

# *Fear Me Out Podcast*

## **Episode 63**

Hosted by Clinical Psychologist - Dana P. Saperstein PhD.

*Guest Speaker*

**Jenny Schatzle - Trauma**

**Dr. Dana 00:00**

Welcome to the fermion podcast today we have a very special guest. Her name is Jenny Schatzle. She is a business owner, the owner of Bond Fitness in Santa Barbara. She's a motivational speaker and an author. In 2020, she published a book called breaking the cycle, free yourself from the story that's holding you back. The premise of this book is to help women giving up their lives to look a certain way and step into their personal power and confidence. She's a very enthusiastic person and really believes strongly in her mission in life, which is to help women Jenny speaks very candidly and openly about her healing journey as she was very, very fun to talk to. And I hope you guys enjoy this episode. 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 01:10**

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 here are your hosts Kim foskey and Dr. Dana Saperstein.

**Jenny Schatzle 01:32**

All right, so if you've ever taken a fitness class in this town or involved in fitness in this town, you know who our guest is as soon as she speaks her first words here. But the first question I'm going to offer Janny to you is a really softball question because as I was going through some of the information on your website is that you're a coffee expert, or a coffee lover. So the first question I'm going to ask you what is your favorite coffee place in Santa Barbara? Okay, well, that's a hard one. Because my friend Julia owns doon.

**Kim Fauskee 02:08**

I love Julia and Todd. Yes, they're

**Jenny Schatzle 02:10**

the best. So you know, I'm, I have five year old twins. I'm all about convenience in the quickest coffee shop. The nearest coffee shop just gonna be honest. I love them all. I mean, I know that's cheesy to say. But I love all the coffee in Santa Barbara.

**Justine Hamilton** 02:24

I bet you're gonna say McDonald's coffee.

**Kim Fauskee** 02:28

Well, McDonald's. McDonald's uses an 85 point coffee so it's not exactly back off. I'm not opposed

**Jenny Schatzle** 02:33

to it. Ya know? People say maybe she's born with it. Maybe it's caffeine.

**Kim Fauskee** 02:37

See, we're on to something. Instead of a psychology podcast. We'll just talk about coffee. Water before coffee,

**Dr. Dana** 02:43

Virgin. I've never had coffee. Never had coffee. I can't even stand water before

**Jenny Schatzle** 02:47

coffee though. Thank you, Justine for following my Instagram story. I was gonna say there's the fitness expert in you. Well, I'm a big promoter of Yes, I do that. Like every morning I showed my water before coffee. Oh, perfect.

**Kim Fauskee** 02:59

So is there a coffee drink? Go to though? Is it just black coffee? Okay, every now

**Jenny Schatzle** 03:05

and then I put a half and half just how I'm feeling. Okay, but I'm just like a black coffee drinker. Yeah, I keep it easy, quick and easy.

03:12

Alright, for those who don't recognize the voice, this is the this is Jenny shatel has graciously agreed to sit in the hot seat today. Besides being a fitness guru here in the town of Santa Barbara, Jenny is also an author, a book called breaking the cycle for yourself from the story that's holding you back. She's also a speaker, a motivator, a mentor. I don't know how many other adjectives or verbs I can get out, but you seem to be them all. So before I ask you to describe who Jenny shatel is and what your background is, I'm going to ask our esteemed co hostess Justine Hamilton, for her to describe you.

**Justine Hamilton** 03:58

Oh, wow.

**Jenny Schatzle** 03:59

Let's go Hi,

**Justine Hamilton** 04:00

love Jenny. I've known Jenny for a long time. I saw her working out in the gym 10 years ago, and I told my husband I was like, You need to go meet this girl, which you don't usually do. As when he started working out with there

**Kim Fauskee** 04:14

was a guy that has some interesting connotations to when you say oh, yeah, girl working out. You should meet her. You need to coming from your wife, I guess a different way.

**Justine Hamilton** 04:25

And we were devotees for a long time. And then I don't know like COVID happened. And then we've kind of switched it up and we go back now and then but Jenny is she she and I bond over our Midwest connection. She has a great sensibility. She is super authentic. She doesn't bullshit. She's very kind. She is super loyal. She's just a real good, honest, authentic person. And I haven't seen her in a while because she's got little kids and I've got the big kids. So our pas have Don't cross. But the second I see her, it's back to day one. She's just the real effing deal. And I love that about her.

**Jenny Schatzle** 05:07

Love you. That was like the nicest thing ever?

**Justine Hamilton** 05:09

Well, it's the truth ever.

**Dr. Dana** 05:11

So you can leave now it's all.

**Jenny Schatzle** 05:15

Me. That was great.

**Kim Fauskee** 05:15

We talked about coffee, and Jenny got her accolades. It's been great. So, so Jenny, if our listeners who don't know you from Santa Barbara, and 41 other countries that listen to this podcast, obviously, you have a public and personal persona, that that's out there that people see you on social media and know you from working out. So how would you describe yourself?

**Jenny Schatzle** 05:43

Wow, well, I mean, just, you know, it was awesome. I am a very authentic real person, that is kind of also a battle of society. I don't want to use the word fighting, but really like my Instagram, I'm really trying to show up as my authentic self. And my real self, you know, no filters, none of this to kind of combat what's what the messaging and what most women are seeing on on Instagram. So I think that's just really, my personality that has flowed into my work is that I'm authentic, I'm loud, I'm real, I say it like it is, which a lot of times gets me in trouble.

**Kim Fauskee** 06:19

So you don't you don't have a bikini shot of yourself on on a swing and to lose,

**Jenny Schatzle 06:23**

I definitely do probably somewhere. I lived a very inauthentic life for a long time. And so I tried to be everything I should have been. And so it didn't get me to where I want to be. And so I'm sure that picture is out there somewhere. Yeah.

**Kim Fauskee 06:41**

I mean, that was a that's a good segue in the end of the transition that you were trying to be somebody that you weren't Yes. And if at some point you had an epiphany, and I don't know when that okay, this isn't working for me, I'm not getting where I want to go or where I think I need to go. And so I need to figure this out. So when did that happen for you?

**Jenny Schatzle 07:04**

You know, I think it's happened continually. As I'm sure you guys know, right? We're always growing, we're always evolving. Finish Line. Yeah. There's never a point we get to and we're like, Oh, I've made it now should always be growing. So it's happened many, many times in my life. But this last kind of turn, and I would say in the last five to eight years. So those for those people who don't know who I am, I have owned a gym in Santa Barbara. I've co owned it for 10 years. I grew up in the fitness industry. At 19 years old, I got my first job at Gold's Gym on Korea, and then evolved into a group fitness instructor, an independent trainer, and it's just kept going. And then 10 years ago, we opened our own facility. And I was an alcoholic. And I was like you said a fitness guru. So here I was, you know, Monday through Saturday, telling everybody how they should eat and work out to have a healthy lifestyle. And then I was blacked out drunk every single weekend. It evolved and got really bad where I was drinking at night. I was drinking in the morning. I was dieting, I was binging a lot. I was very all or nothing with everything with my food with alcohol. Were you were you a functioning

**Kim Fauskee 08:17**

alcoholic? So you could drink in the morning and go work out or work with clients and nobody could tell the difference? Or maybe they didn't didn't say anything?

**Jenny Schatzle 08:26**

Yeah, I think towards the end, people started to kind of like, you know, I wouldn't, I wouldn't drink and then go to work. Maybe I did that once or twice. Okay, maybe that didn't happen a couple days. But I think you know, I would be super hung over or and then people I think people and I would be really flaky, I would make up excuses of why I had to cancel a training appointment. It was very messy. But I'm very charismatic, and I'm a good bullshitter and I'm a good bullshitter we couldn't tell. I appreciate that shocker. Oh, I always say my kids will get away with nothing because I've done everything. And also you can't bullshit a bullshitter I you know, I could always just talk my way out of getting back into people's good graces. So even if I did screw up, I was able to get back. And so one thing I really realized was all of these things, even you know, the food aspect, the drinking, especially, it was all just to numb out I just I was so insecure and never thought I was good enough. And working in the fitness industry is hard. You tell people, you know you're a trainer, or you own a gym and they instantly look you up and down. And so constantly the message was like, Do I look good enough to be this role? Do I look, you know, my body was never thin enough. I was never toned enough because the story in my

head was that people were always judging my body based on what I did for a living. And then I did that to other people to be honest. We our whole program was about weighing people in giving restrictive diets doing before and afters, which was really great for business. But what I realized in the years of doing this is yeah, people would lose weight. But most of the time they couldn't keep it all long term because it was so restrictive and the workouts were so hard. And the other thing was, it truly didn't make them happy. And so I had this realization that you can lose all the weight in the world, if you don't like the person you see in the mirror, you're never really going to be happy, right? And so, you know, and just in to take it really far back. I'm originally from Minnesota, but I grew up also in this kind of all or nothing dieting. So my family, we would diet together, my mom and my sister, we would diet together, and we would binge together. Like every Sunday, I wrote this in my book, even when I talk about it brings back the feeling every Sunday, we would sit around, and it's how we bonded, like I loved doing this, we'd watch TV all day, we'd get all the foods we weren't supposed to eat, we call that, you know, as our cheat day. And it just really created this again, this like all or nothing. And so food to me was either good or bad. It was either healthy or unhealthy. And it is taken and I'm still on tingling that like it has taken me years because not only did I grow up with that messaging, and was involved in that, it was how we showed love and my family. It was how we bonded like we literally bonded by starting diets every single Monday, and we'd call each other and how you do in. Inevitably, they always ended in the binge. And then I went in the fitness fitness industry where that is really normal. So I thought that's just what, that's what you do. Yeah. And then having these realizations like, Oh, it's so much, you know, it's coming from my own insecurities. And,

**Kim Fauskee 11:26**

and so when did the alcohol start for you? Because like you said, said, you're masking and numbing out to the underlying cause? Yeah. So in, like you had eloquently described is that whole dieting and bingeing and eating thing you just thought was normal at that point until you got into the fitness industry. So when did the whole alcohol piece begin for you?

**Jenny Schatzle 11:50**

You know, I think it's always been a part of my life, my dad's an alcoholic. And I have which I'm trying to actually take this label away, but it it's, um, you'll probably help me with this and battling with it a little bit. I do feel like I'm a bit of an extreme person. I'm very, like all or nothing, which I'm working on. But you know, I had I think I wrote again, I wrote this in my book. I think it was eighth grade, I had my first drink and I it's a lot like coffee. Okay, so this is a good. So coffee. Now that I'm 4443 years old coffee, which I love so much. It's starting to hit my system a little different, right? Like, I can't drink as much coffee as they used to. I get it just I crashed so hard. And so I'm like, Okay, I'm listening to my body. And so everybody's like, why don't you drink? Just drink decaf? If you love coffee so much. I'm like, but I love the bar. Like that is the attitude, right? Like, I'm not chasing the copy of chasing them. But I feel Yeah. And I when I like something, I want to do it and to the point where I don't feel good. Like I will do it so much. And coffee is a really good example of what I'm going through right now. And so, alcohol, I just loved the buzz. And I loved that I felt I was able to be my authentic self when I drank because then I didn't care what other people thought. liquid courage, liquid courage. Yeah. And I was loud. And I was fun. And I was I was all the things that I actually am. But I just didn't care what people thought until the next day. And that's actually what really, you know, they say alcohol alcoholism is a progressive disease. And so for me, it was starting out as like the fun party girl, you know, everybody loved partying

with me. I always brought everybody together. And then in college, you know, I had no money, but I would always pick up the tab like, you know, it was just one of those. It just snowballed.

**Kim Fauskee 13:34**

And then it wasn't a party without Jenny.

**Jenny Schatzle 13:36**

Yeah, exactly. And everybody loved it. And but the aftermath, just it first started, like the aftermath was, you know, I would I would in college, it's acceptable to because the next day everybody wakes up hungover, you're, you know, you're laying on the couch. But as I got older and more into my career, I would actually then start like, completely shutting myself down. So I'd locked myself in my apartment for two days, I want to answer my phone, I tell everybody, I was sick. And I was literally binge eating, and just so shameful and so depressed over what I said or what I did. And it just I just called the alcohol blues, like my alcohol blues. As I got older, I kept getting worse and worse. And then that's out also actually how I started drinking in the morning, because then I would think like, oh, if I just had a drink, it would take that anxiety and that shame away. And so it just and then I was hiding it from everybody, too. So here I am again. You know, everybody thinks I'm this fun person. And I'm like this, this healthy guru and then yeah, I'm fun to go out with but nobody really saw the, the darker side of it the aftermath.

**Dr. Dana 14:39**

So what if it turns out that you have an inordinate need for stimulation, and that's not necessarily negative depending on how you stimulate yourself?

**Jenny Schatzle 14:49**

My heart just like

**Dr. Dana 14:51**

I'm really serious when I say that because I meet a lot of people who feel an enormous amount of shame about their genetic construction. And I think The need for stimulation is a genetic trait that we all inherit to varying degrees. Because I remember when my kids were little, my wife and I would take them to the beach, she would sit in the chair and read a book, as soon as I got there in the water out of the water, playing frisbee going for a walk, and we would spend the whole day there, and I wouldn't sit down for a second, and she would be relaxed for the whole time. And we were both completely satisfied at the end of the day. So who's doing a healthy way?

**Jenny Schatzle 15:27**

Can we just turn this into a therapy session? No, I have so many questions. No problem. Okay. Okay, so now that I am older and kind of, you know, I realized that a lot of this like I said in the beginning came from my own needing to be liked. Okay, this is a lot for my parent, my mom, like, I need to be liked. I want to be right I want people I really want people to like me. And so I over I was overcompensating and then like the the food and the alcohol and all the things stemmed, I believe from my insecurities. So I am somebody who loves this is where also the all or nothing like I, I love, I love playing in the water. I love being active with the kids, but then the other side of that I can crash really hard. Okay, so if I go to parties, like small talk, literally sucks the life out of me. Like, I mean, I can't tell

you my person, ah, like, you know, I go to a party. I'm like, I want to know you're an alcoholic. Somebody's cheated. Like, what? Give me your, you know, I want to talk about all the things.

**Dr. Dana** 16:25

So how come you're not a therapist, because I know, information every day. I didn't like going to school. Person, that's the whole story of my life. It's the best, right? This is where you get to do all day, I get the backstory all the time.

**Jenny Schatzle** 16:37

I want everybody's backstory asked a million questions. So I tend to, I can go like, I'm a person who loves stimulation, and I love people, and I love activity. But then on the other side, I really like being by myself, I need time away, I need time away from my kids, I need time away from my husband, like I will go and get I just two weeks ago, I went got a hotel room by myself for a night down lax, I was just like, I need 24 hours, I mom raged on my husband. And I was like, oh, it's because I haven't had any time to myself. And so I just lost it. And so I was like, I just need 24 hours to myself. So I met this extreme.

**Dr. Dana** 17:13

But that's just to regenerate your battery so that you can then return to your normal level of stimulation, which is super high. Yeah. So again, most people look at themselves and think there's something wrong with them, especially if they live a rather extreme life, which is what you're talking about. But what if it turns out that you need time to recharge your battery? Not because you burnt yourself out. But because you're a little bit tired, because you don't return to a sort of a medium way of doing things, you always return to the same place. Right. And I think we

**Justine Hamilton** 17:45

all need to come back to what our baseline is of hyper ACC of activeness. And you're smart enough to know that like, Okay, this is what's happening. I need to get away. But I think you come back and you're still here, where for me, I'm not here, I'm here. But I still have to get away and not talk and be quiet. So I don't think there's anything wrong with that. I think you're just aware of it. And I think that's amazing. Yeah. But we've always said like You're like dash as an adult. And Dash has this. I'm

**Jenny Schatzle** 18:16

obsessed with her son. I have I mean, both are kids, both your kids, but like even you saying it makes me like, I mean, I love that kid so much. Yes, I feel like I see a lot in him. myself. But I think also it's hard, which you know, you've been here, the stage of life with kids. It's just It's freaking hard because I don't feel like and my husband's a firefighter and he's gone a lot. But that like even if your husband is there, or your wife or whoever. It's just like you're just so constantly in it that you feel like there's not you can't take a lot of time. So it's hard.

**Justine Hamilton** 18:45

Yeah. Be happy that you have this high level of activity. That's true. You need it right now.

**Jenny Schatzle** 18:51

Yes, it's very true. And so.

**Dr. Dana** 18:53

So what about the notion that you have to be super careful about how you stimulate yourself rather than thinking that stimulation is the problem. Like if you know that you need a ton of it. Coffee would probably not be the healthiest thing to get involved with if you know what she wants out.

**Jenny Schatzle** 19:11

It's been nice talking to you.

**Kim Fauskee** 19:15

There's a lot of things I could get out of my person.

**Dr. Dana** 19:18

I just lost all

**Kim Fauskee** 19:21

everything. There's a lot of things I could give up in life. That wouldn't be one of them.

**Jenny Schatzle** 19:24

Okay, this is what I also always say, I've given up I feel like I've given up. It sounds negative. It's a positive like I don't I mean, yes, I miss alcohol because I'm like, oh, it'd be nice to just have a glass of wine. I missed that. But I don't like I know what it does to me. And so I don't, it's not like I'm 10 years in I'm feeling good on alcohol, but I always say I've given up so much. I can't give up coffee but I will say my whole thing now which is about like getting off the diet binge cycle and getting in alignment with yourself. And my body is literally telling me that Coffee, I gotta chill on the coffee.

**Dr. Dana** 20:01

Well, and again, the only time that we listen is when it's required. Yeah. When it gets to a point where you realize if you don't, then something really terrible is going to happen. I want to know how much coffee you're drinking.

**Jenny Schatzle** 20:15

Like, legitimately. I mean, this might not be alive. I met someone who drinks like 10 cups a day. That's crazy. I drink like probably for

**Justine Hamilton** 20:23

all through the day, or do you?

**Jenny Schatzle** 20:25

Yeah, trying to I was probably drinking for and then I got to the point where I was like, I gotta drink it before noon. Because you know, so we went down to three. So now I'm trying to be down to one so I'll pour like half a cup. And then I wait a little bit and then and so now I'm doing some things like I don't drink it first thing in the morning. I try to eat something and then so I'm I'm trying to maneuver this but yeah, my body I literally I crashed really hard to the point where my I like threw my back out and I went



to the chiropractor and he he said, like your mid back is your He said your nervous system is so out of whack. I'm like, Wait, my nervous system is so out of whack is physically hurting me. And he's like, yes, your this is your whole like you are in constant fight or flight. Yeah, that's where you're holding it. Right? You're holding all of this. And I'm like it is 100% The coffee. Yeah. So yes. And my whole thing now is listening to your body. And I say I was I'm like, my body's telling me and I'm not listening.

**Kim Fauskee 21:23**

We're gonna turn this into a coffee intervention.

**Justine Hamilton 21:26**

Apparently barely called you here.

**Kim Fauskee 21:29**

Jenny and I are gonna leave here coffee today?

**Justine Hamilton 21:34**

Well, I have a question. Yeah. And I know that do you feel like you've got sort of this extreme behavior, you know, where it's like super high stimulation, etc. Do you think that that's how you were how you were born? Sort of what Dana is saying, or do you was that sort of cultivated in your childhood? And, and the, the need for to being liked and to go down the path of like extra exercise, binging alcohol? Like, where did that initially come from? Do you know?

**Jenny Schatzle 22:08**

Well, I think it is my like, yeah, my need to be liked. And I like to be the center of attention. They feel like

**Justine Hamilton 22:16**

you've always been like that. When you were like, seven before you could drink or how Yes, yes.

**Jenny Schatzle 22:21**

My mom said I was always loud and energetic. And you know what I'm the I'm the youngest of three and big age gap. So my sister is 10 years older than I am. My brother is five years. And so my whole story is like I was the black sheep. I was the wild one. My sister was perfect. She did everything you were supposed to do. And so I created this whole story that, you know, I'm not as good as Terry and Terry thinks I'm wild and crazy. So I'm going to show her what wild and crazy is,

**Kim Fauskee 22:48**

you know, we're gonna go to the stream on that one. Yeah,

**Jenny Schatzle 22:50**

this is all persona I have, you know, creative, but it's yeah, I just I think I like yeah, like, I don't think that's a bad thing. But I do I like being the center of attention.

**Justine Hamilton 23:01**

But maybe that's where it started a little bit with the comparison to your sister. And then you just had to keep upping the volume combined with the fact that you're super high energy anyway.

**Jenny Schatzle 23:12**

100% Yeah. And you know, my dad wasn't, he is passed now, but he wasn't you, he wasn't the best dad. And like, a lot of my, a lot of the book talks about that. But I've done a lot of work on you know, forgiving him and he wasn't raised very well. And he didn't really know how to love So, but for a long time, that was a big part of my story, too, was you know, I just I needed constant male attention. And so even you know, growing up in college and being permitted promiscuous and things like that, it was just, I was always, like, if there was an attractive man at the party, I needed them to want me like I just always needed to be wanted. And I needed constant male attention and extreme toxic relationships, like horrible, horrible, horrible. But yeah, it was a big part of but when I was able to forgive my dad and realize, like, oh, this actually isn't his fault, like, his mom wasn't great. And it's just generational. And so,

**Dr. Dana 24:08**

you know, just in part of what you're talking about is the difference between fear as a motivator, and you're just the nature of who you are as a person. Because part of what you're describing is that you're just naturally a very energetic person. But then fear gets mixed in. And so it's like adding extra octane to the, to the gasoline to fuel you even further than maybe the natural way that you would be and that fear shows up in wanting to be liked and feeling really, you know, needing the attention and all that just based on feeling like you don't matter enough, and you got to figure out a way to get that. That's, that's not your nature that comes out of not being loved properly and being starving, and really just needing love. And again, we have a really easy way of pathologizing that and creating shame all around it because you look at yourself and think well Got, I was so unhealthy. And I did this, and I didn't do that, I don't know. But it's usually just a way of shaming yourself for being afraid and feeling super vulnerable. So part of what I try to ask people to consider is that maybe your symptoms are not a direct reflection of who you are. Maybe they're a direct reflection of the way that you were raised, or what didn't come to you. And what happened to you that shouldn't have, rather than thinking that there's something wrong with you for just being super high energy person. Yeah. So I think that your question is a really good one, because it's sort of a, it introduces a concept of how much fear is driving you in your life. And if you're super high energy person, you add fear to that, then you got a problem.

**Jenny Schatzle 25:41**

When I think the, you know, I like to say somebody wants a new level new devil. So every time you level yourself up, all your stuff comes up. And so I'm finding it like, you know, in the last couple years, I've made a change in my career. And I was still have the gym and still involved in the gym. But we've changed the way that we even go about doing business at the gym, which is amazing. It's all about acceptance, and no judgment. And it's just such a beautiful community. But even me going on now to do more motivational speaking and writing. I'm getting into doing online programs, teaching women how to break the cycle on negative body image. And it's amazing how much I feel paralyzed. Like, I feel like I'm starting over and it's the fear of like, I'm not gonna do this, right, who's gonna want to listen to me, you know, it's all of all of what you just said, all the fear of like, needing to be liked needing to be right, making sure it's successful. And I never thought of therapist once said to me, because I do not think I'm a perfectionist. I'm very like, here I am. You know, I'm, I'm messy. I'm, I've just seen your

closet. I'm like, all over the place. Like I'm an organized, I never text people back. Like, I'm just like, I'm all over the place. And so I'm always like, I'm the furthest person from a perfectionist. And a therapist, when told me once said to me, you're a perfectionist. And I was like, no, no, you got that wrong. And she's like, it's the reason you never follow through is because you're so scared, you're not going to do it, right. It's you know, like reading a book or starting a program or you start all these things, and then you don't finish them. And I was like, oh, down.

**Kim Fauskee 27:21**

So I see perfectionism a little bit differently. There's a difference between perfectionism in and high achievers, perfection, perfectionist, always see a finish line. High achievers always see it as a journey. Did you see as a perfectionist? Did you see the Fit constantly looking for a finish line?

**Jenny Schatzle 27:41**

You know, the gym. So like, we're talking about business, the gym, especially when the Jenny shots will program. I have an incredible business partner, Steven, he is just he's brilliant. The gym I felt grew so organically. And it was so fun. Like building the business was so fun. I and I'm so fortunate. Simi came into my life. And he's like, you know, he kind of did the business of it. And I got to just show up and be who I was. And it just, it grew without us even, like, bigger than we could have ever imagined. And so, you know, races oh my gosh, you've worked so hard. And that in the business is so successful. But I have to be honest, it was so fun. It never felt like even when we were you know, doing our best it never felt like it was it was that much work. And so when

**Justine Hamilton 28:28**

I don't know, like, and you never second guessed it?

**Jenny Schatzle 28:30**

Yeah, I mean, I think it's the competence of Steven was there and he built in, but I just believed in what we're doing and building the community. And it was, it was just fun. And so now things are a little different. Even like, you know, in town, there's we The gym is amazing. And we're still building that there's a lot more options now in town, if we're just talking gym wise. And so, we've actually brought on another partner which has been awesome. And so you know, even going into like motivational speaking and trying what I did so well at the gym to this is all the things I did at the gym. It just feels it just feels hard. Yeah, if I'm being honest, it feels hard and I'm promoting a message that is going against society now. Like it's really easy to sell weight loss. I'm just gonna be honest, it's really easy with

**Kim Fauskee 29:20**

so not taking the easy way. No, you're speaking your truth.

**Jenny Schatzle 29:23**

I'm speaking my truth and it's so hard and that I second guessed not my truth. But like, like it's just not as easy so it's like and I'm constantly fighting the message and so it's it's exhausting.

**Justine Hamilton 29:38**

Yeah, and your life is much fuller with husband and kids everything out

**Jenny Schatzle** 29:43

Yes, yes. When we're building the gym also, I was a lot younger and no kids and

**Kim Fauskee** 29:47

so what caused you to stop numbing yourself with alcohol?

**Jenny Schatzle** 29:52

You know, actually I went to I went to a seminar and of somebody I really respected and I just I had gotten to my breaking point.

**Kim Fauskee** 30:00

Did you know that you had a problem at that point it? Yeah, but

**Jenny Schatzle** 30:02

I never wanted to really admit it. You know, like I never I do I really do believe in everyone. I mean, your husband and Josiah and I have had this conversation. I think everybody takes like addiction and alcoholism and all the things, everybody's got their own spin on it. I do firmly believe I am an alcoholic. I, and I'm actually really like, it empowers me to say that. And so because for a long time, I did not want to admit that. And I saying I'm an alcoholic, it was my turning point. Like when I could say it out loud. And when I could admit it, that is when I really embraced it. How did how were you able to do that? So I went to and it was getting bad. Like I was just drinking more and more it it progressed to its worst point. And I was just I was I was miserable. And I went to we were starting the business. And actually there was a trainer doing this like business thing in San Diego. And anyway, I asked even it was the first time I'd ever I said, Can I go to this weekend seminar about business? I really respect this trainer ball. And he was like, Yeah, go. It was the first time I'd ever paid for anything like that. Anyway, so I went and during the whole weekend, it was so motivational, but then at the end, he said he was talking about trainers in particular, how they are a group of people a lot like artists or actors, or he said that, you know, here, there's a lot of people who present themselves as one way, but behind closed doors or another. So a lot of trainers will exactly what I was doing, saying, you know, eat this, do this. And then behind closed doors, they're doing drugs, and they're drinking and, and he said, in order to be a leader, you must be the example. And I wrote that down in order to be a leader, you must be the example. And I wrote 1011 12 And I haven't drank since.

**Kim Fauskee** 31:46

So you just stopped alcohol, cold turkey,

**Jenny Schatzle** 31:49

cold turkey. And then I and then I came home and I went on a run with my business partner, Steven. It was like six in the morning. And I said, I want to go for a run. And we're running up Korea, he was gonna make me cry. And I said, I'm an alcoholic. And he said, Finally, now we can move forward. So he knew in Oh, yeah, he's he knew he knew

**Kim Fauskee** 32:11

but didn't want to confront you. This was trying to continue to support you in some way.

**Jenny Schatzle 32:16**

Steven actually was we'd actually like business partner wise broke up a couple times, he like laughed. And he I will say this is a interesting story. And I think I wrote this in my book. But actually, when we first went into business together when I was, I think it turned 30. He said to me, this drinking thing is giving me some red flags. And so he said, I want you to quit drinking for six months. So I know you don't have a problem. Wow. And so he I like signed a contract, we did this whole thing. And Steven, somebody that I very much respect. And so and even my friends were like, you're never gonna be able to do it. People were not supportive

**Kim Fauskee 32:51**

was probably more so for them that we're gonna lose the life.

**Jenny Schatzle 32:56**

That's exactly what it was. Do those six months, I did not drink. But here's also what happened is. So I didn't actually know what else to do. So I didn't hang out with anybody. I only worked, I was really restrictive on my food, I worked out like a million times a day, because I didn't know what else to do. And so And actually, the business started taking off. And I was I just threw myself into work. And so, which was amazing. And it was really like the start of the business. But then after the six months, what I believe after that, because I didn't quit drinking for three years after that period. So it took me three years. But I believe after that is when the alcoholism really started to move up. Because looking back now, I didn't quit for myself, I quit for somebody else. And so then after the six months, and I was like, you know, everybody's complimenting my body, everybody's complimenting the work. And so now I'm like, oh my god, well, now, who am I? And what do I do? So the first thing I did was I had a drink. And then I just it just kept climbing and climbing

**Dr. Dana 34:02**

to Monterey. Give it back just briefly to the diet issue. Yeah, because I know there's a huge controversy about why diets don't work. Yeah. And in my experience, like if you go to a Weight Watchers meeting, as an example, I always ask people who do you think the most anxious people in the room are the people that are trying to lose weight or the people who have already lost weight.

**Jenny Schatzle 34:22**

People have lost weight because they're scared they're gonna gain it back.

**Dr. Dana 34:26**

It is the people that have lost weight, but not because they're scared they're going to gain it back is because in our world, we don't look at people with sexual interest if they're overweight. And so people that have traumatic backgrounds, oftentimes use food as a way of avoiding sexual intimacy and people being interested in them. So as soon as you start to lose weight as a man or a woman, people start looking at you with desire, and a reawakens any kind of trauma that you've ever had, especially sexual trauma, and so people cannot eat fast enough to Get back to a place where people stop looking stop looking at them with desire. And I've seen people just sort of shocked when they've come to realize,

people I see that have had sexual trauma realize why they've never been able to lose weight and keep it off. It's because they start getting terrified that people are seeing them in a healthy way. Like, oh my God, you look so great. That would sound really nice, but not if you're adverse to having people look at you with desire. Yeah, the first thing you're going to do is go back and do everything you can to make that desire go away. Because when you've been sexually abused, your body is not able to distinguish between healthy and unhealthy sexual interest. Yeah. So that's a huge thing that I've seen that gets in the way, with people and nobody ever talks about that sort of things are always just like, gotta find the right diet, and then it's going to work.

### **Jenny Schatzle 35:52**

Yeah, I'm not a big I don't think diets work. I think any kind of restriction leads to bingeing. And I think on that conversation is, this is why it's such a, you know, there's so many different angles to go on this, but I don't believe like obesity, it's, it's never about the food. Right? You know that right? And it's actually about shame. And so it's just like you were saying, but this is for anything, like somebody who lost a child, somebody who was abused somebody's like, the root of obesity is shame, right. And all we offer is you need to eat less and move more, right? We live in a very fat phobic society. And so people are labeled good as bad based on the way what size their body is. And as a society, we can accept that people can be naturally thin, but we cannot accept people can be naturally bigger. Right? And so I always say like, when you somebody's bingeing and overeating, you know, it's in again, you know, this, it's like, taking pills, watching porn, food drinking, it's all just, it's to numb out and when we're bingeing we're chasing a different feeling, right. And so the root of all of this is shame. So someone who is overweight, offering them a diet is like telling an alcoholic, they just need to stop drinking. And as a society, that's what we do, you have to get to the root of the issue, right? But we aren't willing to do spend that time because again, a lot of us were grown up. And I actually said this, I think I did a video a couple days ago, a lot of us and this is where I really have a hard time, especially with the wellness industry, the health industry, a lot of us grew up in the name of health, and we learned how to hate our bodies. We learned disordered eating, we learned that we are never good enough based on our size. And also like who made those rules for me to be 20 pounds lighter than I am now which I have been takes me out of living my life. Because I'm so food and body obsessed, I can't enjoy dinner with my family. I'm looking at a menu before I go anywhere, I put something on it, maybe I don't show up. Because I'm so concerned with what other people are thinking about my body. It literally takes you out of living your life. And we did this in the name of health. And the other problem is especially I talk a lot about when we when somebody does lose weight, and we do compliment them. If you want to take a step back and make it even bigger, it's like let's say, first of all, if anybody loses weight, usually for a reason, like a reunion, a wedding, a Gym Challenge, a, you know, office challenge, statistically, in five years, you will gain that weight back plus more. I mean, they've done huge size. Now the biggest loser, most all of those contestants mean one that's just not realistic. That's not how you live. But anyway, when we complement, especially in the schools for men and women, I will say women get the brunt of this though just in society, because we're expected to age differently than men. And so when we like if I say, oh my gosh, you look so thin. Because let's say you've lost weight for whatever. And then that person gains that weight back. And I see them in six months. So you're all that person is thinking is oh my gosh, they're gonna notice that there's so much shame there. They're gonna notice I've gained weight. They actually value what a person looks like. Because somebody's saying that to you tells them this is what I value in you. Right, right. And then I've taken this even a step further as women, I'll put

you on blast. You ready for this? And I'm ready as women we again, taking it back to the bonding. This is how we bond is over like talking about our bodies. Oh, my stomach so big. Oh, my thighs off my arms. Or it's it's I mean, we are literally I mean, I love you, gentlemen. We are the strongest humans on the planet. We can create life. And we as women have so many more powerful things to talk about, than the fact that we don't like the size of our thighs. But it's what we heard growing up and it's what we witnessed. We were at your house. This was years ago, you and your friend and I think it was picking up the girls I dropped him off at your house. And I don't know what we were talking we were talking about some I think Your friend was actually having issues with her daughter something was going on. And then you said, I'll never forget this. And you said, you said, Oh, nobody wants to see this year old body naked. First of all, your husband I'm sure wants to see that. I'm like, All right. And then your friend was like, oh, yeah, if you ever saw my stomach, and I was like, no, no, no, no, ladies, we're not doing this. We are not doing this. But this is this is normal conversation to women. We bond about what we don't like about ourselves. It's not okay. And so that is a conversation. I'm really trying to help them and change. Are you having success with that? I am, because people realize it. You know, a woman just texted me the other day, she said, I was on a group text. And my girlfriend was going to Mexico and said, I'm going to Mexico in a month. And, you know, I gotta wear a bikini. Oh, my God, it's been COVID blah, blah. And she said, All the girls started to, you know, oh, do this cleanse or do this diet or go here. And she said, I thought of you and I wrote, you should put on that bikini, looked down at your body and say, I get to go to Mexico. I live a good life. But we are literally missing out on our lives. Because I don't know somebody told us we were supposed to be a size.

**Justine Hamilton** 41:17

Well, it's so funny because in America, yes. It but you go to other countries, you go to South America, you go to Europe, and you see old women on the beaches, all shapes and sizes in the tiniest little bikinis, prance around, they could care less. I mean, this is all just America based. I feel like because

**Jenny Schatzle** 41:40

it is it is societal. I mean, it's think about even what we you know, body diversity. We don't we only see what we like. We're trying to look like 5% of women. Like those models that we look at. They don't even look like themselves. Right? And so we point to him for

**Kim Fauskee** 42:04

luckily, we're not on YouTube, at that point, right. You know, I got called out silently there.

**Dr. Dana** 42:12

I had this experience once I was in Fiji with my wife when we were in our mid 20s. And my wife is very tall, thin person. And we were sitting at the restaurant at the hotel. And she went to the bathroom and the waiter came up to me and he said, Is your wife dying? And I said, I said, What? He said, she's so thin, that she dying? And I said no, I actually think she's quite beautiful. And he said, Do not feed her. I said it's not my job to feed my wife. She's plenty plenty capable. He said, I think you'd think that your wife was dying or that you're lying. In his world if you're not a big woman, yeah, the robust you're looked at as being a really poor, you're not healthy, right? The bottom of the heap in their society. That's amazing. I was just so stunned. I said, Oh my god, I'm really glad I don't live here. I don't want people thinking my wife has died. Yeah, because you know, he wasn't a bad guy.

**Kim Fauskee** 43:12

He's concerned. He was worried. Just based on his culture. He wasn't, he was worried

**Dr. Dana** 43:17

I wasn't feeding my wife. And I just thought, wow, that was a weird Congress

**Jenny Schatzle** 43:21

is funny. Speaking up, this is this is the thing too, is like, there can be really unhealthy not that your wife is at all just a societal base, though. There is a lot of people that we a lot of women and men that we look at, and we think we want to be be like or look like got there because of one genetics plays a big role and what you look like I'm just gonna be honest, and a really unhealthy relationship with food and exercise. When I was my most thin, ripped. I mean, physically, I looked like I was in the best shape of my life was when I was the most insecure, I was the most obsessed. I was not in a good in a good space mentally. But I looked so amazing that that's every I mean, everybody fond over the way I looked.

**Dr. Dana** 44:09

So it's one thing that you say that women bond over their imperfections. But what I've noticed more than anything is that when women meet each other that are strangers. And I've been this is I'm not a woman. So obviously I wouldn't know this other than getting confirmation that the first thing that a woman does is look the other woman's breasts and they're there behind to measure them to see the competition. No, I didn't know

**Justine Hamilton** 44:33

you said that to me last week, too. I said I looked at their outfits.

**Kim Fauskee** 44:39

Well, there's certainly a sizing up.

**Dr. Dana** 44:40

I can't tell you how many women have said to me that I you know that I measure how big my breasts are compared to theirs. My butt is smaller than theirs to decide where I fit in the now maybe it's just superficial women that

**Jenny Schatzle** 44:53

I don't I'm not gonna agree with that. Okay, and I but but but I mean I just love the human body. So, I mean, you got nice boobs and like, I just love I yeah, I just I love human bodies. I will say but the bet on that is we, we there's no way we're not judgmental, right? Like, that's, that's not that's like we're judging somebody you know. But this is also what I try to teach women is the first one, the first thing we think, is what is ingrained in us. And the second thing we think, or the action we take after that is who we want to be. So if I'm judging a woman, I'm like, What the hell is she wearing? My second thought is, who the hell am I to care what she's wearing? Right? Like that judgment is the ingrained piece in me. But who I



want to be is, I don't care what she's wearing I, there's none of my business. Okay, the size of her boobs are none of my business.

**Dr. Dana** 45:51

But what about, I mean, I'm switching it over to men, for example, because the first thing that men do when they meet each other is to ask the other guy what he does for a living. Because that's how you measure in a certain way, it would be really rude for men to look at each other and try to figure

**Kim Fauskee** 46:06

out how they drop his jaw and drop your drawers.

**Dr. Dana** 46:09

I want to know if my penis is bigger or smaller than yours, right? You're sure you're growing, right? But instead, I want to find out what the person does. So I can measure myself. I don't use your stack your cash smaller than mine. Exactly. And so it's a way of trying to create safety in a certain way. Do I need to be threatened by this person? And in

**Jenny Schatzle** 46:29

my opinion, that's super, super superficial. Oh, of course, it is. Like, again, that's the ingrained thing. But the second thing is like, Oh, I'd like to know get to know who this person is. Who gives a shit if he's Richard.

**Dr. Dana** 46:41

Look, you're preaching to the choir. I hate when people ask me what I especially if you're a psychologist, because you can I can clear out a room like nobody's busy. Yeah, nobody wants to talk to me once I tell them what I do. Yeah, but mostly, people get away from me as fast as they can. So it doesn't really matter how big my wallet is, or whatever. Just tell them people that I might be able to read them in some way. makes them super nervous. So when you're trying to encourage women not to evaluate themselves on such a superficial level? What do you encourage them to evaluate themselves?

**Jenny Schatzle** 47:16

Well to be what are so many things, because you've got to do it some way to create safety, but it shouldn't be your weight. And what you look like, like what you look like, is the least interesting thing about you. Like the size of my body is not doesn't make me a good mom. It doesn't make me trustworthy, and loyal, and a good and a good wife.

**Dr. Dana** 47:35

But how many women do you know as an example that go deeper than just on the surface?

**Jenny Schatzle** 47:39

Well, that's the whole point is I'm trying to get past that critical mind and create awareness of like, you are more than what you look like. Okay. Okay. I mean, because for a lot of us, like I think acceptance is the antidote to shame. The opposite of shame, right? And as women, we're so shameful about our

bodies, because again, it's society. This is what you should look like, when this is literally only 5% of the population. And most of this, even this 5% Doesn't look like it right? You know, 97%, just as distinctly 97% of all diets fail. The diet industry is a billion dollar industry, they're not idiots, right? They're setting us up for failure, right? Because if we all loved ourself and exempted ourselves, they'd be out of business, right. And so when you can make women aware of this, and then my own thing is I want to help moms. So they break that generational cycle for their children, right? Like, we are just passing this message on. Your mom is not trying to be harmful. Your mom probably in a lot of ways is trying to protect you. But she this whole, like, the issue around, you know, what we look like? Is are worse is the wrong message. And it's a shame based message, right? Because anytime you gave, and this is the other thing, could you imagine is ever, as kids, especially like your body issues, your food issues come from your body issues. So as kids, if you were told, like, your body is going to just your entire life is going to change, you're gonna get bigger and smaller, and every evolution of our bodies change as women as men, our bodies change, but nobody ever says that. It says, This is what you're supposed to look like, this is what you're supposed to do to be healthy and successful. And a lot of us got that message that health equals thinness. Right. So in return that message is if we don't if I don't look like you than I am, I have no willpower. I have no discipline. I'm terrible. I'm a bad person. I'm bad for eating that. I'm bad for not going to the gym today. And we've just created a shame cycle that we've continued and it continues by the way that we speak to each other. And what are kids see and hear? Do you

**Justine Hamilton** 49:50

think it gets better as women get older in terms of the expectation or how much they give credence to that

**Jenny Schatzle** 50:02

Ah, I think it goes both ways. I think, you know, you do get into your 40s. And you're like, you realize, you know, you start caring a little bit less. You know, I actually can't say that I think it, I think one side, it gets better one side, it gets worse, gets,

**Justine Hamilton** 50:17

it gets worse in what way.

**Jenny Schatzle** 50:18

I mean, you know enough women that just I mean, let's be honest, you can have the I mean, I know this, I mean, I see this, you can be literally gorgeous, rich, have the car, have the house, have the kids, all the things, and you are literally miserable. You're drinking bottles of vodka every night, you can't stand your husband, you are just miserable. But on the outside, you look great. And that is what everybody's striving for. That actually isn't what everybody's striving for. Right. And so if you are that person who maybe you grew up with your mom, or your you know, your dad constantly commented on other people's bodies, that messaging goes into you. Your mom always needed everyone and everything to be perfect. Because she really what what we look like as a family, that messaging goes into you. And now whether you know it or not, you're passing that on to your children. So it is this and there's this difference between you know, I say like, it feels good to get dressed up and look good to do your makeup and your hair and feel good. But there's a difference between feeling good and needing other people to know, like needing other people to think you look good, right? Yeah. One is confidence.

One is needing validation. So where we can start doing things because we feel good. Like, I can't work out the way I used to 10 years ago, my body just doesn't function that way. Like this is we have to accept like, Okay, this is where I am. I've had two kids, my body looks a little different. Guess what? It's still amazing. Yep. So it's really shifting this conversation of, Oh, who am I right now and becoming accepting, the more we can accept our bodies, actually, the more we will treat it better. That's the thing, the conversation of health always comes up. Oh, but we have to be healthy. And I'm like, that your healthiest point is at your point of acceptance

**Kim Fauskee 52:04**

is the benchmark. Still, a woman wants to be thin, or be thought of as being thin because I would never go up to a woman and say, Boy, you're fat. And I would never go up to a woman and say, Boy, you're thin. Because I think they're both derogatory. Good, because I would say because I would say cut you're looking healthy. Is is what I would say. But but it's kind of a it's kind of a it's kind of contradictory, though, you know, in the sense of you want to be thin, but you don't want somebody to call you thin though. Because then But then because they're thinking well, now I look unhealthy.

**Jenny Schatzle 52:37**

Well, I think anybody comments just shouldn't like we shouldn't just be commenting on people's wouldn't come in anyway. Yeah. So it's just like, because again, you don't know like, so people do in times of stress, right? So people can eat or not eat. And a lot of people who don't eat and they're extremely stressful, and they've just lost a ton of weight. And they're like, going through a divorce. They're heartbroken. They're all these traumatic things. And everyone's like, Oh, my God, you look amazing. And they're like, really, because my life is falling apart, but you think I look good. Again, it puts value on what we look like, as opposed to like, what diet culture says that what we look like is more important than how we feel. And so if we can start focusing on how we feel, and let me tell you something, giving your friends compliments, like, your energy is radiating. I love being here with you. You're really good friend. That goes way further than men. You look thin.

**Justine Hamilton 53:30**

What do you think about the question always comes to my mind about how I feel like we go through patterns, right, like in I don't know, the turn of the century or whatever it was, like, you know, the more voluptuous women and that's who was getting painted and that's what all the art is about. And then we went through like the roaring 20s And it was all like super wavy, and then it was the bombshells with like the big boobs and like very curvy and then it was, you know, heroin chic. And then now it's like the Kardashians and like, I wouldn't say the Kardashians are thin Kardashians look, and they're not nothing. Plastic. They're not even,

**Kim Fauskee 54:10**

they're Barbie dolls.

**Jenny Schatzle 54:11**

So upsetting to me constructed Chris totally.

**Justine Hamilton 54:13**

But I'm just saying like, what we envision it looks good has changed over the last 150 years. So how do you how do we have that conversation where like, maybe in 10 years, two or 50 years, there's gonna be like, okay, voluptuous, big, big, big is in because it's a sign of like, healthy because I don't know the food. There's no food left to eat or whatever. And so if you're, if you're big, you're like eating a lot. And so that shows that you know, you're rich or whatever. So how do you have those conversations where it could just be based on it's a different look, based on every half century or something?

**Jenny Schatzle 54:56**

Well, that's just the thing. It's like it's it's the conversation of Why do I need to look like whatever is in, right? Like I always say, if we all worked out the same, and we all ate the same, we would still look different.

**Kim Fauskee 55:09**

Absolutely, yeah.

**Justine Hamilton 55:10**

So So that's not always thin.

**Jenny Schatzle 55:12**

Exactly. Like it's always changing. And that's why you can't it doesn't like, don't try to look like the Kardashians or the heroine she her like, just try to be comfortable in your body. Because truly, you know, it's like I Okay, so I have twins. And they're young, but same house, same parents, same everything. One is three inches taller. One is left hand one is right handed. One is super physically coordinated. One is like literally trips over herself. I mean, it's fascinating, right? I'm like, they're two totally different bodies. And I'm like, wow, yeah. If we could just talk about this more. You are born. You were born this way. Yeah. And so but we are chasing this thing. We got to stop chasing what we think is right. What is right is getting comfortable in your body is accepting the body you have some people are bigger up top. Some people are some people have big butts, big thighs for this structurally, that's just how they are like when you can accept that. And that's another thing that was talked about is we can all not all I can't say all sorry, I cannot speak for everyone. But a lot of us can look at pictures of ourselves years ago, right? This has ever happened. You pull a picture like oh my god, I look so good. You know, you're 20 years old, you're like, Oh, I wish I would have realized that then. And then you look at this picture where you look amazing. And then you think about that time and you're like, I never appreciate it. I didn't even see that I thought I was fat. That's proof right there that it's never about the body. It's about the mindset. And so we have to change our mindset around our bodies, around our internal messaging, if you if you don't if you're insecure, because just like I said, In the beginning, my body's insecurities came from one I was taught as the messaging I received as a kid that was getting fat is the worst thing that can happen to a woman. That was the messaging I internalized. And then I went into the fitness industry and so my all my insecurities were constantly based on when I met someone and told them what I did them judging my body. Yeah. And what other people think about your body? Can I swear, you're absolutely none of your fucking business. People who have body image issues, judge other bodies. People who don't care, don't care. That's the truth. So if anybody's gonna look at you and think you are wrong for the way that your body is, that's their shit.

**Justine Hamilton** 57:31

Right? And how are your mom and sister with with all of this?

**Jenny Schatzle** 57:36

My mom is like 100% on board. I got my mom into therapy. She is. She's 100% I

**Kim Fauskee** 57:41

can teach old dogs new tricks. Yes.

**Jenny Schatzle** 57:43

Oh, yes. It's it's difficult. And but we have a lot of this actually, this whole, like life change has really? Yeah, it's brought my mom and I really close. It's good. She's trying to do her work. My sister and I. We have we could we could show up for another show a whole other deal? Yes.

**Kim Fauskee** 58:06

So So Jenny in the we have a few minutes left here. And I know there's some other causes that are near and dear to your heart that I want you to be able to talk about in the last few minutes. So

**Jenny Schatzle** 58:16

can I just say you three are fabulous.

**Kim Fauskee** 58:18

Can when you can you three are fabulous, because they are here for another three hours. I'm still going to have to go pick up the kids will have you will have you back. I would love that. But like you said acknowledgement is key. Right. And so I appreciate you saying that. Thank you. But so anyway, you do have some other causes, also that you talk about that are near and dear to your heart. So I want you to please mention those as well. Oh, thank

**Jenny Schatzle** 58:40

you. I do. So yeah, I get also I'm part of Moms Demand Action, which is a big part. We're a grassroots organization that is fighting for gun legislation. And so it's been amazing. So if you're in Santa Barbara, I want to invite you to come to a meeting. We usually have them on the third Monday of every month, but you can message me I am on Instagram and I answer all my own DM so you can message me

**Kim Fauskee** 59:04

we'll put all that in the show notes as well on there is that a national organization or an organization was just founded here in Santa Barbara, it's

**Jenny Schatzle** 59:11

a national organization. It's quite big. We but we do have a local chapter in Santa Barbara. And we are we like to say mothers and others. It's a nonpartisan we, everybody we invite we have some gun owners that are in our group. Yeah, it's really it's diverse. It's amazing. We have great conversations. And so our big thing is common sense gun laws. But locally, we work really with the schools and really trying to like we have a whole Be Smart Campaign where we teach people about safe storage.

Because I don't know if people know but only 49. What does it think it's less than over half of gun owners safe? Less than half of gun owners safely store their guns? I hate to say that right? So we have an epidemic of if you didn't know guns are the number one killer have no children and teens since COVID. And a lot of that is because people leave their guns. accessible, accessible. Yes. And, you know, we aren't I personally don't like guns. i That's not my jam. But also I'm I'm very respectful of, and most of the gunners that gun owners that I've come in contact with are really on board with this are responsible gun owners. And they're really on board with this. But it is amazing that, yeah, we're just living in a really scary world. And so we're trying to fight the good fight. And it's in a very positive and respectful way. And so I invite anybody if you're even curious to come check it out.

**Kim Fauskee 1:00:40**

That's awesome. Yeah, I'm gonna give you give you the last word on breaking the cycle. And so people are sitting here and I'm sure they're mesmerized and wowed by what you just said over the last 60 minutes. But what what lasting message can you leave them about breaking the cycle?

**Jenny Schatzle 1:00:59**

Acceptance is the antidote to shame. And so I just want to help, I want to help women, not only change the conversation on body image and self worth, but really help all of us evolve out of this shame cycle and break it. So we're not passing it on. And I hope we get to continue this conversation because all three of you are amazing. So fun. We

**Dr. Dana 1:01:26**

really appreciate you coming in. Gray. Kind of

**Kim Fauskee 1:01:29**

beautifully said Jenny, thanks for being here. Appreciate it. Thanks. We'll have you. We'll have you back because there's much more to talk about.

**Jenny Schatzle 1:01:35**

I would love it. All right.

**Fear Me Out 1:01:37**

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