

Fear Me Out Podcast

Episode 60

Hosted by Clinical Psychologist - Dana P. Saperstein PhD.

Dr. Dana Saperstein – Hypnotherapy – Running toward Fear

Dr. Dana 00:11

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

Fear Me Out 00:30

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

Kim Fauskee 00:51

All right, so our listeners have heard a hypnotherapy session that involves myself and you Dr. Dana. And so we thought, because I'm struggling, this is Kim speaking at the moment, we thought that we would provide you this week with an actual talk therapy session. So Dr. Dana has agreed this afternoon to do a therapy session with me. And hopefully, not only will I but you the listening audience will get something out of this as well, because we talked about on the podcast before Dr. Dana has a very distinctive style of how he does therapy. And I think this will be eye opening for our listening audience and hopefully helpful to me as well, which I actually know will be helpful for me because things seem to be getting worse for me and not better. So here you go.

Dr. Dana 02:03

I'm just going to say a few words before we get started. My approach is very spontaneous, I don't have an idea necessarily of what we're going to talk about. Usually when I greet somebody that is coming in for a visit. My obvious first question is, you know, ask you how you're doing. So that's how I'd like to start our visit here today. Kim is just for me to kind of get an idea of what's happening with you. Now, I will say that internally. As soon as I set my eyes on you, I do an intuitive sort of read on what your energy feels like to me and how you seem and I can tell that you're not okay. You don't look like your regular self. You seem actually quite sad to me just looking at you. And so that's how I started off as just by checking in with what you feel like to me, at the same time that you're describing to me. What's going on with you?

Kim Fauskee 03:07

Yeah, I appreciate that you picked up on it. Sometimes you can't hide that stuff. I try to be a good actor. I've done a good job throughout my life of trying to hide my feelings from others and acting like nothing is bothering me. But I've learned, you know, through the therapy that I've had the hypnotherapy I've had

and all the other amalgamations that I've I've kind of gone through in kind of understanding myself and finding myself from within and everything well, so we've talked about on this podcast that, that I can't hide from the truth anymore. And so when I'm feeling bad and I'm feeling bad, and I think now that I understand myself better, that feeling is more accentuated. If that makes sense to you.

Dr. Dana 04:00

I would absolutely expect that. When you give yourself permission to really feel the depth of your feelings, certainly as an empath, it's going to be much stronger than it would be for the average person and plus, I know you well enough to know that your face shows musculature changes when you're not feeling okay. And your eyes change significantly. You just don't have that normal vitality and, and, and sort of like a sparkle in your eyes. It's not there right now. Right? And I know that you know, our listening audience can't see but I'm going to describe the idea that you again are not going to quit your day job to become an actor because your feelings are written all over your body and especially your face in your eyes. So was my reading correct that you're experiencing some sadness? Yeah, I

Kim Fauskee 04:56

think it's definitely sad now. As I've had an increased level of anxiety over the last couple of weeks that it's created some level of insomnia and then just general unease throughout the day, it's not something that that at least I feel the anxiety portion of it doesn't need to be medicated, and I'm talking about is either prescription medication or, you know, cannabis or any other thing that's potentially used for the love anxiety, it's manageable, but it's constantly there. Okay, it's not affecting, I mean, it's affecting obviously my mood, and somewhat of my well being, but it isn't affecting my day to day ability to function.

Dr. Dana 05:48

You and I have talked at length about the idea that when you feel anxious, it's usually because you're not feeling safe. And I'm just kind of curious if anything's happened lately, that has kind of caused you to feel unsafe in the world, maybe feeling of being out of control, or or have you had any experiences that have left you feeling kind of demoralized or, or defeated in some way.

Kim Fauskee 06:16

You know, I'm gonna, I'm gonna go back in six or seven months. And if you've listened to the podcast for a while, I think people have either heard the episode or at least heard me talking about doing a psychedelic journey. And I was at a pretty good place throughout 2022, and hadn't really experienced any symptoms of anxiety, depression, feeling bad about myself, low self worth, or any of that. And again, I did the psychedelic journey, just as a continuation of my healing process. And I think, post that psychedelic journey for a number of months, even up in till, probably mid December through the holidays, I was feeling really good about myself, I was thinking, Well, you know, everything they say about psychedelics and changing patterns, and and really being able to bring myself back to center quicker than I ever have before happened. I was feeling more, more centered, more confident, feeling really good, really, through the holidays. And you and I joked on the podcast, before that we were actually going to do a holiday episode, but we decided not to because we were both very negative about the holidays, especially the winter holidays. So usually the winter holidays I don't look forward to and usually that is a time of depression for me, or were some level of lower self worth, or just, you

know, kind of more negative feelings. And actually, I had a better than average holiday season this year for no other reason, then I was feeling good about everything. And I don't know if it was, you know, thinking about not feeling well, or the anticipation of not feeling well during the holidays, and then I was really busy during the holidays, and then things kind of calmed down a little bit. That especially as an empath, when I got overstimulated, then I definitely need to have that downtime, and that alone time to kind of recharge and, and get back into the world. I think a number of things happened. Not one in particular, that there was a lot of people needing me, for lack of a better term. And I know we've also talked about this on the podcast, and I've continually done work about that. Not taking on other people's emotions. And I don't think I've done a good job with that the last number of weeks. And I think it's starting to take a toll on me.

Dr. Dana 09:04

So who do you feel has sort of gotten to you in a way where you've taken on their pain or somehow absorbed energy from them that is not in your best interest?

Kim Fauskee 09:16

I think it's I mean, it's mostly been family members of mine or an ex family member of mine. That's needed help. And again, for people that either know me or have or have listened to me through 60 some odd episodes on this thing. I have a hard time saying that now. And I have a hard time letting people down or feeling that I let people down.

Dr. Dana 09:42

Okay. So as soon as you say that, it seems as though it brings up a lot of feelings of despair. Yeah, it does. So who is it that you're feeling maybe guilty or responsible for that you that you wish that you didn't I guess for lack of a better way of putting

Kim Fauskee 09:59

it I can't I think it just goes back, I think it goes back to, you know, you know this because we talked about this, I mean, it's, you know, my ex wife is needing some stuff right now. And she's asking me to help provide that for her. I've, you know, in again, nothing. Because as a parent you want to provide for your children and I found my older daughter has some medical needs that I've had to pay out of pocket for her and kind of help walk her through the process, because she had a lot of anxiety going into it. And she had surgery this past week, and it was very sick, it was successful for her. So we got her around the corner. And you know, I've had some dealings with my, my youngest daughter, where a drunk driver totaled her car, and in dealing on those things, you know, we've had some technical issues with our podcast recently, and trying to recover some really good episodes that we did. And I know you and I have both been frustrated about that process and trying to recover those and figuring out if we're going to retake those and, and I think it's, it just seems to be what I've talked about before the stacking of events. And in the mean, in the big picture, most of these are a really big deal. To me, but again, I am a person that takes all of this personally. Okay, you know, because I mean, none of them, these are life and death things. Most of them, you know, some of the ones I can say no to other things, like I said, I'm willing to help my, my children out, especially when they when they need help, you know, the podcast thing, it's going to work itself out, we'll do other episodes, we'll redo them. It's not, it's not a big deal. It's it was only time, you know, but I think when stuff happens sequentially, in a consistent

manner, it just begins to stack up. And I think also, you know, like, I'm, you know, being a poor sap here, but you know, in my quest to find that right life partner, and that constant dating thing. That's a downer for me, because, you know, finding that right person, and then you was dating somebody for a couple of months there. And it seemed like it had potential and the right Ian had the right, shared philosophies on life and, and I got along really well. And then it became a scheduling problem. Because that person, you know, didn't live in the same town that I did. And then it just got to be a hassle of trying to schedule stuff. And then her work schedule and her travel schedule, and my kids schedule and my kids sports schedules and things like that. And it's like, Oh, my God, I just can't I can't I can't do it. It's not flowing right now. Okay,

Dr. Dana 13:07

do you mind if I just interrupt briefly and ask you a few questions? Yes. Um, my observation when you went through your journey was that you connected really deeply with God on a spiritual level. That's the other thing I want to mention. And what it seemed like to me is that, through that experience, that you began to feel hopeful, in a way that I haven't seen you feel hopeful in a really long time. And it actually enthusiastically hopeful that experience seemed to touch something in you that that really struck a chord that, you know, maybe that person that you're looking for, maybe that feeling of loneliness, and and that need for companionship was finally going to be met. And then you had a bunch of dreams after the journey that reinforced your connection. And it seemed like that kind of kept you hopeful and going and enthusiastic, all that sort of thing. And then we did the hypno therapy session, where you got in touch with some very deep feelings of pain, and then being adopted and all that. And all of that seems to buoy you in a way that gave you hope. It seems like the accumulation of all this stuff has sort of taken the wind out of your sails and drained your feelings of being hopeful, and kind of put you back in that old feeling of being a helpless little kid who no matter how hard he tries, love and connection remains elusive. And if that's not a reason to be really sad and scared, I can't think of any more profound reason than that. So I'm just wondering if underneath the things that you call small hairs that there's sort of a bigger feeling of exasperation like me? And what do I have to do to, you know, to have somebody take care of me for a change?

Kim Fauskee 15:06

I think I mean, you hit the nail on the head. I mean, it's it's a symptom. I mean, these are symptoms of the bigger issue with me. Right. And I was hopeful when I talked about a few minutes ago was that the LSD, or the psychedelic journey that I was on was going to, hopefully, tend to break that familiar pattern. We did the hypnosis hypnotherapy session a couple months ago, and it brought up something that I didn't even know was existing inside of me that that fear of abandonment, and it was pretty significant. which was surprising to me. So you're right. I mean, I, there was a couple of things that, you know, I was thinking about in the last couple of weeks, and when you talked about this, you know, the psychedelic journey and some of the post dreams from that. I had a dream and I told you this a couple days ago, I had a dream over the past weekend that I was in an elevator and the elevator was dropping down many floors, and it wasn't that feeling of falling. You know, it was a little bit of that feeling of falling, but I was seeing serpents in the elevator. And it was kind of weird, because it was like, my friends that have done the Ayahuasca type journeys and stuff like that talk about and I've never, I've never done that before. But I started seeing the serpents and stuff. And in my head, I'm like, Oh, you're right. I am. I am crazy. And I finally figured it out. I'm crazy. And it was like a relief to figure out that

you're nuts. Yeah, that was nuts. It was really bizarre. Seeing all this stuff, and I'm telling myself in this dream, like you are crazy. You are literally crazy. And this is just the confirmation that you're crazy. And it felt like it was a relief.

Dr. Dana 17:02

Okay, so how do you like to explain that dream to yourself in terms of meaning?

Kim Fauskee 17:10

I don't know. I mean, I tried, I guess I justified it to myself by Well, this was just a culmination of your bad self talk to yourself, that you're not you're not worthy. It's not, it's not your time, it's not going to be your time. And I think that was just the processing of that was, well, you know, you're telling yourself all this stuff. So here. So what if it turns out that you're crazy to have hope? If you think about it, from that perspective, what does that feel like? That you lay your feelings like defeat? Yeah, that you let yourself get a really strong feeling of hope. And that in some way, you know better than to allow that to come into your life. So you're having a dream that you're crazy to feel that dropping into yourself. And having hope, when you feel so defeated and disappointed at this point? No, I mean, I it makes total sense. The other thing I wanted to bring up, because, you know, you and I have talked about this, I've worked through this, the whole thing about you know, my one foot in one foot out on believing in God or believing in a higher spirit or having faith in a higher spirit, you know, was more solidified obviously, during the psychedelic journey. And then I became a bigger believer in it, whether you want to call it manifesting or or asking the universe or asking God for what you want, because it seemed like after that, when I would ask for what I wanted. I got it. It showed up and then it didn't, then it stopped. And I've been having these conversations with God. about why that is. Why did it stop? Why did you stop providing for me? Why am I in this position again? And again, no answer yet. Now. Oh, the only answer is I have more anxiety right now.

Dr. Dana 19:19

Okay, so shouldn't that leave you feeling kind of shaken?

Kim Fauskee 19:24

Yeah, yeah. Because it? Yeah, because he showed himself to me, he showed me to the other side, he showed me that he was always there, or you know that through my intuition and stuff and, and now, to me, it's left again.

Dr. Dana 19:47

So the question then becomes how does one hold on to faith in the face of loneliness and disappointment?

Kim Fauskee 19:56

That's a good question. That's why we're having this discussion on Ottawa. gasp right now. I don't know. I mean, I've in again, you know I've had in terms of finding this right? partner in life, I use the term resignation, right? I didn't want to use the term defeat, because my intuition has always kind of told me that it's going to happen. And so I was a little resigned to the fact because it just didn't seem to

be happening. But maybe it wasn't my time yet for it to happen. But that resignation is kind of waning into more defeat now, at this point.

Dr. Dana 20:41

So really has shaken your faith. Yeah, has shaken my faith. So all of that feeling of hopefulness and

Kim Fauskee 20:46

which, which I have a hard time admitting on a podcast that it has, because we're supposed to be the voice of reason here, and I'm falling apart again.

Dr. Dana 20:55

But maybe your definition of falling apart is not really being very fair to yourself, because who has a life, as we've talked about, without pain and struggle? Nobody, you know, the notion that having faith should provide you with a life without pain. Where I sure wish that were the case. I don't know how I don't know how anybody would feel any sort of faith, if that involves a life without pain, because I can see how much pain that you're in. And that no matter how hard you try, there are certain aspects of your life that just feel daunting, and really scary. Is it ever gonna happen?

Kim Fauskee 21:42

Well, I feel I think you hit the nail on the head. Like I said, Before, I feel like that little kid again, I feel like Oh, my God, the weight of the world is on my shoulders, again, to make it to make it work, to be the peacemaker, to like, you know, solve everybody else's problems. And I know, you know, cognitively, intellectually, that isn't my, I'm supposed to, that's not my deal in life. But that feeling came back again.

Dr. Dana 22:10

Well, I, I believe that you are here to care for others, but not in the absence of being cared for yourself. So I would hate for you to think that you're making a mistake by feeling that really strong desire to take care of the people that you care about, because that's just the Kim that I know, somebody who really likes taking care of other people. But at a certain point, if you're not being cared for, and you're not being sustained, and you're not being fed the kind of love and connection that you need, how else can you feel but spare and sadness and that same old feeling of feeling like a little kid and being alone and not having much hope that anybody's ever really going to see you and love you? For who you are?

Kim Fauskee 22:57

It's been a common pattern in my life.

Dr. Dana 22:59

Yeah. And a lot of sadness in that for sure.

Kim Fauskee 23:02

A lot, a lot of sadness. I mean, I mean, we justify it, or at least I shouldn't say we, I justify it, you know, by the fact that, hey, I'm okay. being by myself. You know, I mean, this is not something you haven't heard from me before. And, you know, I know, part of that is true, because I'm sure I can take care of myself, I really do enjoy downtime to be myself, but that's only half the truth. Right.

Dr. Dana 23:34

But instead of withdrawing and feeling like you, the only person that you can count on is you to lick your own wounds. Why have you hesitated to reach out and just talk about the fact that you feel really scared and defeated, and share that feeling with me or whoever, so that you don't have to walk around feeling so alone in your pain? Because I think that that's the part that triggers that old feeling of being a little kid. And yet, I know there are lots of people who really love you and care for you. And I would imagine they would be able to, they can't tell you what's going to happen in the future obviously. But they certainly could tell you that they feel sad that I can tell you that I feel sad that you're struggling and that you feel like you kind of lost your faith a little bit after such an exciting, amazing period of time.

Kim Fauskee 24:28

Yeah, I think that's you know, that's what's disappointing to me because I thought I had kind of turned the corner toward you know, living life a little bit differently or more consistently in that content phase. You know, I

Dr. Dana 24:47

feel like reaching out is going to burden me or someone else

Kim Fauskee 24:50

I don't think so. I think it is because as you know me well, sometimes I wait till my backs against the wall before I cry for help. up. I didn't wait till my back was against the wall. I mean, this is relatively over the last couple of weeks of this has kind of been happening. And again, like we've talked about before, you can't, sometimes you can't will yourself out of something. No, of course. But being a guy, and, and knowing that I have a tool box that as at my use to be able to use that certainly I could get myself out of this funk that I'm in. And again, it's that not that not that I feel bad about talking about it. Obviously, I don't because I'm putting it out to the universe right now. But it's like, going back to, you know, being the guy that that's there for everybody else. I don't like to burden people with my stuff, because I'm thinking, Okay, I'm smart enough. I've had the I've had, like I said, go back, I have this toolbox that I should be able to use, you know, but sometimes even using that toolbox seems daunting.

Dr. Dana 26:14

You know, I think that part of what has part of what was revealed to you in the your psychedelic journey was that in order to feel connected to God, you have to surrender and become really dependent upon that as a sacred connection. I mean, that may work really well in your spiritual life. But what about in your emotional life? What about depending more on the people that love you to take care of you? Instead of seeing yourself as a burden? What about trusting that other people would love to take care of you, if you give them the chance? They just don't know, because you appear so strong and capable,

Kim Fauskee 26:56

that they require a part 2345 and six of what I said that may require a part 2345 and six of talking about that, because that's just not, that's not something that is natural to me. And even when you're speaking about it to me, it makes me feel uneasy. So what how to rely on somebody else.

Dr. Dana 27:18

So what happens when I tell you that I'm happy for you to rely on me as your friend and as your partner and as your brother in a certain way?

Kim Fauskee 27:29

No, I feel because you and I have that level of intimacy. Okay, it does. That doesn't make me feel uncomfortable. Because I think it's part of it. For me, not only the intimacy is that you understand me? And you understand how to deal with me. Okay. A lot of people don't know how to I think this is this is the thing when we talk about that we've talked about on the podcast, and I talked about with other friends just yesterday about the empaths journey here is that it's really hard for other people to understand an empath and I said, this is why we get each other and two people that are impasse I was talking to go oh my god, that's right. Because we know each other and, and, and configured out just in our voices, what's going on with each other and everybody else is like, what's wrong with you.

Dr. Dana 28:23

But if I can give you a hard time briefly, you have waited weeks to even talk to me. And I could tell that you've been suffering. And I've asked a couple times if you're okay, and I have to take you at your word when you tell me that you are but I could tell for the last few weeks that you haven't been okay. And so I'm just wondering, is there something about our relationship that makes you uncomfortable to depend on me? Instead of waiting weeks before we have this kind of conversation?

Kim Fauskee 28:50

Yeah, I don't think it's. I don't think it has to do with you personally or my or any level of discomfort with me talking to you about it. Okay. I just don't think that's just an automatic for me. So I think you kind of have to force yourself. Yeah, it has to be in again, like when I came in here today, I said, I had a great idea for a podcast. Yeah. Because I need help. And, and so yeah, it goes back to what I said earlier. I mean, I've done I've done the work, I continue to do the work. I have this toolbox of tools that I can use, you know, I know what's going on. And in a sense, I know what's going on. I should be able to, you know, get myself out of it. And you know, it's like, you know, in the last major depression that I suffered five years ago, four years ago, wherever it was that I tried to will myself out of it for a month or two. Before I got so bad that I read staffer help. And so going only two weeks this time, before saying something is an improvement for me. So again, it's not it's not personal, it's it's not still something automatic. And it's not that I don't trust you or value you in as a friend or as a therapist or in any way, it's just not automatic for me to do because again, to me, it's like, okay, I should be able to figure this out myself.

Dr. Dana 30:27

So is that where the shame comes into the picture that it feels shameful to do that with as much therapy that you've had, and all the all the ways you know yourself that you still occasionally need to feel connected to someone

Kim Fauskee 30:42

100 100% Because remember, I was told throughout my life by my father, that I would not amount to anything in my life, that I would never be successful, and that I wouldn't amount to anything. And so

that I don't care how much and I've talked about this before, so I apologize, but I don't care how much therapy you've had, how many psychedelic journeys you've been on, or whatever, when your own parent tells you that throughout your life, that doesn't go away.

Dr. Dana 31:12

Right? So you run up against the wall of feeling like a failure and that your dad was right.

Kim Fauskee 31:19

Yeah, I think that that, again, becomes confirmation, you know, like, oh, yeah, he was right. You know, I can't I can't figure it out for myself, I have to constantly ask for help. So he was probably right, I am weak.

Dr. Dana 31:34

So the idea that that love is like hunger. And that you can only be satiated for moments at a time just like he can be with food. And that we all need to be fed on a regular basis. Otherwise, we experienced the same feelings of agitation and discomfort and sometimes even desperation when we're hungry enough. Do you sort of accept the notion that that can also be your emotional body's reaction to feeling really hungry? For love and connection?

Kim Fauskee 32:11

Oh, yeah, I can I can accept that.

Dr. Dana 32:16

Because they can accept

Kim Fauskee 32:17

I can accept the notion but I'm trying to say this correctly. I don't know how to figure that out, though. In the way of how it would make me feel better?

Dr. Dana 32:31

Well, I don't really think it is that different than the fact that you don't seem ashamed when you're hungry for food. You don't seem to shame yourself and feel like you're weak and that you actually need food to survive. So why be prejudiced against the emotional body, your emotional body, when you're not with your physical body? Why is one a source of shame and the other? You just take it for granted that it's okay to take care of your physical body. And you don't seem to have trouble with that.

Kim Fauskee 33:00

So I mean, that makes complete sense in an intellectual standpoint, but isn't there a disassociate and thinking, isn't there a disassociation between what you feel and what you think in that way?

Dr. Dana 33:14

Well, I think that we're all brought up to believe that dependency on an emotional level is a sign of weakness, whereas the need for food and water and shelter is normal. So I do agree with you that there is a lot of shaming in the process of admitting that you can't live without connection. And that, as

men, especially we're, we're encouraged to feel really badly if we say that we're lonely or that or that we need connection of some kind.

Kim Fauskee 33:44

Yeah, you know, I'm not ashamed. I'm not ashamed as a man to admit that. Okay. And it's something I certainly have been striving for, especially later in life and understand how important it is to have that connection. But I still think that I disassociate, intellectualizing that versus feeling that. So that

Dr. Dana 34:07

makes sense. So when you're like, I know that you spend a fair bit of time with your friends, having coffee and hiking and doing all kinds of stuff. Do you feel like it's okay with your closest friends to let them know you're feeling the feelings that you're going through? Or do you feel like you're supposed to kind of be okay, no matter what,

Kim Fauskee 34:28

it depends on how

Dr. Dana 34:31

well I mean, you spent a great deal of time with certain people. I'm assuming it's because

Kim Fauskee 34:36

I do but again, I think it goes back to you know, feeling comfortable and having those discussions with certain people. I mean, again, I like to have intimacy and transparency with people I call friends and not just acquaintances. I, to me, it's it's more the reaction that they have for not knowing what to say to you.

Dr. Dana 35:03

So when you get advice as opposed to feeling connection,

Kim Fauskee 35:07

I'll get it. I'll get advice versus just listening from that, and that's not a knock. It's not certainly not a knock on my friends. Because it

Dr. Dana 35:17

is a common way that people often respond to our pain that scares them. So they want to make it go away by telling you what to do to make it better. Absolutely. And that is about as satisfying as rice cakes.

Kim Fauskee 35:28

Without anything on them. Right? Yeah, you're right, because that's not. Yeah, that's not what I'm looking for.

Dr. Dana 35:37

Are you clear about what it is that you're looking for?

Kim Fauskee 35:41

Yeah, you mean? You mean, if I were to come clean with a friend, yeah. Yeah, I'm looking for a level of compassion. And saying, God, I'm sorry that your life sucks at the moment? Is there anything I can do for you?

Dr. Dana 35:56

And have you ever tried to teach your friends to take care of you in that way? Or is that not something that you would necessarily feel comfortable with?

Kim Fauskee 36:04

Yeah, I don't know if I've actually taught them to respond to me that way, or treat me that way. I think, at least in the last five or six years, in cultivating friendships and deeper friendships, I choose to probably pick people that that's more natural to them. And then teaching that and so I'm pretty comfortable talking to, to my friends about how I'm feeling and things. But again, I'm not looking for unsolicited or solicited advice from them, how to make it better.

Dr. Dana 36:46

So does it seem like a strange idea that you might need to teach the people that you care about how to take care of you? Yes, I think that that's the way most people feel that if you have to teach somebody how to do it, there must be something wrong. And I think in our world, most people have no idea how to handle emotional pain.

Kim Fauskee 37:06

Well, I think that's a thing that I've been trying to learn and understand if I actually do attract a partner, an intimate partner into my life, is not just assuming that that person knows how to deal with me how to take care of me how to, you know, provide some level of compassion, but, you know, helping them understand what I need, instead of just assuming that they would know that. But I think from an intimate partner standpoint, that's different than somebody who's going on a hike with or sitting down for coffee with or working out with in that way.

Dr. Dana 37:47

So it doesn't feel like it's, like appropriate or okay to do or I'm not sure if I quite understand,

Kim Fauskee 37:54

I think it's, I don't think it's inappropriate to do with your friends. Because if they're friends, they're going to understand, and they're probably going to value that you said that to them. It's just uncomfortable with me to actually go there. And, and have that request. May May, probably shouldn't, probably shouldn't be, but I'm just saying, as I sit here, right now, that it is an uncomfortable nest for me to ask them to respond a certain way.

Dr. Dana 38:26

And I can appreciate that, because most of the time, we're happy to take care of other people, and we do the best we can to read what they need, and to provide them what they need. But I'm not sure that everybody else is capable of doing the same with you.

Kim Fauskee 38:44

Yeah, I don't? I don't know. I don't know. I don't think that's probably correct.

Dr. Dana 38:50

It doesn't mean they don't care about you, right, they just may not be as psychologically sophisticated as you are. And the and the natural thing is to get scared. And when we get scared, we try to control whatever it is that's scaring us. So I would assume if you told someone that you are lonely, or whatever you're feeling, you would probably scare them because they're not used to being anything other than the caretaker.

Kim Fauskee 39:15

They'll recommend that I go back on dating websites and find somebody that will take care of your loneliness. Which isn't, I mean, they're not being facetious,

Dr. Dana 39:26

but no, but it's not what you're looking for. Because, you know, you

Kim Fauskee 39:29

saw what I mean, it's not what I'm looking for. And, and again, like you said, unless you're telling people what you're looking for, and you know, then they're just assuming or like you said, responding to their own fear.

Dr. Dana 39:43

And so you ended up having to take care of them instead of them taking care of you.

Kim Fauskee 39:46

Exactly, exactly. So when is it going to be my time?

Dr. Dana 39:51

That is the question of the hour.

Kim Fauskee 39:55

But I guess that's up to me. In a way No.

Dr. Dana 39:58

I mean, it's up to you Obviously, to let me as an example, know that you require some caring, because I'm certainly happy to provide it to you. And I'm not particularly interested in telling you what to do, because I trust that you already know what you need to do. It's finding the faith and the courage to keep moving forward, despite the fact that you feel like you had your ass handed to you.

Kim Fauskee 40:25

Yeah, I know. Yeah, I guess it's all subjective in that way, right? Because I look at it, and I thank God, you know, my, the way I describe my problems, or leading up to the way I feel today, are very trivial,

right? These are, you know, life problems that people deal with every day. And they're not. They're not consequential, but they're not inconsequential, either. But, you know, to me, it doesn't seem to think it's such a big deal. But, you know, I think it goes back to the the underlying premise that I continue to deal with, in terms of, you know, when is somebody going to take care of me?

Dr. Dana 41:10

You know, Kimmy, if you're willing to look at it from that perspective, what could be more painful than feeling like you've never been properly loved in your entire life? That is not an inconsequential feeling. It doesn't get more painful in a certain way than that. To feel like, is it ever going to happen? I got my hopes up, I started to have faith that if I surrendered to God and allowed God to help me that what I was looking for would come my way. And then you got disappointed and had a couple of really negative experiences that set you back. I mean, how are you supposed to be okay, under those circumstances? How do you retain your faith under those circumstances?

Kim Fauskee 41:54

Yeah, I keep that's a good question. Because I keep searching that I'm doing something wrong. Right, that's that? You know, my searching under the wrong rock here is my process. My thought process is, is it all wrong here? Because you know, you see it. And again, this is trying the poor, poor pitiful me thing, but you see it happening for other people, then you don't see it happening for you. So it's like, wow, I'm putting the same amount of effort, if not more effort into this process and trying to do it the way I think is correct, and and it's just not happening.

Dr. Dana 42:37

So it raises a certain question, are you allowed to be angry with God?

Kim Fauskee 42:45

Can he got he got an earful lot yesterday, he or she, wherever you believe in whatever he got it, he showed up to me as as in a man

Dr. Dana 42:59

way, but it is acceptable to you to have a certain amount of outrage, and almost like having a tantrum. And not in a bad way,

Kim Fauskee 43:09

though, I asked him, I said, why'd you show up? Why'd you show up at the exhibit 778 months ago and told me everything was gonna be okay. And you've always been there. And it was you when I was sitting in my closet at seven years old. Trying to, you know, find security and comfort and peace and and, and then you were around and then you're not here right now. Well, what's the deal?

Dr. Dana 43:35

And did you ever get any sort of a feel? I

Kim Fauskee 43:38

haven't No, I haven't gotten I haven't gotten a feeling I haven't gotten a feeling back. I was going to have another chat with him today. about it. I you know, I don't know. It's probably got a lot of other pissed off people at him right now. I don't know, or her.

Dr. Dana 43:53

I think in order for us to feel any sort of hope and faith. We have to be constantly reassured that our faith is well placed. And when some series of events takes place, or doesn't take place in this situation, it's hard not to get really frustrated and to feel like you've been forsaken, and that and that you've been fooled. You've been tricked into having hope when you knew better, that sort of thing. And that it's better just to shut yourself down and close up shop and stop trying because it hurts too much to move forward.

Kim Fauskee 44:29

Well, it takes you back to work, why had one foot in one foot out the first time in it, right? It's, it's like, well, it's, again, it's gonna go back to and this sounds bad. This is not going to happen for me. Right? And so you better just come to grips with that. At some point. Yes. And, you know, maybe it wasn't, maybe it wasn't for me, maybe I've already had my time in life for that and I'm supposed to be doing something else. You know, that doesn't involve finding love in my life or finding, you know, somebody else or people to take care of me or or whatever, maybe it's, I'm on some other mission at this point that I am not aware of at the moment. But that I mean, but it does lend your thought pattern to drift that way.

Dr. Dana 45:22

Okay. So the reason that you and I started this podcast was to help people manage their fear in a more graceful way. And so, I am here to remind you that you have every reason to be afraid, because you're been hurt and disappointed and let down. And you're doing what most of us do, which is just to turn your fear into aggression and take it out on yourself by painting really negative pictures about the future and about hope and about possibility and all of that stuff. So I'm wondering, again, if there's a different way that you could manage this fear without being so aggressive towards yourself?

Kim Fauskee 46:04

Well, I agree with you, right, because I completely checked myself and I knew I was reacting to something right. It wasn't like we talked about it wasn't Fear Itself. I was it was my reaction to the fear I was having that was causing the issue. Right, right. But sometimes, you get to a point where you can't see the forest through the trees. And it's like, okay, I understand what's happening here. But I'm not getting a clear view of what I should be doing here or what my reaction should have been, or how I'm going to manage this reaction right now. But I fully mean, I get it. You know, I just at the moment, my Mojo is so low that I'm having a hard time. Getting back to the center

Dr. Dana 46:57

here. So once again, to raises the question, how does one retain their faith in the face of sadness and loneliness and hopelessness? Besides painting negative pictures about the future?

Kim Fauskee 47:13

Well, if history repeats itself, which it usually does, I know that I know that at some point, I give a I'll get a handle on this, and I'll regain my faith.

Dr. Dana 47:28

And how does but again, I know I'm being a pain in the ass. But how does one do that? What is there a process that you could conceivably go through besides rejecting, besides rejecting yourself and God in the process?

Kim Fauskee 47:47

I think it's having an open, open and honest conversation with yourself and realizing that you're just reacting that you're reacting.

Dr. Dana 47:57

But what about asking for more help? Instead of rejecting your butt about making yourself you're hitting me between the eyes with a very foreign concept? Or I do, but when I'm asked to go, am I going to ask for more help from the people that love you. And I can tell you only through experience that my issues are much more physical than then having to do with love. But I am constantly facing my mortality, it seems like on a fairly regular basis. And, yeah, it's really hard to maintain my faith under those circumstances, like, oh, you know, why, why, why, why, why, why? Why does this keep happening? And how much strength can a person have before they just give up and feel like, you know, I'm done. Because if you would have talked to me yesterday, I was done, I was done. But for some weird reason, I woke up this morning feeling like, okay, you know, I made a commitment that I was going to stay alive as long as I can. So I can't give into that fear in that way. What I gotta do is keep fighting, and keep asking for help, despite the fact that I feel really scared and vulnerable. So I guess what I'm proposing that you consider is to do the opposite of what you're inclined to do. They mean the runway, yeah. Yes. To make yourself more actually make it more vulnerable and face that fact and ask for more help. Yes. Instead of instead of taking control over the fear, and turning it into aggression, to sort of do the opposite, which is okay, man, I'm trying so hard and I feel so fucked. And I feel so defeated and I feel like you don't love me and nobody does. I need more help. Because I can't do this by myself. I need help. I need to feel like somebody's carrying me at least a little bit. I need to I need my faith. I need I need some help here. Because if I don't get it soon, I'm going to just Fold up my tent and crawl under a rock. Because that's what I've taught myself to do from the time I was a little kid, I'm just gonna go back in the closet and hide. Because I can't take this anymore. I can't I can't bear another moment of disappointment and loneliness.

Kim Fauskee 50:14

Does that mean I should stop googling islands that have no people on them? Which are actually did. I mean, I was being somewhat facetious. But I actually did that. Well, I was thinking, if I take the element of humanization out for a while, maybe that would knock me across the side of the head, they want to get back to civilization at some point. Oh, that's why I was. But that's the one. That's you know, I was being facetious. But that's my running away from it, not running toward it, I'm running away from it. And that's my natural defense mechanism that I'm used to. Well, that's why

Dr. Dana 50:48

I'm teasing you by saying that what's required is the opposite of what your trained inclination is, which is nobody loves me, I got to just go be by myself, because I'm the only person I can sort of rely on instead of

Kim Fauskee 51:02

sounds like you've been in my head. What's that sounds like you've been in my head? Well, because

Dr. Dana 51:05

we, I mean, this is just such a natural way that we deal with pain is to, to feel helpless and scared. I'm the prime example. And what I've learned more than anything, is, those are the moments when I need the help the most not to turn away from a turn toward it. And to end to beg if that's what it takes to feel some sort of connection and some sort of, like, I'm not alone, I'm having to face in the scary stuff that just keeps happening over and over and over again, because I don't want to give up yet. I'm not ready to give up yet.

Kim Fauskee 51:39

Do I have to apologize to God first about the rant I went on yesterday?

Dr. Dana 51:42

Well, I don't know if you need to apologize. Because I don't really believe that God cares what you know, how you speak to God, him or her or whatever. Because I think that more than anyone, God knows that we are incredibly vulnerable, and really scared most of the time, and feel such a strong need for some kind of connection. And not just from other people, but on a level that just feels really vital and internal. And so, you know, I get mad all the time thinking, you know, what the fuck? Why is this happening to me? I'm tired of all this stuff, how much more pain can I bear in the course of my lifetime, and I you know, I can be as self pitying as anybody you've ever met. And I tried to joke about it. But sometimes it's not funny. Sometimes they reach a threshold, just like you're tying yourself, but he's not funny at all. Right? We all have a threshold that we just cannot sort of overcome, when it just feels too, too scary and too overwhelming. So I guess what I'm asking you to do is the best you can not to turn that into aggression towards yourself. Because to me, that's a bad habit that you got into a long time ago, is just to convince yourself you don't have any needs. And you're okay, and you're Mr. Self sufficient. And that, you know, it's all over and maybe, and all this stuff you tell yourself is only going to make you feel 100 times worse. It's

Kim Fauskee 53:07

like a billboard inside my head. Yeah.

Dr. Dana 53:10

Instead of just admitting that you feel incredibly defeated, and you need some help, and you need some hope, and you gotta have it. And you can't live without it. Because nobody can live without it. Life is too despairing. Without it's too lonely and overwhelming. Without it.

Kim Fauskee 53:27

Despite what my mother told me, despite what my mother told me, the boys don't have feelings. And boy,

Dr. Dana 53:33

Luckily, we know that our parents are not the people we should trust. When it comes to wisdom. That's true. Because if I listen to my dad, that I would be a perpetrator because I don't want to be a victim. And those are the only two choices. What the hell is that all about? It's ridiculous. Right? It's, it's as ridiculous as your mom saying that you're, you know, that you make a big deal about nothing, and that you shouldn't cry and write, and all that stupid stuff that you know that you came into the world believing is going to help you in some way.

Kim Fauskee 54:05

So obviously, my work is to take the car out of reverse, and put it in drive and go and go, go toward the pain and not away from the pain. That's right.

Dr. Dana 54:17

As you know, I know, you know, this, we've done we you know, this is this is something you've proven to yourself overall,

Kim Fauskee 54:23

it's like we've talked before. Is it that you know, my mind can certainly, you know, fight my intuition sometimes, and he will try to outsmart my intuition. I am

Dr. Dana 54:34

absolutely not telling you that you shouldn't be afraid. I'm hoping that that's not what you're hearing. Oh, no, I'm afraid because you shouldn't be afraid. I'm afraid that you're dealing with one of the most essential things in life that you don't have, if you're not afraid. There's something really wrong with you. So the idea is not to like not be afraid and just be strong and all that crap. It's to actually acknowledge how scared you are and how how overwhelming it feels. Sometimes that everybody wants something from you, and nobody's given much to you. And that is okay for most of life, because you're really good at loving people. But at a certain point, it's like, come on,

Kim Fauskee 55:15

come on there is there is a certain amount of fulfillment and giving than receiving right here.

Dr. Dana 55:19

I love to give to people, but sometimes, you know,

Kim Fauskee 55:23

but you have to learn how to receive as much as you learn how to give, right. And that has been a downside for me, because I don't I'm so uncomfortable doing that. And I do appreciate your words about driving towards fear and pain and not going away from it. Because I need to hear that.

Dr. Dana 55:45

Well, and you're actually really good at it. I've seen it in action. And it's not as though you're not capable. Because when you allow yourself to go into the depth of your despair, usually you're pretty good at cleaning it out of your body, and releasing it.

Kim Fauskee 55:58

The catharsis is I can do pretty well with that. Yeah, these days. And so

Dr. Dana 56:02

are you lucky in that regard? Because I mean, I've met people that haven't cried in 20 or 30 years. And I think, Whoa, I don't think they have a laxative strong enough to release that stuff. I mean, that's a big build out of a lot of,

Kim Fauskee 56:16

Well, luckily, we're doing a verbal podcast, because the folks here couldn't see the tears coming down my cheeks. I held it, I held it together voice wise, but there were tears coming down my cheeks.

Dr. Dana 56:27

Yeah, for sure. As there should be. Because it's not okay. To let yourself feel that hope and then watch it drain away.

Kim Fauskee 56:38

So you have to be my constant reminder, then. So if I'm asking you as a friend, and as a confidant as my partner, my podcast co host, if I can hold you to a standard, you have to keep reminding me that I have to go forward and not go in reverse.

Dr. Dana 56:55

I'm so happy to do that. I mean, the last time we were together, I told you that I was planning on taking my family on a trip and I said, Well, you call them right, because I was trying to figure out some way How can I help? How can I help them feel included? Included? And

Kim Fauskee 57:08

oh, no, no, I that that's I don't feel like I'm not included in your family, which I'm very appreciative of, and so on and so forth. They don't trust me. I don't, I've never felt not included.

Dr. Dana 57:22

I know that I can tell that you need more. And I'm just trying to figure out some way, you know, I want to care for you. I'm like you in that way. I like taking care of people feels good.

Kim Fauskee 57:31

No, no, I appreciate that. Because there's probably a lot of people that don't have people like you in their life.

Dr. Dana 57:37

Yeah, and we're lucky to have each other who's held it together. But you know, Kim, in order to be okay, this has got to come out. This intense sadness needs to come forward. And it's really important for people if they can't see you to at least hear you, allowing yourself to be really, really vulnerable in the face of disappointment and getting your hopes up and feeling their hopes dashed and all of that because we spend so much time trying to truly trivialize our pain and make it seem like oh, well, you know, I was gonna say I've had \$1 for everybody said, Well, why my pain? It's not that but what about this person? I think to myself, well, this person is not here right now. I'm with you. And your pain is real.

Kim Fauskee 58:24

We all have a different pain scale, right? And it only matters, it only matters to you. It doesn't matter if somebody else is greater. It's not how you feel. It's not a contest. And you're right, I was triple trivializing it. And I also wasn't planning to come on the podcast today and cry but

Dr. Dana 58:43

Well, as somebody who has been fortunate enough to have enduring love in my life, I can't even imagine life without him. So my heart goes out to you. Because I know you and I really believe you deserve it. And if you could see me through your eyes, it would be easy for you to understand what you deserve, but you know, easier said than done right?

Kim Fauskee 59:07

By her I know it is. But I appreciate you and I appreciate being able to have this conversation because not only was it really important for me to hear that and I think it's really good advice and it will certainly help me you know go forward urine in asked for that help and ask the universe for that help as well. But I'm sure somebody listening to this podcast is going through the same thing.

Dr. Dana 59:40

I would tell you that most people that listen to the podcast and live in the world that don't listen to the podcasts have had these feelings probably almost every day. We just covered up with food and alcohol and work and every distraction we can find. This is life super vulnerable.

Kim Fauskee 1:00:00

Maybe, I don't know if it's good or bad. I don't have those distractions. I don't know. But at least I mean, if I had those distractions, I guess I wouldn't be trying to face the pain. Well, you might not always be running away from it

Dr. Dana 1:00:11

to talk to Dr. bias here who had a very strong bias in favor of facing the pain of not ignoring it and distracting yourself from it, because it doesn't go anywhere. It just accumulates module

Kim Fauskee 1:00:25

iron, I understand that right? You said when

Dr. Dana 1:00:27

it sets in it, that it turns into depression, and then you got a whole nother thing you got to deal with on top of the grief and the

Kim Fauskee 1:00:35

loneliness, I've been down too many rabbit holes in my life. And you know, I don't, I don't want to go down and stay down one for a long period of time, because I know how shitty that feels. And you know, it's only so much time in your life, and you don't want to spend a lot of it down a rabbit hole. Thank you. Thank you for this. And so and it was very helpful. How are you feeling

Dr. Dana 1:00:55

right now? Besides sadness? Are you feeling any different?

Kim Fauskee 1:00:59

Right? Yeah, I feel different. I mean, I am, I am sad. But I think that sadness deed needed to come out because I was certainly feeling something within my body that was like this heaviness, the last couple of weeks. And so, you know, the tears needed to come out and things. And I think that, again, you put it in perspective for me about what was happening and in in gave me hope and gave me something to work on that, you know, that I will take seriously and continue to work on. And hopefully, by working on that, change that billboard that's in my head that, you know, that I tend to still retreat from?

Dr. Dana 1:01:45

Because it seems to me that you need to feel carried and loved more than ever, not less than ever.

Kim Fauskee 1:01:54

She could be a dog or a teddy bear at this point, I guess something. Absolutely. Right now, it was helpful. So thank you.

Dr. Dana 1:02:01

Okay. Do you mind if I just speak briefly about the therapy process now that you and I have sort of concluded

Kim Fauskee 1:02:07

I would actually I'd actually prefer you speak now.

Dr. Dana 1:02:10

Okay. I just want to reiterate that I had no idea what you and I were going to talk about. There's no treatment plan, there's no diagnosis, there's no anything other than us, connecting with each other, and me doing the best I can to help you feel like you're not alone in the world, and that your feelings are absolutely irrelevant and need to be honored and respected. And that's my notion about how to be the best therapist that I can be is to be present to your pain and help you not feel ashamed of yourself to the best of my ability. Because you don't deserve to suffer any more than anybody else.

Kim Fauskee 1:02:48

I appreciate that. I appreciate you. So thank you again, thanks and thanks for people that have to listen to me or choose to listen to my babble here. So

Dr. Dana 1:03:01

I think it was incredibly brave of you to be vulnerable again. All right.

Kim Fauskee 1:03:05

Till next time. Thanks.

Fear Me Out 1:03:07

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