes like that. And how are you feeling now? Now that you've gotten over the initial shock?

Dr. Dana 04:12

Well, I've had a few weeks to go through all the different feelings that I that I, that I went through. I mean, I'll I will say I started off feeling really sad and, and disappointed. And I got scared, because I thought well, I'm not sure I can do this on my own. And I don't want to give it up because I love it so much. So I had to go through the process of you know, trying to figure out what I wanted to do and how I wanted to do it and and I had to figure out a way of sort of saying goodbye to him in this capacity. I'm hoping that he will continue to want to be my friend. It's been a little difficult since he since he broke up with because we haven't had much contact which I feel badly about. But now I feel really excited. It's I think it's an opportunity actually for me to continue And forward in a, in a way that I can continue to try to help as many people as I can before I fall out of my chair when I just kind of croak on the floor.

Justine Hamilton 05:09

Well, and isn't that isn't that the healthiest way we go through change where if it's something that we weren't expecting, or it's not something that we want, our initial reaction is either being afraid or upset or sad. And then the healthy way is we can reevaluate in maybe look for the silver lining. And it sounds like that's what you did. But what if you wouldn't have done that? How would How would you be reacting now?

Dr. Dana 05:35

Well, I think if I if I did not have the courage to do it by myself, I would have been really probably depressed more than anything, because it's been so meaningful to me. It's one of the funniest things I've ever done. In my professional life. And I never imagined as an old guy, I would start a new career. It's been very fulfilling to me and been super fun. I mean, the some of the feedback that we've gotten from satisfied listeners is really amazing. Um, there's a woman that contacted us and said, pretty much we saved her life. Wow. And that only, you know, that's fairly bold.

Justine Hamilton 06:08

Yeah. But tell me what was that about?

Dr. Dana 06:11

Well, she was experiencing one of the darkest moments in her. Her life, her husband was trying to take her kids away from her. She had used all the money she had trying to come up against a very narcissistic husband, who was wanting to punish her, they were getting a divorce. And she thought she was going to have to surrender her kids. And she was very, very low. And she said, just by some weird coincidence, she went on to Instagram, and saw a post of a previous episode we did with a fella by the name of Darren Stockton, who talked about saving his daughter from his from the daughter's mom who was actually basically trying to kill her. And so that episode, she listened to the episode and she found it so inspiring. That despite the fact that he spent hundreds of 1000s of dollars trying to save her and pretty much mess his life up in almost every way possible, because it was so expensive and time consuming, that she decided she was going to keep fighting. And the next day she went to court. And right before the trial started, Her lawyer said to her, you know, I made a decision over the over the last night that I'm willing to take care of you for free. Wow, just that a coincidence. Crazy. So somehow the energy of her wanting to keep fighting, yeah, influence her attorney to be willing to work for free, because the attorney told her that she just could not allow her husband, her ex husband to get away with what he was trying to get away with.

Justine Hamilton 07:45

And she just found the podcast just randomly. Yeah, wow, wasn't a devoted listener, anything just that popped out should never

Dr. Dana 07:52

just somehow it just showed up on her Instagram. That's cool feed in some way and made a big difference in her life. Yeah. And we've gotten lots of other feedback of people that, you know, there's a fellow I know who listens to the podcast, sometimes two or three times. And he's not somebody who's ever done therapy before. I don't think he ever necessarily will. But he's told me that he gets an enormous amount of inspiration from listen to what we have dismissed free

Justine Hamilton 08:19

therapy, you're gonna put yourself out of business?

Dr. Dana 08:21

Yes. Well, you know, it's funny that you mentioned that. Because when I first started the podcast, and one of my clients, listened to it. And he came in the following week, and this fellow's got a great sense of humor. And he said to me, I want my money back. So what what are you talking about? He said, Well, you're giving all this stuff away for free. Now, I want my money back.

Justine Hamilton 08:40

I mean, it's it comes out weekly. It's a weekly session. So do you do you think that your courage moving forward is from stories like this? Like, what? Where did you get this courage to keep moving forward without your wing man?

Dr. Dana 08:55

Well, a couple things occurred to me, number one, who am I to encourage people to face their fears, and do it gracefully if I'm not willing to do the same thing? So part of it was reminding myself that courage is really important. And that I was really afraid when I started the podcasts that I would not be able to do it. I never done anything like this before. And you know, after two or three episodes, I felt Oh, this is not so hard. I can do this, for sure. Yeah. And yeah, I was relying on Tim, because I thought we had great chemistry and banter and all that. Yeah. But that doesn't mean I can't do it by myself. Right.

Justine Hamilton 09:34

And why do you think he didn't talk to you? Why do we do that? Were we?

Dr. Dana 09:41

Well, you know, it's a bit of a mystery to me, because you know, it's really hard for me to answer that question. I know that nothing happens in a vacuum. So I don't know if I'm a hard person to talk to about difficult things that might involve me to order relationship. I really don't know why. I'm assuming it was because he was not comfortable. Or maybe he just made the decision, suddenly, I'm not really sure to tell you the truth. I will say I miss him. And I wish that he didn't decide what he decided. Yeah. But I have no control over that, obviously, and then decided that, to wish him well, and I'm hoping that our friendship will continue to grow and develop and, and that, you know, just because we went separate ways professionally doesn't mean we have to go do that personally.

Justine Hamilton 10:32

Yeah. Do you think that will happen? Do you think that your friendship will change? You

Dr. Dana 10:36

know, I'm hoping I've reached out to him a bunch of times and not gotten much in response. And I don't know if it's just because he needed some time to kind of process but he's got a little bit disappeared off the radar. That's got to be hard. It is it makes me really sad. And it's, I wish that it wasn't this way. Yeah. No, I'm not gonna give up.

Justine Hamilton 10:59

Yeah, it's interesting. Um, we all do it, where if we have to, you know, make a tough decision or say something that maybe the other person doesn't want to hear? We don't we don't do it. And what is that? Do you think we're scared? We don't want to hurt someone else's feelings. We don't want to make a mad why? Why are we so reluctant as human beings to state the obvious? Why is it so hard for me to say no, when someone wants me to meet for dinner, and I don't want to go? Why can't I just say no?

Dr. Dana 11:30

Oh, I guess my guess would be that, that you don't want to disappoint the person that? No, you don't want them not to like you or to think badly of you.

Justine Hamilton 11:39

And I feel like people do that in varying degrees. Yeah, I think I do. Yeah. Where does that come from? Why is it hard for me to say no. And it's not hard for my husband to say no. I mean, do you care about what people think more than he does?

Dr. Dana 11:57

Not necessarily. So that's not the answer for the two of you. Yeah. Maybe he's not worried that he's going to disappoint people, if he says no, and that your concern maybe that they might be upset with you.

Justine Hamilton 12:11

So where does that come from? Like, why? Why am I more concerned about upsetting someone than he is?

Dr. Dana 12:18

My guess would be that you have more fear about maybe how other people see you or, or disappointing people, or whatever it is in your background that would cause you to feel like it's not okay. To say no. I think that that women are taught to feel ashamed of themselves for saying no. Whereas men are looked at as being strong if they say no. So I think there's an element of shame that's built into the, to the picture. There's a man who wrote a book called The Gift of fear. He's a guy that works as a safety consultant for famous people. And what kind of job is that? Well as it's a really intense job, because apparently, I didn't know this, but a lot of super famous people get preyed upon by predators. Oh, yeah. And so his job is to keep them safe. But he also has spent a great deal of time and wanting to help women feel safe in the face of predators. And he describes that a lot of sociopaths and I know this is way off the subject, but that they know exactly what to say to a woman to make her feel ashamed of saying no, and, and not wanting like that, he was talking about a woman, a woman that kept telling him this man, leave me alone, you know, I don't need help with my groceries up the stairs, you know? And the guy wouldn't take no for an answer. And he kept making the woman feel bad about not accepting his help, because he wanted to get in or rape her. And so this man spent his life trying to help them and understand that it's okay to say no, and that you have to say it in a very firm way and make sure that they you take really good care of yourself and do the best you can not to be manipulated by someone who's an expert of manipulation. And I And again, I know this is a little bit off the subject, but not entirely, because you're a kind woman, and why would you want to hurt someone? Yeah. And say no, could be hurtful. And, you know, like, most people in our generation women are taught. It's not necessarily okay to say no,

Justine Hamilton 14:29

that's probably that's probably a lot of it, I would say. But I also think there are kind women out there that it's a little bit less built in and it's easier for them to to say no, or, you know, to not be hurt by the way someone has made a decision that they don't like, right. And I think that probably just goes back to like everything in life childhood. Yeah, the Capitol see,

Dr. Dana 14:54

well, and also you're from the Midwest. Yeah. And I mean, I know that says a huge generalization. But, you know, from a general perspective, isn't the Midwest the place where kind people live in

Justine Hamilton 15:06

Iowa? Nice. Iowa. Nice.

Dr. Dana 15:10

So that's a part of it also, yeah, probably is being trained that, you know, it's good to be you're supposed to be a good girl and, and not upset people and all that sort of thing.

Justine Hamilton 15:21

Is there something? I mean, I know going forward that everything feels really good. If you could sort of turn back time on the way that happened with Kim, or the way the podcast has gone? Is there anything that you would change up to this point?

Dr. Dana 15:40

I don't think so. You know, I think that the biggest mistake that we all make is using our imagination to figure out the reasons why something happened. And usually, our imaginations, or at least mine, if I let it go, is going to be quite negative, and self critical, or critical of the other person, or both. And so everybody that I've told that I'm doing the podcast by myself has said to me, Well, why do you think that this happened? And my initial response is to say, well, I don't want to use my imagination, because I know that it's not likely to be correct, because it's going to be critical of me or him or both of us are? And I really don't know. And I don't want to speculate, because I think that that's the greatest way to cause more problems. Yeah. And engage in fear in a way that's not

Justine Hamilton 16:31

healthy. Yeah. Why are breakups so hard? Well, it hurts. I mean,

Dr. Dana 16:35

I can't tell you that I've always not hurt I felt initially, it really, really did feel to me, like, I mean, he didn't I don't have a romantic relationship, that we have very close, intimate relationship. And it felt like I wasn't good enough. That's the first, you know, feeling that I think comes into it. When somebody says it's me, not you. That really means it's you, not them. Yeah. That online, at least in our minds, I think we go there. So, you know, I did some soul searching. And I asked, you know, the people in my life asked my wife and my daughter who's the producer of the podcasts and has a very close relationship with Kim. Is there something that I didn't see that, you know, that was problematic that, you know, I must have done something or didn't do something that created this problem. And nobody could answer the question, because there was no real indication on any level that that there was a problem. Yeah. So it's kind of mysterious. And then I mean, even just the other day, my wife said to me, you know, why do you think that? Kim hasn't been in much touch with you and I? And I, initially, I was going to think, Well, I must have done something to offend them. And then I'm not going to go to my imagination and make it worse. So I'm trying to be as patient as I can, and I won't stop reaching out. Yeah. And

Justine Hamilton 17:57

how do you keep it out of your head, though?

Dana Saperstein 18:01

Well, I've done two interviews by myself. I've done two podcasts already. And they seem to go well. My daughter has edited them and gotten them ready for release in the next few weeks. And the people I interviewed, they seem fine. Right. And the interviews were fun and informative. And so because I've experienced, I've already experienced what I was afraid of. Yeah, the second one went even better than the first one because I realized I know how to do this. I can do

Justine Hamilton 18:34

this. Yes. Okay. So is that helping with the feelings around cam leaving? Sure, because I

Dr. Dana 18:39

realized that I don't need him. I want him but I don't need him. Yeah, that's a great position to be in. Yeah. Because I don't have to stop just because he's decided that life is going to take him to a different direction. Yeah. And I really wish him well, because I never would have started this without him. Right. So I'm eternally grateful for him to his willingness to join me in all of this and to get a move, and I feel sad that he doesn't want to do it anymore. Because our audience is slowly growing. We don't have a sponsor yet. But I don't care if I have to pay for this for the rest of my life. It's a public service, and it's not so much money that is taking food into my mouth or any of that sort of thing. Plus, I'm paying my daughter she's so that's not so bad. That's right. So I'll either give her the money or she'll.

Justine Hamilton 19:29

So let's what so why are you doing the podcast? Let's talk about that for a second. I know it's been on for a while, but maybe there's some new listeners. Why are you doing this podcast?

Dr. Dana 19:39

Well, I will say that it all started about five or six years ago when I had to quit surfing. Okay, yeah, I know that sounds hardly related. Surfing, right. Yeah. But having to stop surfing because of physical disabilities. Was probably The most painful thing I've ever faced in my life so far, you love surfing, it was more than a sport. For me it was a really deep spiritual connection and an incredible way to get high without drugs. Plus, I get to spend so much time with friends traveling and, and there's nothing that compares to sitting in the ocean on a sparkly day and feeling that feeling and getting good. I mean, it's just like the best thing that I could ever imagine. Yeah, so giving it up was devastating. Yes. And I'm still not over it. I don't know if I'll ever be over it. Because there are times when I feel so be rough that I can't serve. And so I spent a few years trying to figure out, Okay, I gotta find something, to lift my spirits on a on a sort of fun level. Because I really enjoy my job. And I really love what I'm doing. But it's not the same thing as surfing. It's not. It doesn't produce those kinds of endorphins. And, and that sort of a feeling. So. And for the longest time, people would say to me, why don't you write a book, you know, your ideas are really different. I've seen a ton of therapists and what you bring to the table is very different than anything I've ever experienced before. That's true, but I'm a lazy ass, basically. And I'll be the first one to admit it. Plus, I'm a really private person, I don't like being the center of attention, it really is a very uncomfortable for me. So I just thought, hey, you know, whatever, I'm not going to do it. And then after a certain period of time and being asked enough times to do it, I woke up one day and I

thought, Well, maybe if I start writing a book, I won't miss surfing as much. So really, it was a way of kind of channeling my energy. And so I you know, I mean, we've already talked about this on the podcast, but I called up Kim and said, hey, you know, we should do this together? He said, No. And I convinced him, we started having tons of fun. And then about a year later, I woke up one morning, and I just knew it was time to do a podcast. So I just had that feeling. Okay, let's do it. And I called them and I said, we're going to do this. And he said, No, we're not. And I said, Yes, we are. And then you know, we started doing it and was so much fun. And we just had the best time doing it. And and here we are 65 episodes or so later. Yeah. And it's as much fun as it ever has been, as far as I'm concerned. And I love when somebody says that I've never met before. And I have no idea who this person even is. Thank you so much. You've really helped me enormously. That just feels so good.

Justine Hamilton 22:35

So it went from surfing to the book to the podcast. Yeah. But the underlying theme is you helping people

Dr. Dana 22:42

Yes. Because, you know, if you think about it, it feels really good to give. At least it does for me, yes, way harder to receive than it is to guess. And I think unless you're a total narcissist, it's that most of us would way rather give than receive, right? Because when you're great, yeah, when you receive you have to face your own feelings of value. And when you give, it just feels good to give. Yeah, so I love that feeling. I love the feeling of you know, knowing or hoping that I'm helping someone that who I've never been met. And it just feels really good. To me, it feels it feels important. It is important. And, and I get lots of positive feedback saying that it is being helpful. So that's why I'm not concerned about the money part or the or the fame part because I'm not doing this for money or fame. I'm really sad that one of the things that Kim mentioned to me was that he talked to a podcast, marketing person, and that person was very negative. And it was almost like when a person goes into therapy and they get pathologized by the person that the by the therapist, right? This is wrong with you. And this is wrong with you. And and that's really how the person presented the information to Kim like this is wrong. This is wrong. It's not going to work. It's hopeless this that. And I thought to myself, Well, what I felt was fuck you asshole. If I can be kind marketer, right? Well, because he doesn't know what does he know, he knows, you know, his opinion. He knows his opinion. And he's welcome to his opinion. But I don't need somebody to tell me what's wrong. I need somebody to tell me how to make it better. Right. But he was very negative. At least that's what it sounded like. And I think it really discouraged.

Justine Hamilton 24:32

That happens, you know, you people get in your air and whether you want to listen to them or not even if you don't agree with them. Yeah, that's that little noise is always back there. Right. And depending on where you are in your position and how interested you are, that takes a bigger role or not. And you know, maybe that is part of what happened is Kim was having some reservations or something and that happened and here we are All right.

Dr. Dana 25:00

Well, and, look, I'm not going to say that this guy doesn't know what he's talking about, because I'm sure he's a successful podcast, marketing person, but it doesn't take into account miracles.

Justine Hamilton 25:12

Right? Well, and it doesn't take into account what you feel in your heart. Right? And that's the most important thing. And how can you helping someone be a bad thing? Unless you're doing really bad advice that problem? Well, yeah, that could be a problem. But how? And I do I want to talk about this for a second, too. You know, so many people told you to write a book or to do a podcast because your way was a little bit different. So can you just how is your way different than other therapists or other psychology podcasts?

Dr. Dana 25:47

Well, number one, again, I know we've talked about this a bunch, and I hope our listeners don't get too impatient with your listeners over and over again. But my notion is that people symptoms are a form of communication, not assigned a pathology. So when people come in to see me, oftentimes, they believe that because they have symptoms, that there's something wrong with them, and they feel ashamed of themselves. And they say to me, I'm not happy, I'm never happy and blah, blah, blah, about about all of the symptoms that they have, in my mind, okay, I understand you have symptoms, but your symptoms are trying to tell me something, yes, that's really important about who you are. So we can either focus on the symptoms and try to help them get better, and then new ones will appear. Yeah, because you're not taking care of what the underlying problem is. Or you can take a look a little bit deeper within yourself, and understand that you developed your symptoms as a way of trying to cope with really deep feelings of sadness and of trauma and of feeling like a failure, all kinds of different, really strong underlying feelings, create symptoms. So my notion is that, okay, we're going to do the best we can to help your symptoms slowly go away. And usually your symptoms will take care of themselves when you deal with the underlying problem

Justine Hamilton 27:03

that's underneath. But a lot of therapists will just pay attention to the symptoms.

Dr. Dana 27:09

That's what we're taught in school. I mean, in my educational process, I was taught that I'm supposed to diagnose a person and come up with a treatment plan.

Justine Hamilton 27:20

So if I came to you, and I said, I feel I feel worthless, I feel like I can't do anything, right, I can't get anything done. I feel terrible about myself, what would a typical therapist tell me

Dr. Dana 27:34

that you're probably suffering from depression and low self esteem and that, and that, you know, we have to do some cognitive behavioral therapy to help you change the way you think,

Justine Hamilton 27:44

and Prozac and I would need some medicine, right? Well, and

Dr. Dana 27:47

I'm not against medicine, necessarily, because I do believe that I've seen miracles happen with proper use of medication. The biggest problem I see is that people just rely on the medicine and don't do any therapy. So it works sort of, but not as well as it could. Yeah. But if you came in, you said, to me that you know that you're feeling terrible about yourself, the initial part of what I would hope to ask you to consider is that there's nothing necessarily wrong with you. It's what happened to you, and what didn't happen for you, that has created the feelings that you have about yourself. Because there's so much emotional neglect, and overt abuse that happens to people. Even in situations where, you know, someone might say to me, Well, I never was ever beaten as a child. And I was, you know, loved me, my parents loved me and all that. And my response is, Well, I'm not trying to vilify your parents. But you know, you're either I wouldn't say maybe exactly this, but you're either batshit crazy, which I don't believe, or maybe you're not looking at it in a way to give yourself permission to understand that you were probably emotionally neglected by people who've meant really well, but didn't know any better. And so slowly, the person has comes to realize that that is, what happened to them, and what didn't happen for them there really has created their misery and the symptoms that have come out of that.

Justine Hamilton 29:11

Oh, isn't that Oprah's book? It happened to you, too. Doesn't she have a book out?

Dr. Dana 29:16

I think so. I haven't read it. Yet. Yeah,

Justine Hamilton 29:18

I started to read it. And I mean,

Dr. Dana 29:20

I don't think that these are like, original concepts that come straight from me. It's just that I don't I mean, how would it help you if I agreed with you that you're broken in some way or it's just going to make you feel bad about yourself, it's not going to help you feel any better. I'd rather give you some hope that if we can heal some of what's going on inside of you. Maybe you'll feel better. Yeah. But the other part of this and we've done a whole podcast on this topic is that people say to me all the time, I just want to be happy. That's one of the most frequent things that I hear from people when they come in is that I'm not happy and I just want to be happy and My response to that is, well, I can't help you because there's no such thing as being happy. And people are quite stunned by that concept that you can't be happy. Well, you can't be a feeling. You can feel a feeling but you can't be a feeling

Justine Hamilton 30:12

you want him to say, I want to feel happy. Well,

Dr. Dana 30:15

not just that. But it's, it's it's such a setup for a disappointing life. If you think that you can walk around being happy. Well, okay, I feel happy. Yes, but you feel happy because you create joyful experiences for yourself? Yes. And generally speaking, you have an optimistic outlook on life. True, which is a way of approaching reality that's going to help you feel a sense of joy. But it's not because you're being

happy. It's because you're feeling the way that you live in the world, and the experiences that you create for yourself.

Justine Hamilton 30:48

So do you think there are people out there that are either optimistic about life, and that helps them feel more joy and feel happiness? And absolutely, but then there are people that are just more pessimistic?

Dr. Dana 31:01

Well, I think that that optimism and pessimism have to do with how much fear that you walk around with,

Justine Hamilton 31:07

really, yeah, Explain that? Well, because

Dr. Dana 31:11

people take their fear, and they turn it into aggression. And they re either reject themselves, or the world around them, or both. And so if you're walking around feeling really scared and vulnerable, then you're going to paint really negative pictures of the world around you. And you're going to feel pretty miserable most of the time, because you don't feel safe. There's not enough love in your life. And you feel really vulnerable, and you don't know how to create safety for yourself. That kind of fear is going to turn into aggression, as it always does. Because most people are not, are not willing to walk around saying God, I feel so vulnerable right now. I don't feel safe.

Justine Hamilton 31:48

Who says that's too vulnerable?

Dr. Dana 31:51

Yeah, I mean, the less safe you feel, the less, the less vulnerable you're going to? You're going to be?

Justine Hamilton 31:58

So do you think people can change? Can a pessimistic person turn into an optimistic person without therapy?

Dr. Dana 32:07

I don't know about that without therapy part because it's really hard for people, number one, to recognize how much fear drives them without help, and without somebody pointing it out to them. And it's really hard for people to sort of acknowledge the fact that they turn their fear into aggression at the blink of an eye. What do you mean? Well, because most people can't stay with the fear and the pain. So we turn it into aggression, because aggression feels powerful, whereas those other feelings are quite vulnerable. Yeah. So and we are all taught and

Justine Hamilton 32:42

give an example of this. Sure. This is in my life. And this is something that I learned in hypnotherapy is, I have a habit of in my household. If people aren't really listening to me, I tend to raise my voice. And I

just thought, I'm like, Oh, I'm impatient. And I was listening. And I really learned that it's not so much. My impatience, it's more my being scared that, like, in my childhood, no one is listening to me. So I compensate by raising my voice and screaming. And once I learned that, I've, I don't, it's so strange. Like, I I don't do that anymore. I'm not saying it's never gonna happen again. But I've really noticed and I don't and I don't even know if it's, I'm conscious that I'm not doing that anymore. But now that I sort of understand that is where it came from. It's for the moment, let's not be crazy. It's kind of gone.

Dr. Dana 33:50

Well, and that's what I would expect, because you allowed yourself to feel how much it hurt, to feel invisible and to not be acknowledged, right? Because listening to somebody is an act of love. Right? So if you're not listened to you don't feel loved.

Justine Hamilton 34:04

Yeah. But I never thought about that. You know, I never, I didn't feel like oh, they're not listening to me, because they don't love me. They're not listening to me because they don't want to take out the garbage. They don't want to like pick up their stuff, you know, and it was like, it's easy to break it down to just brass tactics. But the reality is, it's like no, I'm getting upset because inside I feel like they don't they don't want to listen to me like I wasn't ever listened to. So it's, it's really interesting because you don't even understand all this stuff is happening in your body and in your cells and sticks around your entire life.

Dr. Dana 34:38

Well, that's why I have no fear of losing my job.

Justine Hamilton 34:43

You got people like me? Well, it's

Dr. Dana 34:45

not I mean, there's nothing wrong with you. This is this so normal for people to not understand that. That your symptoms are not a true reflection of who you are. They're usually a reaction to other deeper feelings and you're just describing it beautifully that I mean, once you realize the deeper feelings that were involved in, in your behavior, the behavior just goes away.

Justine Hamilton 35:05

Is that Is that typical?

Dr. Dana 35:07

I see it all the time.

Justine Hamilton 35:08

All the time. They don't even they don't even know that it how it's gone away. They just realize they're not doing that anymore. Well, I think that you figured out why. No, but I mean, but it's not. It's not even like, I'm really aware that it's still happening, or that it's not happening, right. I just, you know, I'm like, Oh, my gosh, I haven't raised my voice for the past four weeks.

Dr. Dana 35:31

Well, and I'm assuming that part of the reason for that is that you acknowledged what it is that you truly need to yourself. Yeah. And that it's not because you're a cranky,

Justine Hamilton 35:43

impatient, impatient.

35:46

It's that you're is that you're hurt and scared. Yes. And once you acknowledge that, and you're present yourself, it makes it a lot easier not to react so strongly to the, to the fear and the pain.

Justine Hamilton 35:57

Yeah. But again, that is doing the work. Yes. Right.

Dr. Dana 36:01

Yeah. Now, I'm really lucky, because I've had 8 million years of therapy. And so being broken up with this time was really different than maybe in the past, because I was able to process things were relatively quickly, going from being super scared to turning it into excitement. Yeah. How long did that take? Probably a week or so? Yeah. And I'm not over the pain of losing him. I don't mean to say that. I don't care. Right. It's just that I'm not locked into. What am I going to do? What am I going to do? How am I gonna you know, yes. All that. I decided I did exactly what I knew exactly what I needed to do. And I'm gonna keep doing it. Yeah.

Justine Hamilton 36:38

And you're excited. Yeah. So what what do you what do you what does it look like going forward?

Dr. Dana 36:44

Well, I just want to say one thing before I answer that question, and that's that I'm one of the one of the things that happens in my world, is that I get songs that are quite meaningful on a regular basis. Again, it may be delusional, but I believe that one of the ways that God communicates with me is with through music. And so as soon as this happened, incessantly, inside my head, I started hearing the lyrics. I get knocked down, but I get up again, you're never going to keep me down. There was a famous song from I don't know, the 90s or whatever, was inspired someone hit wonder group that I don't know if you remember that song. By rumble lumber or somebody like that. I just love the song. Okay, so that song just started playing incessantly and started playing just in the afternoon, I went downstairs, I just started hearing Yeah, you're gonna get knocked down your life. But you're the kind of guy that gets up again, and you're never gonna let anything hold you down. And

Justine Hamilton 37:44

has that ever been playing in your head before?

Dr. Dana 37:46

On occasion? Yeah, that in. Peter Gabriel has a song called Don't give up. And I get that song a lot. Especially Oh, yeah, in the face of how many physical problems I've had. Glad you're getting that one. Yes, that have scared me a lot. Because, you know, I've, sadly, not the easiest Potter to live in. But I'm constantly being reassured that, that I shouldn't give up and that there's hope and that I have to rely on my resourcefulness. And I have a lot of courage and people tell me all the time. How do you deal follows physical wrap that you deal with? And I just feel like I have. I'm not doing it alone. Number one. I've loved the family and friends and whatever that helped me along the way. Plus, I've have a really strong sort of feeling like I'm not quite done yet. Yes. I don't know when I will be but I don't feel like it right at this particular moment. Not that that's gonna keep me from dying. But it sure feels vital to my moving forward.

Justine Hamilton 38:46

And so when the the lyric start, and I started sort of that afternoon, yes. Do you? Do you note Do you notice right away? Or does it take like, I don't know,

Dr. Dana 38:55

I noticed right away because my wife says to me, would you stop humming that song? So you just start humming because I hum it all that I loud. And I think I'm sure I drove her completely. And so are you even aware that you're humming it? Not really? No. Yeah. I'm a very I'm a very musically untalented person. Like if I had to play music or sing, you would want to get as far away from it as possible, but have a band but I love music and I find it incredibly. I mean, it's funny that weird songs come into my head.

Justine Hamilton 39:26

So that's always happened to you. It has

39:29

I mean, I will say though, a week or so ago, I had a physical issue that really scared me. And the BG song stayin alive, started playing in my head. And I'm walking around singing Fiji's

Justine Hamilton 39:44

the PJs off,

39:47

but I'm walking around stayin alive, thinking to myself, what? Well, it's working. It's working. So even even God will use lyrics that I have, at least from musical groups that I don't like at all if it's gonna get the Mr.

Justine Hamilton 40:01

Maybe that's the plan.

Dr. Dana 40:02

Yeah. So I did get a little bit of inspiration from, you know, I get knocked down, but I get up again. Yeah. Is it still playing? Yeah, not all the time. But there's other songs that intersperse in between but but that one has been pretty active. Yeah. So it just helps me kind of feel like, okay. It's got to do it.

Justine Hamilton 40:21

Yeah. Well, don't give up. No, that's right. I mean, that's, you're listening to your intuition and the messaging and everything else. And being quiet for that. Yes. That's what we always have a hard time. Well,

Dr. Dana 40:31

I never don't even have to be quiet because I just start singing or humming bizarre lyrics

Justine Hamilton 40:36

might want you to be quiet. Yes. You

Dr. Dana 40:40

know, so your question.

Justine Hamilton 40:41

So going forward, let's talk about the podcast a little bit like what that looks like, you know, how you feel? Or like, what, what's the format? Like? Is there any anything major that's going to change?

Dr. Dana 40:54

Well, the biggest change, obviously, as a kid won't be heard. And you've been kind enough to come in today and fill in as a co host, which I really appreciate. And I've loved it all the times you've been willing to do that. So I know I've already asked you this. But I'm hoping that you'll continue to do that. Because I think it's fun.

Justine Hamilton 41:13

Yeah, we've got some good ones coming up. Absolutely.

Dr. Dana 41:18

There's another person I know who when I told him, he said, Will you let me come to be a coach? I said, sure. Yeah, that's great. So I'm going to do some episodes by myself, I'm going to do some episodes where I interview someone, I plan on having co hosts. And that's pretty much same as before. Can won't be there. Yeah. As I said, I've already done two episodes by myself. I decided that because I've not been as kind as I could be about my colleagues and the way they do therapy, that I should interview people, mental health professionals that I admire and respect. So luckily, there's enough of those around that I've already interviewed one of my dearest colleagues and, and his wife is also therapists. And I interviewed her about what about them being therapists and how they got to be there, and what it is that motivates them to do what they do and what their philosophy is on therapy. And, yeah, I think it's really useful information, if especially if you're thinking about doing therapy, and you've never done it before. That this is, these are the kinds of people you won't look for, right? I have been working on one of my dearest dearest friends that I've known for 50 years, who's an amazing therapist,

but she's super shy. So I've been bugging her to let me interview her because I think she would be amazing.

Justine Hamilton 42:36

So she's just shy to sort of, she's just

Dr. Dana 42:38

very shy to sort of talk in public. I'm going to be asking one or two psychiatrists to come and talk about, I want somebody to talk about ketamine therapy, and the other just to talk about what it's been like to be an adolescent psychiatrist, people I really admire. And I want to find somebody that's in training, to become a therapist to come on the show. So those are the first number of episodes. And then from there, I want to talk about depression and all the treatments for depression and anxiety. And what I really love is, I can get some feedback from the listening audience about topics they'd love for me to cover, and people that they might find inspirational. Yeah, I think that's very much open. So please, I'm going to put in a plug for to send me you know, whatever your request might be, or whatever comments that you might have, because I am very interested in keeping this going from now until, again, I fall out of my chair, would

Justine Hamilton 43:38

you be willing to do any more hypnotherapy sessions on the podcast? Oh,

Dr. Dana 43:43

absolutely. Are you voluntary?

Justine Hamilton 43:45

I'm not sure. I'm not sure maybe. Okay. But I think that if there's anyone out there, that would be interested, I found that really interesting, because you never know what happens in a session. Right? And you know, we've just seen it on the crazy television with the clock watching. And if people are open to it, and they wanted to do it, can you? Is that something that you could do over the phone? Or does it have to be in person?

Dr. Dana 44:08

Well, first of all, I would never do with somebody that I don't know really well. Okay. So that would be very irresponsible. Okay. So whenever somebody comes to see me for hypnotherapy specifically, I always tell them that I need to have at least a couple of visits with them to kind of get a feeling about number one, whether I think it's going to work or not. And whether that person I mean, I don't want anybody to be harmed by anything I do. So I have to get a feeling about where the person you know, what their, how robust, they are in the face of dealing with deep feelings, because, as you know, the main, you know, purpose of it is to help you deal with the feelings that get covered up by whatever experiences. Yes. So you have to be prepared. I mean, people have said to me that, and I tell them, you know, you could go through a period of time, where you feel very tender emotionally. And everybody goes, yeah, yeah, yeah. And then when it starts to happen, they go You didn't tell me he was going to be like this. Right? So it's it's a very effective but intense way of, of doing therapy. I'm also going to interview someone who's an expert in EMDR, which is another form of trauma. Treatment.

Yes. So whatever comes up, yeah, I have no doubt that all people will just show up or, and I'm always looking and reading.

Justine Hamilton 45:26

And so what do you think? Because there are podcasts at psychology podcast, there are websites that you can call in and get matched up with a therapist for \$30 or something. Right? Do you think that's helping the industry? Or in helping people? Or do you think it's hurting?

Dr. Dana 45:48

Oh, boy, that's a really tough question for me to answer because I don't listen to any psychology podcast necessarily. So I don't really know what they're saying. And I've never called therapy in a box. Organization,

Justine Hamilton 46:03

I think we should do that. Let's do that on a podcast. I was, I was in Trader Joe's a couple of weeks ago, and the cashier who was checking me out, was moving to Mexico, because he was becoming a licensed family and marriage counselor, whatever, LM ft, or what it's whatever it's called. And he was doing it because he could do it all online. And so he could live in Mexico where it's cheap. And just do it that way. Sure. He was my cashier at Trader Joe's, not that there's anything wrong with that. But you know, you've got some desperate person out there. And they call this guy who is how much experience has he had? And how do you know that's going to be helpful or not?

Dr. Dana 46:47

Oh, man, you're raising such a big question here, I have to say I'm very cynical when it comes to most of the people that get into the field that I'm in because you can be taught theory, and you can have a cookbook that you can turn to for techniques and all of that, yes, but I think people are either sort of born capable as therapists or not. Those kinds of people are not weeded out. Or there's no educational program that like specializes in highly sensitive people that are capable of becoming talented therapists. But I will say that I am always, or usually have somebody in my professional world that I'm training. Okay. So I try really hard to, to help people become therapists of I believe that they

Justine Hamilton 47:37

have what it takes. And that would be a highly sensitive person,

Dr. Dana 47:41

generally speaking, yes. Because my approach is to, to rely on your intuition and really develop a strong kind of spiritual connection so that you can be aided in helping people right. And that's not for everyone. Certainly. So I'm a little bit biased, but I figured that I can't say that help is better than no help. Right. Right. But I also know, you know, the people that I've worked with in training situations and interning. I'm very selective. And I think that a lot of them turn out in the beginning to be better therapists and people that have practiced for 20 or 30 years. Because I think it you know, that you have to have a certain talent. Yeah, there's a young woman I know now, who's 21, who has decided to become a therapist, and she's going to be amazing, amazing,

Justine Hamilton 48:31

because she's connected, highly sensitive, understanding what an

Dr. Dana 48:35

empath is, you know, right now she's working on her undergraduate degree and doing her own therapy, and she's going to be amazing. I can just feel it. And so that's exciting for me to be able to help people that I believe in. Now, I can't do that outside of the community I live in, right. But I think I'm sure there's got to be talented people everywhere. I'm just not I don't spend any time with colleagues. Yeah, yeah. So here, except for the people that I will interview on this podcast, because they're my friends also.

Justine Hamilton 49:08

Yes. Well, yeah, it's interesting. I am. I don't know. I really think we should call one of those one time.

Dr. Dana 49:17

I know what that reminds me of is that there's some there's two guys that do pranks on the radio camera. They just did some pretty funny things all day.

Justine Hamilton 49:27

Let's do it. I'll come up with some crazy problem I have

Dr. Dana 49:32

well, and I thought that your idea of interviewing adolescent women, yes, young women and social media and how it affects them was brilliant. Wow. So you and I are going to do that. We're gonna hopefully do more than one episode. Yeah, it's it's such a horrible malady.

Justine Hamilton 49:50

It's, it's terrible. It's terrible. happening.

Dr. Dana 49:53

Yeah. So I just figured that, um, you know, I'll just get ideas for Um, everybody who's interested? Yeah.

Justine Hamilton 50:01

Well, there's a lot of I think there's a lot of people out there that want to talk also. I mean, sometimes it's just, you know, we have someone coming on in two weeks, who's never really spoken about her history and her life. And I don't know, wow, no even to and she's pretty involved in the community, even to her boss. And I've said, you know, are you sure you want to do this? Are you sure you want to do this? You haven't really talked to anyone about just like, No, I'm ready to jump. Yeah. So that is so cool. It's so cool. It's so cool. It'll be it'll be a great interview. Yeah. So there's lots of great things coming up.

Dr. Dana 50:42

I don't think there's any shortage of topics to cover in a psychology podcast, or people or people. Yeah, um, I really enjoyed the last number of interviews that I've done. And I really enjoyed the ones that Kim and I did together. Yeah. So um,

Justine Hamilton 51:00

well, yeah, you're in it for the right reason. It's fun. It feels good. You're helping people, which is the most important thing. Yeah. And going forward, just it's just going to be more of that.

Dr. Dana 51:11

That's what I'm hoping. I mean, that's my goal is touch as many people's lives as I can. Yeah, well, that's, that's very noble, and help them get to a place hopefully, whether they can they can get some help if they need it. Or just be helped by listening to, you know, what we have to say, I am constantly sort of reminded that everybody needs love. Nobody's got enough of it. Right? Lots of lonely people in the world, so

Justine Hamilton 51:36

many lonely people. It's really very sad. It is really sad. And I it's just gotten worse.

Dr. Dana 51:42

Well, especially with those we were talking about a few minutes ago, social media separates media COVID doesn't bring people together.

Justine Hamilton 51:50

No. So I think going forward, it's just more of the good stuff. And I think what you're doing is great. And again, I think any listeners that are out there, send in your ideas, see if there's something that you want to talk about. Ears are all open.

Dr. Dana 52:06

And I also again, want to pay tribute to Kim for his involvement for the last year and a half or so. It's been a pleasure working with him, and I'm really gonna miss him. And I also want to give my daughter credit for teaching herself how to edit podcasts. And last and yeah, and had a you know, to be our social media person, because if you left that up to me, or Kim's probably way better than I was, but I am. But if you left it up to me, I still have a wooden computer. I'm in the dark ages, I got no technological ability at

Justine Hamilton 52:42

all. So well, we all have our strengths and weaknesses, right? Yes.

Dr. Dana 52:46

And it's so sweet to work with my daughter who is so she's so enthusiastic. And really happy that she and I are doing this together. That's so nice. So that feels really good. Also tender and daughter working together. I never imagined that that would happen in our lives. We've led very separate professional paths. And as soon as I asked her, she was so excited, because it's the best suite. And she said about Kim not being here also, but she said to me, you will we're gonna kill it. You and I are doing this together. Yes. And we're gonna move it forward. And she has been so kind and supportive.

Justine Hamilton 53:21

That's so nice. I know. It's, it's all gonna work out the way it's supposed to work out, as you know, that's what

Dr. Dana 53:27

I'm assuming. Yep. So again, Justin, thank you so much. Is there anything else you want to say before we finish today?

Justine Hamilton 53:35

No, no. I

Dr. Dana 53:37

just want to encourage everyone to contact me if they have any ideas or, or thoughts about the program. I'm very much open to criticism and compliments.

Justine Hamilton 53:49

He really is because I give him both.

Dr. Dana 53:53

My ego is not so fragile that I can't handle. So many say well, maybe. And again, both Kim and my daughter made so much fun of me for turning my head away from

Justine Hamilton 54:02

the microphone. I know you've done so much better. I know tapping my foot on the base of the microphone. Need to shut your phone off though.

Dr. Dana 54:08

I know. I forget that it's even in my pocket. So. So thank you, everyone. And next week, we will start or two weeks we'll start new interviews. Sounds great. Thank you. Yeah, thank

Justine Hamilton 54:23

you. Bye.

Fear Me Out 54:25

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