

# *Fear Me Out Podcast*

## **Episode 36**

Hosted by Clinical Psychologist - Dana P. Saperstein PhD.

*Guest Speaker*

**Carolyn Burkle - Trauma**

**Kim Fauskee 00:00**

Our guest today has lived the American dream. Despite only being in her third decade of life. She has been a successful athlete standing on multiple podiums, including that of the 2008 Olympic Games. She's also an acknowledged entrepreneur, along with being an accomplished artist and designer. Sounds like the perfect life right? But in most aspects of her life, Carolyn Burkle is not any different than the rest of us. Her accomplishments have come with a price and not at any fault of her own. Carolyn shares with us her very personal story of being objectified and sexually abused by those she trusted and looked up to. This had a profound effect on our mental and physical well being including the loss of friendships and intimate relationships. Caroline is a survivor who's embraced her journey toward health, happiness and healing. So I hope you'll join us as we speak with Caroline Bercow.

**Dr. Dana 01:01**

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 01:20**

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 thought 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 01:41**

All right, so today's guest I described as the quintessential all American Girl. And that's literally and figuratively, in that way. Your list of accolades and accomplishments are long, and I'm not going to go into that both from an athletic standpoint, an entrepreneurial standpoint, or an artistic standpoint. But we'll get to some of those in the next hour here. But, Caroline, welcome to the fear me out podcast.

**Carolyn Burkle 02:13**

Thanks, guys. I love being here.

**Kim Fauskee 02:15**

So we're continuing our series on relationships. And again, it was nice of you to accept our invitation because I know what you're about to talk about is very personal to you. Not easy to talk about. And for

a little context of our listeners, we're going to be a little nebulous in terms of not getting too nitty gritty into the X rated stuff or naming names. There is a thing called Google out there. And if you're into the innuendo, feel free to Google any of that stuff. And I'm sure whether it's true or not, it will come up but anyway, like I said, Caroline has a long list of accomplishments in her short number of years of life so far, including standing on the Olympic podium as a member of the US swim team. She is the co-founder of rise Athletes, which is a mentoring business for younger athletes that my daughter has actually been a product of, and is also an extremely talented artist and designer. So how's that for an intro? That

**Carolyn Burkle** 03:27

was very, very nice. First of all, you said, my short number of years on this earth? Well, you're not I feel very honored that you think I'm younger than I am? Well, I

**Kim Fauskee** 03:37

know how I actually know how old you are. Well, which is significantly younger than how old I am. So that's why it's short for you and long for me. I'll take it and even longer for Dana, I'll take it that's very useful for life. So for those of you that don't know you, I'm gonna let you describe who you are.

**Carolyn Burkle** 03:58

What a question I, you know, that's actually something I've been really sitting with a lot more lately, because you know, as life continues to move forward, you have these identity shifts that you have throughout your life. And, you know, first it's the swimmer, then it's the retired swimmer, then it's the entrepreneur, then it's the designer, then it's the entrepreneur again, and then it's the empath that tries to figure out, you know, if I'm an entrepreneur, if I'm not, you know, there's so many versions of me that have cycled through. And so whenever I'm asked that, I think my first inclination and what's in my gut is, I am a work in progress, which is very cliché on many levels, a lot of people would say, but I think that there's this misconception that Olympians or professional athletes or people who own their own business, have it all figured out. And so that's a big deal. To me, you don't have it, I don't have it all figured out. Yeah, I don't. Spoiler alert. Yeah. So that that's been something. I personally don't like titles or labels or anything on me in that way. And I never did even when I was swimming, even when I had an Olympic medal, I absolutely hated being called an Olympic medalist, I was so shy and embarrassed about it. And I didn't like that label being given to me, which was so interesting at the time, you know, but I do like feeling like I'm a work in progress, because like art or like sport, or like, anything you do, you are constantly progressing in one way or another. And the moment that I slap a label on it, I feel like I'm boxed into this identity. So that is how I would describe myself in a long winded way.

**Kim Fauskee** 05:49

Well, let's start. Go back a little bit. Because you come from a very successful family. I mean, you have a brother, that's an Olympian, you have another brother, that's an accomplished athlete, you have a mother that was an accomplished athlete, and I believe your father is a very successful business person as well. And you grew up in the South. So you know, let's go back a little bit to your childhood so people can kind of understand young Caroline to Caroline today.

**Carolyn Burkle** 06:15

Yeah, so born and raised in Louisville, Kentucky, my mom is from Northern California. And she went to college here in Santa Barbara at UCSB. She played tennis there, and then married my dad and moved to Louisville. And that's where we were born and raised. And as a young girl, you know, we went out to San Francisco a bunch and to see her family. But I, you know, we are a very intense family, like we have a lot of accomplished human beings. And the thing that you know, as a young girl, I was, you know, we were talking before this podcast, I was very sensitive, intuitive. And I would say shy even though I wasn't shy, if that makes sense. Like I was more reserved for risk, I guess you could call it. And it was confusing to me, because I grew up in, you know, in a household where achievement and accomplishment was the thing to do. There was never any pressure on that there was never a conversation where it was like, you have to do that, you know, you need to achieve this. We never had that. Like my parents were very supportive of whatever we did, they were very supportive. But there was this unspoken energy about us that was like that is what you do, you accomplish things. You are a great athlete, entrepreneur, business owner, family member. And so, as that intuitive and sensitive human, I think I didn't really know how to navigate back. So I was like, "How are my gifts going to be good at that?" And I remember thinking that as a young kid, I remember feeling that way. I wasn't the, you know, aggressive athlete on the field and playing soccer as an eight year old, that was fixing my bow in the corner. And my brother was the exact opposite of me. So he was very much a, like, just go get 'em attitude athlete, super athlete, as a young kid, always, you know, got stuff done was intense and focused, and, you know, the quintessential amazing kid athlete and, and worked hard at everything he did. And so it was a good balance growing up, but we did grow up in that kind of environment where it was, you know, it was really important to have something that you excelled at. And I would say that, that it certainly served us, you know, with what we accomplished, for sure, because there was support as well as, you know, understanding understanding the pros and cons of being great at something the highs and lows, so

**Kim Fauskee 09:08**

So when did swimming come into your life?

**Carolyn Burkle 09:11**

I mean, I was for you know, I was a kid I when I really got serious, I was probably 13 And that was when I made my first Junior National cut and I didn't go because I wasn't ready.

**Kim Fauskee 09:27**

Yeah, I think I think I've heard that story before you were the only one that said no, I'm not doing it.

**Carolyn Burkle 09:32**

I still have that entire scenario. I replay it in my mind all the time. Like I met University of Kentucky. It's like I make this cut, which in swimming you make these time cuts and then you go to junior Nationals at the time and I was just so distraught that I made this cut. I was like very stressed out about I remember getting out of the pool and walking over my coach and the first words I said was I can't go I'm not Ready?

**Dr. Dana 10:00**

Did your family handle your reticence?

**Carolyn Burkle 10:05**

They were fine. They didn't make the didn't get

**Dr. Dana 10:07**

upset with you? No, because that doesn't go along with the notion that you're supposed to accomplish, right? No,

**Carolyn Burkle 10:13**

I think there was a, it was more of an energetic feeling of be great at what you do. But the conversations around it, for me, were very much. Okay, you do what you need to do, then so long as you know what you need to do. It was a very empowering stance of like you can, whenever you're ready, you do it. So it made me believe and put the responsibility and autonomy at a young age in my hands. Now, does that mean that I didn't feel pressure still when I was told those things? Sure. But there was never outward pressure where it was like, You must do this or else.

**Dr. Dana 10:57**

What about the disappointment though, that you are an intuitive person, even if they didn't say anything? That doesn't mean you didn't feel? Well? Sure. Whatever. They didn't say?

**Carolyn Burkle 11:06**

Sure. And I can say I felt that for sure. Yeah, I my mom, no, my mom was very much Oh, you looked great out there and absolutely bombed, erase horrible and she'd be like, You did amazing. Now my dad was aware because he swam and he swam through college. So he knew what it took to do certain things. And he was more, you know, interrogative, like he would ask questions and, and probe things. And I think his intense nature and energy just even when he walks in a room is felt. So that is what I speak up more when I speak of that energy. I think that that can come across that way. And you know, it, like I said, it did serve us in many ways, as you know, learning those skills that like, Oh, it is up to me. Okay, it is up to me that I have to make this decision. I am not going to be told what to do. Right now. I'm going to make up my mind if I'm ready to go to junior nationals or not. And I remember stressing out about it, because it's like, even my coach did the same thing. Okay, well, if you're not ready, then you don't have to go just let me know when, when you are. And I'm like, What do you mean? Like you're supposed to tell me like it's all okay, you know, but I wanted the answers so badly, but them giving me the power I think was really, you know, looking back on it now. It was helpful for me even though there was a difficult road ahead in that way with other coaches and stuff.

**Kim Fauskee 12:30**

How did your sensitivity as an HSP Empath, which obviously you didn't know, at that point in your life? How did that play a role in in athletic accomplishments, because it doesn't really go hand in hand, in terms of I want to kick that person's assets next to me,

**Carolyn Burkle 12:50**

it really doesn't go hand in hand at all. I felt out of place most of my career and upbringing. When I was maybe 14 to 15, is when I started to warm up to the idea that I would be ready to go to Nationals. And I

remember, that's when I really started to understand that I'm just different. And that I feel my way through success. And I don't think about it. And how it started was, you know, first you have one clue that you know, you can't think about your race, or you're not going to do you know, you won't do very well. And then you're like, oh, okay, so that clue is there. And then you have another clue where the coach asks, How did that feel, and you don't have words to describe it. So I started picking up on all these clues at about 14 and 15 that I just intuitively and somatically experience my sport, and I don't, I don't know, my splits, I don't know my times. I don't care. I don't know who's in my heat for racing. I don't care. I just knew what it felt like to win in my body. Like I knew what it felt like on the first lap. If it was going to be a race that I could do well, and I knew what it felt like on the second lap. I knew what it felt like on the third. But I could never put that

**Kim Fauskee 14:12**

into words, but you're a teenager that was in tune with their feet. That's

**Carolyn Burkle 14:15**

100% Very, very in tune. So I mean, I felt when the wind blew a different way before the race, right? Like I knew I remember swimming outdoors in the summer and in Louisville. And it's like, the sounds wild, you know, but as a teenager, I'm like, I don't like what today feel. I remember just being like, I don't like what I feel today, and my coach would be like, What do you mean, I'm like, I don't like it. Three hours later, there's a horrible thunderstorm and things canceled, you know, it's like but I could always feel the energy of the universe around me like I just knew something was always around me and when things fell in alignment, it always felt really good whether it was like with teammates or environmentally or you know, the way the water feels on my body or the way that my body feels online. And, like I could, I could just sense it. And it was so difficult for me to put that into words. But that is really how I succeeded my entire career. I did not, my brother still knows my splits and times I do not. I know none of them, like absolutely none of them. And it is a very hard thing to explain. It's a hard thing to coach an athlete that way, like my coaches didn't quite understand, I did have one incredible coach that absolutely understood me. In high school, he's still coaching to this day, and he still has athletes that are like me that he will text me or call me and say, you know, so and so I stopped giving her splits, it started giving her tempo started talking to her about how the water felt on her body started talking to her about how our palm felt with the water started doing this. She's doing great. And I'm like, there's other people out there like me, you know, but it's like, just the reps of a coach understanding different athletes styles to was really, it's really been cool for me to see. So anyway, that's a tangent in another direction. But

**Kim Fauskee 16:05**

were your parents aware of your sensitivities and, and supportive of that, or,

**Carolyn Burkle 16:12**

for sure, my mom is the same. She's very sensitive. And she was very aware, even watching videos as kids and going on spring break vacations, you know, and my brother and my dad are digging holes in the beach, and throwing the football and like, I'm over by myself in the waves twirling and dancing, and she'd come over and like, you can hear the audio old school videos. And she'd be like, Caroline, do you want to go on a walk? Or do you want to? Do you want to lay down or, you know, like, there was I just

was different, I guess. But I didn't want to play football with my I just, you know, it was great. But I'm competitive. Don't get me wrong, but not in that way. So she always picked up on me in that way, which I really appreciate.

**Kim Fauskee 16:59**

So, you have that coach in high school that understood you and was able to motivate you in the way that you can be motivated. So then you move on out of high school, you go to University of Florida, where you become an All American on the swim team there. So how did that transition work for you in terms of collegiate athletics, and then eventually making the Olympic team?

**Carolyn Burkle 17:22**

Yeah. Oh, well, I left one of the best coaches in high school and I went into college. And this is where things get very interesting from a standpoint of just different patterning that I followed, you know, moving forward from this point. So I go to college and my high school coach was really good friends with the assistant coach at the University of Florida. And I really liked that the University of Florida had men's and women's teams that train together. That was a big draw for me. And the head coach is very intense there, to say the least. But I, you know, I subconsciously was sort of following some sort of intensity with that. And so that was a big awakening for me, and it didn't really hit until sophomore year, my freshman year, I was able to ride that feel from high school, I was writing that feel I felt so good. And I just was sort of subconsciously, you know, moving through it blind to what was really going on around me. And I did great. My freshman year. And then going into sophomore year, I had all these expectations and because I did really well and freshman year so I had all these expectations on me and this pressure and I just like lost myself completely.

**Dr. Dana 18:55**

What do you think change that made that happens?

**Carolyn Burkle 18:59**

Pressure and expectations from the coach, the head coach, okay. Very intense. And I'm talking you know, stories for days intense about this, this particular situation. And I was like the project at that point is the project and this little project right. So I was like, you know, this phenom swimmer at Florida for as a girl and the women's team and it felt like I was under this microscope. And I sort of just crumbled. It was like my body started telling me things slowly like it got really sick for two weeks with strep throat and bronchitis and all this stuff and I lost probably 15 pounds. I was way too thin and not really even sure why honestly, like you know, like I was eating Hang on, I was just overtrained. But also my body was like you've lost touch with your feel here. You're now in your head. And living in that space where the pressures and the expectations are, have taken over and you're operating from a completely different system.

**Kim Fauskee 20:21**

So you were able to rationalize, rationalize that not until

**Carolyn Burkle 20:24**

junior year, okay. I mean, at the time, I knew, I mean, I knew something was up. But to be quite honest, I never felt celebrated for the type of athlete I really was. So I always felt like I had to go get in my head in order to be better. So like sophomore year, I'm going straight to my brain to try and figure everything out. And, like, what happened to me, you know, I lost touch with my body completely. And I'm in my head, and I'm no longer in the present moment, I'm no longer connected to my physical self, I'm ahead floating around that. I just completely crumbled. And it took me you know, there were so many stories around this, that year, that were substantial, I mean, brutal stories. But finally, you know, long story short, had a big blowout with this coach, and you had a blow with Yeah, like, lost it, we both screaming at each other on pull back, eventually go up to the office have a two hour meeting. And in that meeting, it was just like, I broke down. I mean, I'm sobbing, I'm, what, 1718 years old, you don't understand me, you just don't understand me. And it was at that moment. And he took a post it note and he put April 12 2006, on the post it note on the board, and he stuck it on the board. He said Today's a day that you're never going to forget, like, you know, this is the day you just make decisions for yourself. And also the day that I learned how to coach you. And for what it's worth like that it did stand true for the most part. But the damage had been done, in many ways, a long term.

**Dr. Dana** 22:14

So did he think he really understood that he was treating me like an object rather than a person?

**Carolyn Burkle** 22:21

I think he cognitively understood. You know, like he could make sense of it. Like in a quick way, like okay, yeah. But like the depth of that didn't go any further than that.

**Dr. Dana** 22:34

Because when you objectify that sensor person, you might as well yes, chop their head off.

**Carolyn Burkle** 22:40

Right. And so I you know, I think back to that time, and I just get blown away at how I still was able to achieve what I achieved after that. Because at that point, like the damage was,

**Kim Fauskee** 22:52

you know, so when you talk about the damage, say a little bit about what you're defined the damage to you, I just think

**Carolyn Burkle** 22:58

there's a lot of emotional and psychological abusive behavior that so many athletes go through. And you know, I'm very much like, Okay, I need to take personal responsibility for what I went through, you know, but I did, like, we had that meeting. And I did and, but it still was, it was so deep, you know, like, it felt like I was wounded so deeply from that one year in college that was so intense. And I bounced back, but I bounced back because I got back to me, like I got back to the feeling inside of me. But in the long term, you know, when I retired and everything and you start to reflect back on it, that's when I really recognized what was going on and

**Kim Fauskee** 23:50



How were you able to get back to yourself that quickly.

**Carolyn Burkle 23:56**

Good, such a good question. A series of things junior year was when I started to have more autonomy and think about what I need as an athlete. And that is one of the biggest things is that I stood by the way that I was. And I stood by that I am different from a lot of athletes. I need more physical treatment like massage and you know, acupuncture and the things that we did, and then I also need to be heard. And I need to be and feel understood for the kind of athlete that I am. And I practiced it and it was painful to practice. But I'm talking when you go to the pool or when you go to a workout or when you're at a meet and you are in pain, injured, burnt out adrenals are toast can't even get out of bed in the morning have night sweats every night drenching through my bed. I need to say that I'm not going to push through that anymore. And so I would say that and there are some nasty, you know, not I don't accept this, etc. But for the most part, it was, okay. Go home come back Thursday.

**Kim Fauskee 25:08**

So how so how you were coached changed as well? Yes, I use speaking, yes, saying this is what I need.

**Carolyn Burkle 25:15**

And there were no more splits given to me there were no more expectations of times or, you know, pressure in that way, it was more, you know, when we were doing paced sets, he's giving me my tempo, right, he's talking about who I'm chasing down or things like that. So he really started to understand the way that I operated. And there was some guilt that I had with that, because there was really only one other athlete on the team that was very similar to the way I was, and she started to pick, he started to pick up that she was that way. So I like to think that I taught him some things but, and it worked, though, for me, like it worked for me. But then you make the Olympic team, and everything changes it, it was quite a ride there. And there was another relationship that I was going through at the time, that wasn't exactly the healthiest. And you know, when you combine all this together, and then you make this Olympic team, and you're like, how the hell did I just do this? Like, I'm so tired, I have no idea. I just did this. And then when you're talking about a relationship, you're talking about a personal, romantic relationship. And, and then when you do all these things, and you reach the culmination of success, and then you go, and it's all sort of the same as it used to be, everything just is forgotten. The way that I was was forgotten. You know, it's just let's get back to how we treated our sophomore year, we're back in that boat. And then I had it like, after the Olympics, I was toast.

**Kim Fauskee 26:46**

So what you were talking about or describing there was you had different USA swim coaches that coached you the traditional way, and didn't take into?

**Carolyn Burkle 26:59**

Know same coach, same

**Kim Fauskee 27:01**

coach? He was okay. Yeah. Okay.



**Carolyn Burkle 27:06**

So, you know, that, and this was before I moved away, you know, I was still in Gainesville, and still training. And then when I, you know, you go to the Olympics, and you have this thing, and it just sort of, you're just like, well, now what, you know, like, what, what do I do now?

**Kim Fauskee 27:25**

So, let's go back just a little bit here. I want to know a little bit about your Olympic experience. And you are, you were on the metal podium. So, but how was your experience overall?

**Carolyn Burkle 27:38**

It was, it was great, I think, to be totally honest, it was hard for me, in a lot of ways, because I was like, like, you know, alluding to that point, it felt like everything, just the expectations were back the same, you know, the same kind of feeling was back that I had sophomore year, from that coach from my relationships situation, like it was just tumultuous. Everything felt so hard. It was constant tears and just confusion and exhaustion is the main word I can come to exhaustion. Now, did I am I thankful for that? Yes. Or like for the Olympics? Yes. I'm, I'm so grateful. I had a blast, like with my friends and my roommates and you know, things girls do. And like, you know, you're on this team, and you got all this stuff. But at the same time, two things can be true. You know, at the same time that I'm having the time of my life at the Olympics, I was also having an immense amount of pain, and just an immense amount of pain. I would say that if I looked back on that time, I was depressed. But I didn't hit it so well, because what I learned how to do at a young age, and, you know, again, I always say this, like this isn't I never like blaming anybody for things. It's just everyone's growing. And everyone projects different things onto people at certain times. And so I think growing up that intensity, and that feeling of I don't want to let anybody down. That people pleasing in me, that feeling of you know, I know I can be great, but it's up to me, so I'm responsible. I just had all this guilt that like I didn't make so and so happy or I didn't do what I really could have done or I should be more proud, you know, so many conflicting feelings in my brain that were just swimming around.

**Dr. Dana 29:49**

But mostly not feeling good enough. 100% Yeah. And whose voice was in your head? That was the main voice of you not being good enough that The voice of shame. Because, I mean, obviously, nobody's born feeling ashamed of them. Sure. Yeah, tickets conditioned, sometimes overtly, a lot of times covertly. You know,

**Carolyn Burkle 30:11**

that's, that's a tough one because It honestly feels like just a, an ominous, many, many people, many voices that all combined into this one cloud, like Charlie Brown cloud or whatever that just sits over you, you know, and it felt like that, where to where I could just find and see glimpses of, of all of it. It's like it all, it's just all encompassing.

**Dr. Dana 30:40**

So everywhere you looked, what you could see was disappointment. And in a way,

**Carolyn Burkle** 30:44

yeah, like, 100%, there's just a, there was a weird feeling that I that I had, that was just, it was just this pure exhaustion like, what, like, what was all that for? Then? Like, am I supposed to make people happy from this? Or what was it really, really for, and, well, this is the greatest time of my life, I should be grateful. And that voice was my whole, um, you know, my upbringing, which, you know, you grow up in a certain community where, you know, you should be grateful for each and everything that's in your life on the kitchen table on the dinner table on, you know, your athletic abilities, and, and I just remember being like, but I am, but I am grateful. But I'm also in pain, and really wrestling with the fact that I had both of these feelings. And at the time, I didn't know I could feel two things at once. I thought I had to have an extreme feeling one way or the other?

**Dr. Dana** 31:46

Was loneliness a part of the picture?

**Carolyn Burkle** 31:50

Oh, that's a good question. Because I don't think I would have identified it as that, then that's what

**Dr. Dana** 31:55

it sounds like when you describe it is that you're kind of alone. And

**Carolyn Burkle** 31:58

it's an isolating feeling. Yeah.

**Dr. Dana** 32:01

Because being an athlete on that level, you certainly have to objectify yourself to a certain degree. And you're not going to find a coach that doesn't want to objectify you to accomplish his or her goals, right? Because you then become a reflection of them. So if you're not successful to the degree, they want you to be them. It's sometimes it hurts them more than it hurts. Yeah. So what are you supposed to do when you know you've disappointed somebody but done your best and felt like, you know,

**Carolyn Burkle** 32:26

you know, this topic is so important for so many athletes too. And I don't know any. Any athletes that I competed with that are 100% Fine, right now, even to this day, like that have no feelings of sadness at all about their career. And, you know, I always think like, well, what's the goal? Are we supposed to be like, is the goal for every athlete to be stoked and never have any problems at all? No. Right? Like, that's not the goal. The goal is to have the viewer human, by the way, right? But but you know what I mean, like, I guess that that is a question that people people bring up, you know, when during this movement of athlete mental health and mental health for athletes, and

**Kim Fauskee** 33:16

well, I think you've been conditioned, especially at that elite level, to become a human doer, and not a human Absolutely, in that way. So that I think, you and I have talked about this over the years, I think your identity has kind of been robbed from you that way. And that you're, you're you're seeing and like you said early, when you were talking about yourself, I don't really want to be seen as this Olympic

person. And doing this, that's really not who I am. But that's how society or how you at least feel society sees you

**Carolyn Burkle 33:46**

that when you feel a sense of obligation to people to be happy and grateful. And show your mettle at this event and sign autographs at this event. And inside you're just boiling with anger or pain or heartache, or you know, sadness. And there's so many emotions. And I used to get frustrated when people would do interviews that I knew were hurting. And you can just see and hear them fake it. Like, oh my gosh, I just love what I do. I'm so grateful. And everything is just I just think, you know, and then they're crying that night and their room and they're hurting, and they don't know who they are, who supports them. And I just remember being like, this isn't right. This isn't this isn't normal. And this was, I mean, this is right after the Olympics before I even did my professional career where there's a whole different slew of stuff that happened there. But this was like the feeling of okay, well Oh, am I praised for what I do? And what have I done? Or am I praised for who I am as a human being? And I just I, I vividly recall these conversations in my head and feeling like it was too stupid to bring out because I should just be grateful for what I, you know, I shouldn't grapple I shouldn't possibly grapple.

**Dr. Dana 35:23**

It's not very American to be disappointed. It's true about your accomplishments. Yeah, despite how lonely and painful it can be.

**Kim Fauskee 35:33**

And we're all told we have to be happy, right? That's the goal in life is to be happy,

**Carolyn Burkle 35:37**

right? It's this object you attain is happiness. It's like you just grab it out of the air, and all of a sudden, you're happy Exactly.

**Dr. Dana 35:44**

Well, I remember once having a conversation with my daughter. She's a very pretty woman, and was an extremely attractive girl when she was young. And so people will come up to her all the time and tell her how beautiful she was. And one time she came up to me, and she was crying, she said, you know, is there anything else about me that matters? Besides his Well, look, I thought, Wow, that's pretty sophisticated for a 10 or 11 year old? She said, How come nobody even cares anything about me, except what I look like? Yeah, it was really painful for her.

**Carolyn Burkle 36:14**

It just catches up to you, too, as you, you know, in the moment, it's painful. But then, you know, years down the road, when it's so deeply embedded that you're nobody but this, this thing that that society tells you who you are, or, you know, like you said, we're not born with any of these notions, we obtain them and you know, learn them from our surroundings.

**Kim Fauskee 36:41**

So leading up to the Olympics, and during the Olympics, you're in a high profile relationship. And again, we're not going to name names here. But how did that high profile we glossed over a little bit? But how did that high profile relationship affect you in terms of what we're just talking about now?

**Carolyn Burkle** 37:01

Well, if we stick with the two things can be a true statement. It affected me, I'll start with the positive. It affected me in that it was a very highly motivating athletic mindset of a relationship. So there was a lot of support. And you know, he's doing well. So I'm going to do well, and I'm doing well. So he's going to do well. And we fed off each other, which was great. And in hindsight, I do really appreciate that a lot. Because I think I learned a lot about competition from him. He's one of the best racers out there. So he taught you to be a better swimmer, for sure. Yeah. And also to, quote unquote, be a little bit more of a bitch behind the blocks because I was taking

**Kim Fauskee** 37:45

people's lanes now. Yeah, like,

**Carolyn Burkle** 37:47

but just having that mentality where it's like, okay, I don't need to be thinking about like, if anyone else is having a good day or a bad day, we're gonna think about the ride.

**Kim Fauskee** 37:55

I'd actually like to see that personality someday.

**Carolyn Burkle** 37:57

Yeah, it's out there. It's only out there for racing. No games. I haven't seen that and put me in a game. It's too boring. There's too much distractions. But, you know, it was a tough relationship. It was a tough relationship. I think, I, I mean, I don't even know how else to put it. It just was not healthy at all. And I think, you know, when you go back, you just think about college relationships in a lot of ways. It, it's on that path there. And that's

**Dr. Dana** 38:37

Are you comfortable with a tiny bit more detail in terms of what tough means to you? Because it's so much open to interpretation? Yeah,

**Carolyn Burkle** 38:43

I know. I'm not trying to be nice. But I Yeah. I would say the word toxic is fairly,

**Dr. Dana** 38:53

you're being overtly abused in some way.

**Carolyn Burkle** 38:57

I don't want to answer. I'm sorry. It's okay. It's just, you know, yeah.

**Kim Fauskee** 39:06

So did it. Maybe this is going to be the same question, but did it add to your negative thought pattern in terms of self worth? Yes. Okay.

**Carolyn Burkle 39:23**

Yes. And I think the span of my college years really broke down my confidence in self confidence and self worth, and all of that, for sure.

**Kim Fauskee 39:39**

And so what your attraction to this person was because it was familiar to you in that way in terms of how, how you interacted with him, how he interacted with you, that was that kind of familiar pattern, right? That.

**Carolyn Burkle 39:54**

I think too, you know, when you start to, which is something I'm really interested in now. Breaking Down patterning of, you know, where we learn certain patterns in our life and and something, you know that Rich and I even talked about on on that episode was just no one's ever some of this stuff isn't intentional, like it's not an actual intentional, like, I'm gonna be mean to you today like that's not it's everyone's operating from their own systems and their own projections and so now that I can understand that I have more compassion for situations and that's like my proudest growing moments, but it's not fun to heal from it, let's put it that way. So, you know, going through the past three years have been probably the most impactful for me in the healing process more so than my whole career. Like I you know, all of that was not healthy for me, it did not help me, it was not good for me. But I chose it subconsciously, I continued to choose the same pattern of I need to make sure I earn someone's love. And that's what I've recognized that that pattern is for me throughout my life is that if I can earn their love and make them happy, I will do I'll be you know, be as quiet as I need to be in order to make this okay, and I won't speak up and I won't say anything.

**Kim Fauskee 41:26**

So do you see that as a flaw, though? Because that's this is the HSP Empath thing. This is me as well, right? Because earning somebody's love gave me validity and credibility in life. Right. I didn't think that I had any self worth unless I earned that love. Yeah,

**Carolyn Burkle 41:43**

absolutely. And I find it as a flaw still, I still have days where I'm like, If only I had never had that experience, or if only

**Kim Fauskee 41:52**

it's part of your journey, though you wouldn't know otherwise it is

**Carolyn Burkle 41:56**

and I still I still struggle with it though. I still do so because what I do is I just say all I'm unlovable then, and I spiral and that's the Oh, it's easy to go back to default. He's very, very easy to go back to that default, especially when, you know, you're already so in tune with your body and how it feels in your mind and how it's connected. It's like you feel it in every cell of your body you just I become small, I

become less of me i shrivel I, I hide, you know, I want to be less of myself so that I can process it all because it's such they're such big feelings that I just feel stomped on by that that feeling of the flaw is that I'm unlovable and I have to earn people's love and make them happy and if I don't then I'm a piece of crap and it's like this spiral of you know of that over and over again and it definitely still creeps in I would say I mean it's far less than it ever has been but man the past 2020 2019 2020 and into the beginning of 2021 were very tough times in my life. Like I'm talking got a concussion and everything came up everything that I had been hiding it exploded onto the surface like it or holding on to like it was as Rich said like layers deep of programming just erupted and it was like a literal concussion absolute split my skull open hematoma vertigo, the whole deal like from falling over onto a concrete slab and slice it whatever Long story short, the joke about sometimes you know, you gotta get hit over the head to realize, well, we happen it literally happened and I firmly believe that without that concussion, I wouldn't have shaken up all of these layers of subconscious programming that my brain was literally holding on to and my nervous system, because my whole system was like shaken up. i My body was rashes. I had what looked like zits all over my arms. I had like just from a concussion it was like everything was trying to purge out and I was having horrible nightmares and flashbacks and all these things. And I was like, what is happening? Everyone's Oh, it's normal. And I'm like, No, but this is trying to tell me something here like something is speaking to me through this injury that is extremely eye opening. And so I use that to my advantage and I started doing a series of work there. And you know, I've skipped a large chapter of the I was actually gonna go back a little bit yeah, no, we're going forward rather than back. That's my fault I started but, you know, that was all it's all part of the same patterning you know, to answer your questions. About the other story, it's the same patterning do

**Kim Fauskee** 45:02

so I do want to go back to so so people understand that even after this relationship ended this toxic relationship ended, there was some additional toxicity that happened to you that eventually became public, which was very embarrassing to you. Yeah. So why don't you describe that a little bit, and I think that will get us more current with Yeah.

**Carolyn Burkle** 45:28

So when I moved to Fullerton, well, I moved to Orange County. And then we trained full time moved to Newport, we trained in Fullerton. You know, here I am running away from my problems, this defendant entering another problem. And it's interesting what we subconsciously Chase. And so again, I bet you didn't know

**Kim Fauskee** 45:51

you didn't know, you're entering into another problem, though. Well, but

**Carolyn Burkle** 45:54

did I it's like, you know, I sort of think like, you know, maybe, I mean, we all we all have a reason why we choose certain coaches, or people or things and how old were you at this point? 2120 21, okay. And, you know, having the time of my life running from my problems, like in a new relationship with a great guy, also a high level swimmer, you know, feeling really awesome training and Fullard. And, you know, just another, another incident of make yourself feel small again, and, you know, it was incident involved to coaches that were sending some suggestive and sexual sexually abusive messages to me,

and for a lot of span of hours, one evening, and you know, I had literally just retired at this point, actually, like a week retired. And it was like, I remember at that moment, and I was living with a triathlete at the time. And I remember that moment, just being like, I don't even know how to say this nicely. But if this

**Kim Fauskee 47:04**

like, like, you can cast It's okay.

**Carolyn Burkle 47:06**

Yeah, like, what am I doing wrong? You know, like, what am I doing wrong here? Like, I feel like I'm just being in this victim sense. I'm just the world raining on me.

**Kim Fauskee 47:19**

Right. So you're taking responsibility for good?

**Carolyn Burkle 47:22**

Yeah, I blamed, of course, because that's like that, that I think is so real, that you blame yourself. I mean, victims of Larry Nasser are blaming themselves, you know, and this wasn't a Larry Nasser situation. But it did involve a coach that had allegations with another girl on my team. And he was also doing the same thing to me verbally. And so I turned it all in. Luckily, I had some brains about me and didn't brush it under the rug entirely. But the organization did brush it under the rug. So

**Kim Fauskee 47:55**

did you have any sense ahead of time that there was a predatory nature at all from these two coaches? Or was this completely out of the blue? Got one?

**Carolyn Burkle 48:03**

The other one, the other one? Yes. Okay. And you always want to believe the best in people. But again, I choose this as hard to get, I need to earn your love relationship. And I just blamed myself completely. And I just remember being so shaken up from that, that it was just like, I have to get the hell away from this community. Like, I don't need to speak to any of my swimming friends again, I don't need to, you know, and I ran away. I didn't know, and my brother was still competing. And he went to the Olympics, and I had to go and put on a face and you know, and I was dwindling down inside. I was 20 petitboot. I lost 2025 pounds, I was sick, I was physically sick. I was mentally sick, but it was my traumas that had made me sick. It was not me. You know, it's it's all a byproduct of that.

**Kim Fauskee 49:00**

So this is probably the wrong word to use. But were you looking for any retribution in terms of what happened to you from these two coaches? How USA Swimming handled it or didn't handle it? No, at that point, you were just trying to get as far away from this and these people as possible.

**Carolyn Burkle 49:16**

In fact, I remember telling USA Swimming once they didn't really do anything like, you know, one of the coaches apologized to me, which I appreciated the one that didn't have any you know, and he's a great



coach. And I just said, I don't want any more to do with this. Forget it. And so I guess they took my word and didn't quit. They probably should have either way, but they didn't have the rug. They swept under the rug and, and I ran away and I didn't you know, I didn't speak about it. I didn't talk about it with anybody. But you did internalize it. I internalize it all. My body was breaking down. So you know, it's just an interesting thing to think about when you reflect back because you Even to this day, I still have this guilt talking about it, because I would never want anybody to be mad at me. It's still, you know, it's I'm still at that point in many ways only because I think that I'm so empathic that I know that the nature of people is good for their soul. It's like, you know, I have this feeling. But anyway, my point with that is, is that that's one of the reasons why I was like, I don't want, I just don't want to be Mattamy. So I don't want to I don't want any more to do with this. I want to walk away from this. And then, you know, 2000 What year was that? 18 rolls around, it

**Kim Fauskee 50:39**

was like five plus years later, right?

**Carolyn Burkle 50:42**

About six or seven. Okay. Yeah. The news breaks that, you know, my former teammate was accusing her coach, aka my coach, have, you know, grooming her and, and in this relationship with her that was, you know, emotionally abusive, and with a minor throughout her whole career, and then when they go digging, they find the stuff that I turned in. And then I am thrust into the spotlight of universities all over CNN, on a random day and 2017, and I'm on my apartment floor sobbing like, This cannot be happening to me right now. This is, you know,

**Dr. Dana 51:24**

they didn't ask your permission. They just brought the information forward. It was

**Carolyn Burkle 51:27**

They asked my permission, but I didn't know it was permission to be in public, like I thought it was for her trial. So I didn't realize it would be released. And that was my bad. I mean, I should have said, you know, I don't think they can do whatever they want. Yeah, I'm sure whatever they want.

**Kim Fauskee 51:44**

So they weren't completely upfront with you how they're going to use. Yeah,

**Carolyn Burkle 51:47**

and for what it's worth, I wanted to support her through the case. Because it was real. And, you know, my situation was so different. But it was also, you know, I was proud to make a stance for something that's not okay. And swimming, and it did shockwaves around the community. I think it sent a large message, pretty strong message to coaches out there that you can't do that to athletes, you can't, you know, whether they choose to or not, doesn't matter, but they got the message. And I, you know, I am proud of that, because I think we made some substantial change in that way. And I just would never want any little girl to go through that. And so I think that was like my, my wife or just continuing on with assisting in that process. But it was painful.

**Kim Fauskee** 52:47

So when it did come out public and after you were able to get off your floor. Was there some level of catharsis from you that finally this is out there, this happened? This is probably finally over, at least from this aspect. Ah,

**Carolyn Burkle** 53:02

I'm maybe, but I don't think I got that far. I think I got far enough. And then I got concussed and then it felt like the world was crashing. So I think that I'm just now to a point where I'm aware that I'm relieved. But it's still hard. Like, it's still really hard. And it's still hard to think about. Again, just because, you know, you have those conditioned voices in your head that tell you, I don't want to make anyone upset. And I don't want anyone to be thinking that I'm not grateful for my career.

**Dr. Dana** 53:40

Is that the part that makes you feel guilty? Yeah.

**Carolyn Burkle** 53:43

And you know, this is the first time I've ever actually said this or like admitted this, but I think the part that I miss is seeing my peers go to alumni events and joy things and I just choose not to even though they want me there and they you know, and I just haven't because I'm trying to take some space steal from all of it.

**Dr. Dana** 54:10

What would you imagine that they would think about your what makes you uncomfortable about that idea of

**Carolyn Burkle** 54:17

I think just that I have my one of my biggest fears is that I have a bad reputation in the community because I did that and everyone's assured me that I don't, but I still feel that I ruffled my feathers. I stirred the pot. You're sort of blaming yourself as this totally and that's what I'm still I'm on the tail end of grappling through that. It has not fully left me

**Kim Fauskee** 54:48

so you feel guilty for outing somebody that wronged you?

**Carolyn Burkle** 54:51

Yes, because I don't. Because here's what a lot of and I hate using the word victims. I don't like it because I, well, you were a victim, right? But I but I don't like it because it puts me in the victim mindset instead of empowered. I have a weird association with that word. It's just the word. It's not the actual reality of it. It's the word because I want to feel empowered about the choice to know I get it. It's, yeah, it is. But I want it to become empowering. I want another word for it. We need another word for people that speak up against, you know, that have been wronged that choose to make it an empowered stance, like the Larry Nasser victims, but they're, they're more surviving survivors. Right. So that's more than that. But you know, I think that the thing that is still tricky is you, you feel that you've lost your community, because of something like this, again, it's not the truth. But the truth, though it is, it is

because what happens after it is people contact you, and they're, oh, my gosh, you know, sorry, all your friends, they reach out there, you know. But then everything's quiet, and they disappear. Because nobody wants to be involved with things that are hard, like this. And that's, that's been the biggest heartbreak for me is that I feel like I've lost my community, because so many people don't understand what it's like to go through something like that. So they are more apt to say, I just hope you're well then really dive in or really see hey, how are you?

**Dr. Dana** 56:39

I don't think most people want to believe that that kind of thing happens. Yeah,

**Carolyn Burkle** 56:43

they don't want to believe it. And they don't know what to do. When things are hard. So they pull the classic. Just don't worry about it. You know, it's fine. You're a strong woman, you're so great. You're so amazing, like you do you and it's like that stuff doesn't help me. Like it doesn't help me like, I know that I'm a strong woman, and I'll do what I want. But it just doesn't help me to be told that it helps me to be held and say I see you and how hard that was. And I'm here for you.

**Kim Fauskee** 57:13

So how deeply Did that hurt you?

**Carolyn Burkle** 57:16

Honestly, more than all of the other things like that whole notion and that story that I told myself that I was like exiled from a community hurt me deeply. And if that's like the most important part of what we can talk about that piece, because it's like, that's the piece that I still grapple with to this day, because I have a business where I'm still involved in sport, and how can you heal sometimes when you're still in the same environment? That really hurt you? And I still grapple with that to this day. That's, that can be tricky.

**Dr. Dana** 57:51

Have you made it a point to make sure that all the athletes you work with? Understand not to keep secrets?

**Carolyn Burkle** 57:58

I do. Yeah. And And honestly, I'm very proud of how far the youth have come in understanding this. It's pretty cool to see, to see girls say I'm not okay with this that happened to see even young boys say the same thing. And it's, it's awesome. It's really, I mean, the awareness is there for what is and is not okay. Yeah, more than ever. And I think the message is getting clear. And I would I would attribute that to the Larry Nasser case for these young girls. I would, because they know, you know, I mean, yes, there's a fine line with sports and coaches alike, it must be it's gotta be hard to be a coach. Now, you know, like, you don't know how much you can push and how much you know, you got to back off, I'm sure that's very challenging. I've heard it from a lot of my coach friends that are like, Yeah, I want to say this because it could be come off this

**Kim Fauskee** 58:50

way. And it's not black or white. It's a lot of gray, there's a lot

**Carolyn Burkle 58:53**

of gray, but there's one very black and white thing and that is like anything that would be sexual anything, anything in that realm that you know, you don't text your athletes, you don't touch your athletes, you know, you don't even put your arm on their back. It's like there's you know, there's certain things that that's just the way it is now. Team trips, you don't knock on hotel rooms to check for curfew anymore. You know, there's it's there's so many like black and white rules that seem to be working amongst youth sports that I'm hearing about happen, which is pretty neat.

**Dr. Dana 59:30**

Is there any history in your life of having been hurt in that way as a younger child? Not that I recall. No. So if this didn't tap into something from your past?

**Carolyn Burkle 59:41**

No, I had no recollection or awareness that I know of, of anything sexual abuse related at all. My coach in high school in grade school was phenomenal. I mean, to this day, he's still one of the most well renowned age group coaches. He's respectful, he's just a half of everything and he's just like a big teddy bear of a guy like a dad figure. He understands the black and the white. He's wonderful. I mean, I even when we were in high school, he would have the woman at the front desk, call all the rooms to see if we were in there. Because he didn't. She's incredible. He just knew the limits. And he understood what he was comfortable with. And I just, I just adore him. He's like the best guy ever. I'll say his name.

**Kim Fauskee 1:00:33**

Give a shout out to Mike. He's incredible. Yeah,

**Dr. Dana 1:00:35**

I asked you that question. Because I've worked with a lot of people that have had things happen to them. And it's not unusual at all. For perpetrators to be able to, to read who is going to be susceptible to their energy and who not. Because it's so much a part of their identity to be able to take advantage of either men or women depending on where they go with their sexual energy. And they can usually feel who's going to tell who's going to fight and who's going to freeze. Yeah, because they count on people freezing, and then feeling terribly ashamed of themselves and then blaming themselves,

**Carolyn Burkle 1:01:12**

which I think I'm pretty. I think that was a thing that they could pick up on with me, at least so that I'm a people pleaser, on the surface level. And the understanding of that is something that I would do, and it is interesting to think about my teammates that are just not that way, and they don't give a shit what anybody thinks of them. And they were never treated that way. You know, it's a very, it is a very interesting thing to reflect on. But you're absolutely right about that.

**Dr. Dana 1:01:42**

It's sad that coming from really loving nature can end up making you susceptible are causing horrible things to happen. That wouldn't happen to someone who's not as

**Carolyn Burkle** 1:01:54

well. Yeah, I still reflect on just do I have all the details of my life? You know, like, do I? Is there more that I don't know?

**Kim Fauskee** 1:02:03

Or you got a long way to go? Still? I mean, this it's it's a journey, right? But I'm still figuring it

**Carolyn Burkle** 1:02:09

out. Yeah, I still wonder, you know, like, was there like a camp that I went to that was shady, you know, like, I always like, started to think about that, you know, like, but maybe you don't know, at the time or, you know, maybe all those training trips to Colorado Springs? Was someone weird there that like imprinted put an imprint on me or, you know, I think about these things. And I don't I don't recall anything, really. But I don't I also,

**Kim Fauskee** 1:02:35

I think you have to, you're already tuned into your intuition. And I think you have to keep Yeah,

**Carolyn Burkle** 1:02:41

I would know, too. I would, I would, I would have known.

**Kim Fauskee** 1:02:45

So not that we haven't been personal for this last hour, but I'm gonna get a little bit more personal with you right now.

**Carolyn Burkle** 1:02:51

Let's do it.

**Kim Fauskee** 1:02:54

So we take Carolyn Burkle in the present, right now, how is all this journey that we've just talked about? How is that affected and is affecting you, either positively or negatively in your intimate personal relationships now. Because this is a relationship of

**Carolyn Burkle** 1:03:14

the theme that I've been working through with my therapist is hiding. So I've reflected on my relationships and romantic relationships and just different ways that I choose to hide myself, whether it's my own things or actually literally being lesser than the other partner in the relationship. So I choose people that I can be down here and it's a power dynamic. So I hide myself. So we're unpacking why that is and what's the, again, that goes back in the patterning piece. But

**Kim Fauskee** 1:03:55

so what when I clarify hiding, does that mean you're not totally forthcoming? And not giving all of yourself in this relationship? Or one foot in one foot out? I?

**Carolyn Burkle** 1:04:07

Yes. And no. It's hard to describe, essentially, essentially, I become who I'm supposed to be. Okay. And so if I am in a relationship where I don't feel

**Kim Fauskee** 1:04:30

who you're supposed to be or who you think you're supposed to, I

**Carolyn Burkle** 1:04:34

think I'm supposed to be that person. And I will automatically take a position that is, I'm okay. Not really fully being seen publicly or even at all, you know that I'll just be down here. And I had had a friend asked me really high profile Former almost said, reporter, but I guess you could call him or TV show host X Games guy and we're having this heart to heart last summer I was in Colorado, I'm on the phone and I was going through just like a lot of figuring all this out. And he gave me a call and he's a good friend. And he said, What are you hiding from? He said, sounds like you've been doing it forever. And I was like, shit.

**Dr. Dana** 1:05:30

Like, it was out of the blue that he asked me.

**Carolyn Burkle** 1:05:31

Yeah. And he has such a presence. Like when in his voice, he's just what are you hiding for? And I'm like, should, you know, but it was like, so all of a sudden, you know, like somebody else could say that three days before? Anything. Like in that specific moment, it was like the light bulb went off. And I'm like, What am I hiding from? And I start, I'm starting to realize that I'm afraid to fully be seen. So it's a catch 22. Because all I want is to be seen for who I am. And to be in intimate relationships where I feel loved and respected and heard and understood for who I am. But I'm afraid of that. So I'm choosing people that don't have to get on that level with me. So I'm subconsciously sabotaging it before it actually ever gets sabotaged. Because I choose people that don't have to get to that level with me. I can stay down here.

**Kim Fauskee** 1:06:25

So do you think that you've had a relationship where somebody has fully seen you?

**Carolyn Burkle** 1:06:30

Yes. Okay. Yes. And it still it didn't last. But we're still great friends. And we actually worked on all of this. Like, it was an incredible thing. It was finally, like, the first really healthy relationship I had, it was my most recent one. And it was like, it was it was painful. Because we're both figuring out our own things at the same time. And you know, it's like you go through your past relationships. But it was the same experience of choosing people that are not ready to fully see me. But that's all I want. But I have to take my point is, if I cannot just continue to not take responsibility for what I am also doing in a relationship when I keep saying, well, so no, they're not seeing me the way that I want to be seen. And it's like, what he's saying, what my friend was saying was, what are you hiding from if you're not being seen, you're a part of this puzzle, too. And so all of a sudden, it was like, oh, like, I'm afraid to be seen, I'm afraid to fully be seen for who I am. Because who I am wasn't understood as a child, who I am

wasn't that like it wasn't it I wasn't sensitive kid wasn't like, I'm afraid of that I'm afraid of fully being seen as that in a relationship. And so putting myself out there in that position, it's like, people aren't gonna understand me. So I'll just play small and be easy for the relationship and ends up breaking it up. And you know,

**Kim Fauskee 1:07:48**

So do you know what it's gonna take for you to want to be seen? Wow, what a question over there. I'll give it to you in a million dollars. Well, I know you I know you pretty well,

**Carolyn Burkle 1:08:00**

I think it takes me allowing myself to be loved for who I am. It sounds cliché, but I think I've always pretended and tried to be somebody for the relationship, to ultimately just take courage. It takes courage. And it also, I think it takes dissolving some of this trauma that I still hold of having to fit into this mold of of pleasing

**Kim Fauskee 1:08:31**

what you just said, actually tied back to how you introduce yourself. No, I did really? And I don't know if you remember this

**Carolyn Burkle 1:08:38**

grand master plan. Yeah.

**Kim Fauskee 1:08:41**

But you talked about early on mitigating your downside. Yeah. And that's always been your thing. Yep. Right. Yep. And what is mitigating your downside, really a factor of fear.

**Dr. Dana 1:08:56**

You know, commune, I've talked a lot about the concept of shame. And how I know nothing about that, yes. And how hard it is for people to allow themselves to be loved and know nothing about that either. Because of the amount of shame that you carry inside your body that has to do with feeling like you cannot be yourself and be loved. Right. And I see that, say almost every day, but I see it every day, actually, not almost every day. Because really, most of us come into the world. And our families, either consciously or not, have a template for who they want us to be. And it doesn't mean that they're bad people at all. But in our society, most of it's based on performance,

**Carolyn Burkle 1:09:35**

we all just want to be loved and we all just want to be understood and everybody wants to be heard and everybody I mean right now look at our culture right now. Every single person is having this giant upheaval of all these opinions all over the internet and all over everything because they were never heard. And it's like now there's everyone's just screaming at the top of their lungs to be heard and I so badly just want to hug everybody and be like We all just need to have that love and accept it and be willing to receive it so that we don't have to project it all over the the world. Well, we can really just, it's here, it's not everywhere else that we need to focus our efforts on. It's here. And I think that that's been a big realization for me.



**Dr. Dana 1:10:19**

But how do you come to terms with the idea that inherently you're not lovable? Because you're so different?

**Carolyn Burkle 1:10:26**

I guess that's the work. I've got to do

**Kim Fauskee 1:10:28**

realize the rub. Right? Yeah. Yeah. Well, I mean, it's, it's like I was saying it's a constant journey, right? Because I feel Caroline's pain, right, because i chi and I are alike that way. Yeah. And like I said, I mean, there is really no finish line to it. It's just, you know, it's that constant journey, being cognizant of that fact, not falling back into that familiar pattern, breaking old habits, and really being clear on what you want out of life and what you want out of a partner. Right? And what and how it is not, not how it looks, but how it feels.

**Carolyn Burkle 1:11:00**

Exactly. And I think I you know, I also grew up in a family where my parents had a lot of hardships in their families. So you know, when they're trying to overcome that, and then we're trying to learn from, you know, generations of things. It's, as I continue to get older, I start to reflect on that too, which is interesting. And yeah, it all comes back to, to just being aware, I think, for me is like being aware of my patterning being aware of when I'm sabotaging being aware. And right now, as long as I can be aware, I can learn from what I'm doing. But I think when I lacked that awareness, or when I used to do what I do, what I used to do is shove it down, down, down down like you're fine. Put on your face. Haha, yes. Hello, everyone. How are you? So, you know, whenever I was doing all of that, I'm not aware. Like I you lose touch with yourself, you lose touch with your boss should

**Kim Fauskee 1:11:59**

be gone in acting? Yeah, right. Oh, my gosh, that's what I said, you know, I went through a good portion of my life being a great actor, right? Nobody knew I was depressed. Right? Everybody thought I was just happy go lucky guy that was, you know, fun to be around. Yeah. But the internal feeling was completely different. Right?

**Carolyn Burkle 1:12:17**

Which goes back to that conversation with the Olympics that I was having, or it's like, you know, here I am needing to be so happy. And oh, my gosh, I'm so grateful for what I did. And inside, you're just crying. Your body is just shedding tears, as you're saying that. And it's a tough balance. But I do think it is possible. I'm just excited to continue on my journey and learn it. And I think hopefully, you know, we can all keep learning this. No one has it figured out. Unfortunately, I don't have it figured out.

**Kim Fauskee 1:12:50**

I don't think we're looking I don't think we're looking for answers we're looking

**Carolyn Burkle 1:12:53**

for no Yeah, unfortunately, nothing. Nothing figured out. So we're

**Kim Fauskee 1:12:56**

looking for somebody who's going through the process and which and trying to figure it out and the ups and the downs of doing that. Yeah. So what's next for Caroline Burkle. It can be anything, it doesn't have to be relationships.

**Carolyn Burkle 1:13:11**

Yeah, I think what's next for me right now is finding more alignment with my environment. So when we were walking and we were talking about the environment, I've noticed as a sensitive person that LA is very stimulating for me. Even Redondo Beach, I love it there. It's very nice, but I'm starting to be like, You know what, I'm ready to find where I want to be that feels really good for my soul and for my nervous system, because I know I will be great with whatever I choose there. But I don't want to tough it out in an environment that doesn't align with my nature. So I'm considering moving. I just don't know where it's kind of on my plate right now. I got a couple options, you know, family locations and stuff like Colorado, things like that. But that's really on my plate and then you know, rise and my dog. Yeah, definitely pursuing a better relationship.

**Kim Fauskee 1:14:13**

How about your artwork?

**Carolyn Burkle 1:14:14**

My artwork has been on pause. I just haven't I haven't had any juice. No juice,

**Kim Fauskee 1:14:19**

no creative flow right now.

**Carolyn Burkle 1:14:20**

No creative flow right now. I think I'm in a, I know I'm in a place of, you know how there's like a lot of quotes for creatives and with the burnout as part of the process, and just this past year has just felt burnt out. But creativity is coming from other things nature and light and just different things I don't necessarily need to be doing. But I'm in an absorbing phase, which I really enjoy. Like I find everything beautiful right now I'm like, you know, which I didn't like when I'm when I'm always doing something. I'm not aware of my surroundings. And so I really feel All that right now and I'm just letting it happen. I'm not going to try and force this like to be aware. Yeah, I'm not making art to make money. I'm making art because it makes me feel good. And if it makes money someday, that's great. But I know that I need that space to create. And there's like a little drawing that's like, you know, I forgot what the bottom one is. But then there's this big block of resistance. Oh, no, it says, resistance, space creation. And it's like, the path is here. And then the space is this big, empty box, and then the creations of above. And so I'm, I really enjoy that. And I think whatever I do next will be in a creative field.

**Dr. Dana 1:15:36**

Today, questions for camera at this point?

**Carolyn Burkle** 1:15:38

I know I've been dying to ask you guys questions the whole time. But they are so good at asking me questions. And I just get on a roll because I just try to connect with this. These are the women that are listening to this podcast.

**Kim Fauskee** 1:15:52

You know, you're always welcome back.

**Carolyn Burkle** 1:15:54

Well, when I'd like to come back and do a full episode with you guys. Okay, but I'm not a good interviewer. I'm a better conversationalist.

**Kim Fauskee** 1:16:01

We'll have a conversation.

**Carolyn Burkle** 1:16:02

I'm a better conversationalist. But I think my main questions for you guys would just be you know, is it enjoyable to have these conversations on different topics? Like, are you guys learning things that?

**Kim Fauskee** 1:16:16

Well, well, I'll answer that.

**Carolyn Burkle** 1:16:19

Is it scary?

**Kim Fauskee** 1:16:20

I don't think I don't think it's scary. I learned something from every guest. Yeah, yeah. And I think that's the beauty of doing this. Because as I've spoken on the podcast, and as Dana, well knows, when Dana brought up the idea of doing a podcast, I said no, three times. The fact is, I don't know, there's, there's 100,000 podcasts out there. Why are we going to be any different? I don't really have any expertise to share. It's the same thing when he asked me to write a book co author a book with him, I said the exact same thing, it was more fear speaking, than anything, but as we got into it, and I got more familiar with doing this and and being able to relax and ask questions, and actually absorb what our guests were talking about. I love doing this and, and happier and having people like you that that are very eloquent in telling the story, and can be very vulnerable in doing that and saying, Hey, I don't have it all figured out. You know, my life hasn't been, you know, roses, it, you know, it has been grief in some sorrow in debt. And I get that that's how life is. But you know, I'm going to continue on, and I'm going to Figure Figure this out. So this has been doing this podcast is help me and I hope it helps people that have been listening as well. Dana,

**Dr. Dana** 1:17:41

it's really fun. For me. It's actually one of the funnest things in my life right now. I love that. Because I love being a therapist. That's really fun. But I felt when I had to give up surfing because I'm too physically disabled to be able to do it anymore. I felt a giant vacuum in my soul. And for at least a

couple of years, I was trying to figure out, okay, I know that there's nothing that can ever replace that joy. But there's got to be something no man can do. Yeah, it would be really, really fun and really stimulating. And

**Carolyn Burkle 1:18:10**

write a book and start a podcast. Wait, so the books coming out this year? We'll

**Kim Fauskee 1:18:17**

see where we already July. Yeah. It will be at the very end of the year if it happens this year.

**Carolyn Burkle 1:18:24**

Awesome. I mean, it's when it's ready. It's been close, but not that close.

**Dr. Dana 1:18:29**

You have been having so much fun during the podcast where we kind of left the book.

**Carolyn Burkle 1:18:31**

Yeah, sort of decided this inspiration for it.

**Dr. Dana 1:18:35**

It's really, really fun, though, for me, because I just enjoy hearing what people have to say. And

**Kim Fauskee 1:18:40**

some chapters have been rewritten based on some conversations we had during the podcast. Amazing.

**Carolyn Burkle 1:18:44**

I love that. Yeah. Well, I'm excited to read it. Yeah.

**Kim Fauskee 1:18:48**

Well, Caroline, thank you. I know it wasn't the most comfortable thing to come sit and talk about your story and talk about yourself. But we do really appreciate it. I'm sure our audience appreciates it. And for sure, we'll have you back when it's convenient for you.

**Carolyn Burkle 1:19:02**

Yeah, it teaches me a lot to even speak about it. I learned a lot. And I always try to remind myself that stories bring us all together. So yeah, I appreciate you guys.

**Kim Fauskee 1:19:14**

It's about community. Yeah, it is

**Dr. Dana 1:19:16**

so nice to meet you. Yeah, you too. Thanks, Carolyn.

**Fear Me Out** 1:19:21

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