

Ep 073 Transcripts for Do You Have an Upper Limit Problem?

Fri, 4/30 1:09PM 25:18

SUMMARY KEYWORDS

feel, upper limit, guilt, mom, book, kids, talking, guitar, head, receiving, guilty, strawberry lemonade, read, lottery winners, big, problem, hear, club, dishes, boundaries

SPEAKERS

Brie Tucker, JoAnn Crohn

-
- J** JoAnn Crohn 00:00
Welcome to the No Guilt Mom Podcast. I am your host, JoAnn Crohn joined here by my social distortion co-host, Brie Tucker!
- B** Brie Tucker 00:10
Hello, hello everybody. How are you? Okay, you're just exposed to my punk roots that's all.
- J** JoAnn Crohn 00:14
I just had to read her shirt. I'm like, What am I gonna save up for you today I will read her shirt. That's how it goes here. That's how it goes.
- B** Brie Tucker 00:23
Hey, It totally works. Like we were just talking about like a music playlist that I found for a book that we just did in our book club. And the first song on there was The Clash.
- J** JoAnn Crohn 00:33

The Clash. Yeah.

B

Brie Tucker 00:34
How could I not love it?

J

JoAnn Crohn 00:35
Yeah,

B

Brie Tucker 00:35
how could I not?

J

JoAnn Crohn 00:36
Yeah, our book club. Oh my gosh. So guys, we do it's called, Balance, a coaching program for moms. And as part of it, it's a monthly book club, where we invite the authors of the books usually and

B

Brie Tucker 00:48
yes,

J

JoAnn Crohn 00:48
we we've had some phenomenal ones.

B

Brie Tucker 00:50
Oh, yeah. This month, it was phenomenal. We did the book, Finlay Donovan is Killing It.

J

JoAnn Crohn 00:55
Which is fabulous, if you have not read it! it's like a combination between, like, chick-lit, which I have a hard time calling chick-lit. Because really, it's about just fiction about women. And like a mystery and it's comedy and it's just really, really great!



Brie Tucker 01:10

Oh, I utterly loved it. And it's funny because I do a lot of my books on Audible. So it just I do it's better that way for me. And I am dying for the time that I get alone that I can turn on my audible so they could hear this book. Yeah, it was amazing. And then Ellie, Ellie came to our book club. It was so much fun!



JoAnn Crohn 01:28

It was so much fun and that we've had so many other great guests who like KJ Dell' Antonia the author of The Chicken Sisters. She was part of our book club.



Brie Tucker 01:35

Oh my gosh yes! Another highly highly suggested book that, The Chicken Sisters amazing!



JoAnn Crohn 01:39

Yeah. So that Yeah, Book Club was just phenomenal. And we're we're in our second week, guys have Calm and Happy Parenting. If you're Calm and Happy Parenting students shout out to you! We are changing communication styles and families and getting kids to help out and be able to delegate more as moms and it's just phenomenal.



Brie Tucker 01:47

You know, last week was our first week. And that's really talked about having priorities. And that is a one that I struggle on a lot. Yeah, trying to figure out how to organize and what to focus on. I swear I am like, I'm the squirrel. I'm not the squirrel. I'm the dog that's chasing the squirrel in "UP" like squirrel, squirrel!



JoAnn Crohn 02:12

Well, a lot of the issue of having priorities is not putting ourselves first like neglecting our own needs for putting our family's needs before ours. And that's when we get really stressed out and burnt out. Which actually leads us into our topic today about upper limits.



Brie Tucker 02:27

Oh my gosh, yes, this is upper limits ever since you told me about it. I was like, Yes, I have

that. So so much.

J

JoAnn Crohn 02:34

Yes. So today we're talking about finding your upper limit what it is, and we hope you enjoy this episode of The No Guilt Mom podcast. If you hate making meal plans and grocery lists as much as I do, oh my gosh, wouldn't it be amazing if someone just made all your meal plans for you and give you a grocery list with everything you needed on it. So that happens at Eat At Home meal plans. It's something that I have been using for like two years now. It's recipes are yummy. They're easy. My kids like him too, which is actually a very high bar. Because my kids don't like anything with flavor. And this has flavor. It's a win win. But go check out either how meal plans [noguilmom.com /eat-at-home](https://noguilmom.com/eat-at-home), and you get a special discount for being a no guilt mom podcast listener just enter the code, NOGUILTMOM, all one word at checkout. And now I'm going to show you want mom life to be easier. That's our goal to our mission is to raise more self sufficient and independent kids. And we're going to have fun doing it. We're going to help you delegate and step back. Each episode, we'll tackle strategies for positive discipline, making our kids more responsible and making our lives better in the process. Welcome to the no guilt mom podcast. So when we first started talking about upper limits here, just at No Guilt Mom, it was after I read the book, the big leap by gay Hendricks. And so much in that book rang true for me. So like, if you've ever experienced this, have you been used to kind of doing a lot of stuff in your house and then all of a sudden you get a second to sit down and maybe like your spouse starts cleaning up in the kitchen or doing dishes? And this little like paying rings inside of you and you're like, Oh my gosh, what am I doing? I should be working right now. I shouldn't be relaxing like I ever had that?

B

Brie Tucker 04:40

Oh my gosh. Yes. Like, specifically we were talking about this. You shared a story about like, one night you were sitting and I don't know if you're watching TV or reading something and your husband started doing dishes. And you're like, oh, Is this okay? And he's like, yeah.

J

JoAnn Crohn 04:53

I still ask that. I'm still like, am I okay, relaxing?

B

Brie Tucker 04:56

Yeah.



JoAnn Crohn 04:56

And my husband, the wonderful man that he is. He's like, Yes.



Brie Tucker 05:01

Right. And like, we have that in our household too. And a big thing with it that always makes me feel guilty is that I hate dishes, I hate dishes!



JoAnn Crohn 05:08

I hate them too. you know, my my hate of dishes. Yes.



Brie Tucker 05:11

And Miguel doesn't mind them As matter of fact, they're very calming to him. So like, I go and I sit down after dinner, and he's doing dishes. And I have finally gotten to a point now where I don't feel the guilt anymore, because we have had countless and I mean, countless conversations. Thank you, Miguel for being so patient with me, about me being like, I feel guilty that you're doing this. And he's like, yeah, I feel guilty when you don't let me do it or not guilty. He again, enjoys doing it. But yes, all the time!



JoAnn Crohn 05:37

It's Crazy. It's like we get in the state of relaxation and happiness. And then we see someone else doing something for us. And we're like, oh, my gosh, no, this, we shouldn't be relaxing. We shouldn't be happy, we should be working,



Brie Tucker 05:49

I feel guilty that I am feeling good about what I'm doing.



JoAnn Crohn 05:52

Yeah, it's insane. And that is our upper limit problem. It's like when we hit our upper limit, and our upper limits, meaning when we like achieve like success, or it could be happiness. Or it could be like wealth, you hear this a lot with lottery winners, like yeah, big lottery winners, and you're like, oh, poor them. But most lottery winners, like lose all of their money right away. Because they're not used to having it. And it's because our ego tends to bring us back down within the lines of our comfort zone where we feel comfortable. So

like me on the couch, or you on the couch relaxing, it's not our comfort zone if someone else is working, because we're so used to be in that position of taking care of everyone that when we sit down or when we relax, we're like, I gotta get up.

- B** Brie Tucker 06:36
Why do we have this overwhelming guilt? Anytime we're taking time for ourselves? Seriously?
- J** JoAnn Crohn 06:41
I have no idea.
- B** Brie Tucker 06:41
It's so unfair!
- J** JoAnn Crohn 06:42
I wish I didn't. I'm working on it day by day and -
- B** Brie Tucker 06:45
Where's that switch? I need to flip that switch somewhere.
- J** JoAnn Crohn 06:48
Well, if you have this same issue, we're going to give you some tips right now that you can work through this upper limit problem.
- B** Brie Tucker 06:54
Yes. And do keep in mind that for many of us, it is a work in progress. So it's not gonna be like a quick fix. But it definitely helps quite a bit. And we did quite a bit of research on this like, and if you search upper limit problems, you will find no shortage of articles about this. This is very, very well known. And there's a lot a lot of discussions about this.
- J** JoAnn Crohn 07:15

Yeah. So the first step of conquering your own upper limit problem is to recognize it's there.

B Brie Tucker 07:21
Yeah, just acknowledging it right?

J JoAnn Crohn 07:23
Just acknowledging that, hey, am I feeling a little bit uncomfortable right now, because I'm getting stuff I want. Oh, it doesn't mean that I don't deserve it. It means that there's an upper limit problem there.

B Brie Tucker 07:34
And I think that is a big thing right there because I think that guilt that we feel that Oh, I should be doing something else, or I shouldn't be enjoying myself right now. It is that it's that guilt or that feeling that like we don't deserve it. In golly jeeppers, we do too.

J JoAnn Crohn 07:48
Yeah,

B Brie Tucker 07:49
we do a lot.

J JoAnn Crohn 07:49
And I'm putting on like my, my armchair expert hat. That term goes outside his podcast. So I feel like women have this problem a lot more than men, although men do have this issue. But like in Shonda Rhimes' book, *The Year of Yes*, she describes this scene where all of these very accomplished television writers and female show runners were all in a room together. And they were going around the room and introducing ourselves or they were being introduced. I can't remember which one it was. But all of them were like, what? No, she's like, I have a little show. That's okay. It's like you have *Grey's Anatomy*! Like, and they're all like discounting their own success.

- B** Brie Tucker 08:31
because they feel like they have to right? And that is the upper limit problem.
- J** JoAnn Crohn 08:35
That's the upper limit problem, the feeling that we don't deserve what we have worked so hard for and that we don't deserve the happiness that comes with it,
- B** Brie Tucker 08:44
which is BS people! BS!
- J** JoAnn Crohn 08:46
Yes, BS. So just recognize it's there. That's the first step. What's the second step Brie?
- B** Brie Tucker 08:51
The second step is going to be to take some baby steps. I mean, we have to make small changes towards happiness.
- J** JoAnn Crohn 08:58
Yeah. And Denise Duffield-Thomas, she actually talked about this in Episode 66 of this podcast, where it's think about shopping, if you have shopped at Target your whole life and love Target. You can't go to Neiman Marcus and start shopping there and immediately feel good about it. Like you would feel wasteful, or like I can't believe like you're spending that much money and like who do I think I am?
- B** Brie Tucker 09:22
And I don't belong here. I belong somewhere else.
- J** JoAnn Crohn 09:25
Yep. And so you need to take baby steps up to whatever goal you're taking. So like, just using the shopping metaphor, again. It's like if you're shopping at Target and you're getting all your underwear at Target, maybe you just you know, upgrade your underwear to like, you know, Macy's or like, Nordstroms. You know, something just a little higher

quality than what you have right now. And you get used to that and you get adjusted to that and then you grow and grow from there. Just giving yourself really good care and attention, knowing what that feels like before you move on to the next level.

B

Brie Tucker 09:59

Okay, I actually have an example of this in my life. Okay, so I did this when I was writing the outline for this episode. I was like, Huh, what can we do for baby steps and I'm like, Oh my gosh, my eliminate is a baby step. I know this sounds crazy, so just bear with me guys. Alright, so one of my favorite favorite things to do it's like my reward for myself after like a tough day is I am in love with Wendy's strawberry lemonade is just I can't they they are

J

JoAnn Crohn 10:26

they like have the real pieces of strawberry in them?

B

Brie Tucker 10:29

Yes! strawberry puree.

J

JoAnn Crohn 10:30

And yeah,

B

Brie Tucker 10:30

oh my gosh,

J

JoAnn Crohn 10:31

Ok, I got it.

B

Brie Tucker 10:32

So that is like my heart. Oh my god, I love this little thing. And it always makes me happy. And when I started getting them, like my daughter was like, Oh, can I have some because I'm one of those moms that just and I think there's lots of us out there where we share everything with our kids. And what I mean by that is like, I never get a meal. That's just mine. I never get like a drink. That's just mine. I never get like anything that is just mine. Because my kids always know that mom will give some of this to me. So my daughter

tried my strawberry lemonade, and she really liked it. So then all the time whenever I would get a strawberry lemonade. Hey, Mom, can I have some? Hey, Mom, can I have some? Yeah, sure. Here have some. And then after a while, I kinda started to get like a little bit better because she would drink so much in my lemonade. I'm like, this is my thing. So one day, I was like, You know what? I'm feeling so guilty about the fact that I feel better that she's drinking my lemonade. I'm just gonna get her her own lemonade. So she started getting her own strawberry lemonade. Now again, I know that sounds like a crazy story, guys, but I'm getting there. But she's already getting her own strawberry lemonade. And that made me feel better



JoAnn Crohn 11:30

That give you an entire strawberry lemonade to yourself!



Brie Tucker 11:33

Yes. And I didn't feel guilty about having it because she had her own. And oddly enough, that little that little step of letting her own strawberry lemonade, gave me the okay to start setting up more boundaries in different areas of my life,



JoAnn Crohn 11:49

because you felt good.



Brie Tucker 11:50

Yes. And it felt okay. And I was able to put up that boundary. And I didn't feel guilty and things worked out well. So that I started giving more boundaries of like, Okay, guys, this is mine, that is yours. And it's not that my kids don't get things from me, they still do. But it did kind of help me to have a little bit more, you're allowed to do things that make you happy, Brie and you don't have to share every piece of it with everybody else in your family.



JoAnn Crohn 12:14

I think that is a fantastic lesson. Fantastic.



Brie Tucker 12:18

So that's how Wendy's strawberry lemonade helped me gain some boundaries.



JoAnn Crohn 12:21

This is a perfect example of a baby step, though. Because that one step and having success there gave you the confidence to pursue other like scarier boundaries.



Brie Tucker 12:30

Yeah,



JoAnn Crohn 12:30

brought you up there. So



Brie Tucker 12:32

It totally did.



JoAnn Crohn 12:32

Great. That brings us to number three, stop the negative self talk. And oh my gosh, so my recent round of therapy, I go like in and out of therapy. It's funny, but I mean, I think it's a lot like what a lot of people do, like you get into like maintenance it is it really is maintenance, you get into this space, and you're like, you know what, I think it'd be really good. If I talked to a therapist right now, because I have some behaviors that aren't the best. A lot of my behaviors come from stress and anxiety. So I could feel like if I'm not really handling my anxiety, well, something else is going on in my head, and I need to talk to someone. So this was coming from August or September, and I was feeling really, really anxious. So I started talking to a therapist, and she gave me this metaphor about what I was doing in my own head about negative self talk. And you have to think about like this football team who's like really big and strong, because they're used to playing and all the time, they're the ones telling you all those things about yourself, like oh my gosh, you don't deserve this. And you didn't work hard for this, this is just luck, like who do you think you are? But it's the stuff that goes on in your head all the time. And you don't even realize it's happening. Yeah. And so that football team, it's really big and strong, because this used to playing and here comes like the bench warmers, and they don't play much because they're the positive team. And they're the ones telling you that you're amazing. or looking at what you did there. And look how you made your daughter feel and how happy she is. And look at what you accomplished today. Like they're never there, because they're

always like, who cares about what you have to say go to the bench. Because I mean, that's what we do to them. So what we need to do is start building up those benchwarmers so that they can take over from the bullies. I love that idea. And you can build up the benchwarmers just by telling the other guys that they can go sit on the bench instead.

B Brie Tucker 14:25
I'm not listening to you! Go away!

J JoAnn Crohn 14:27
basically Yeah, but it's like the way she said it is these bullies won't just be like they won't respond to I'm not listening to you. It has to be a conscious choice. So you're telling them, I don't choose to listen to you right now. And just you're kind of thinking in your head, you're turning away, you're just turning away, they're still there, you're not violent towards them. You're just like, I'm not gonna listen to you right now. And turn away and you do it over and over again. And you start like putting in the benchwarmers the positive guys more often and more often by noticing your successes. Celebrating your successes. I mean, we do something we call the 2:15 celebration.

B Brie Tucker 15:03
Yes, everybody needs to do this. Let's tell them about our 2:15 celebration

J JoAnn Crohn 15:07
every time at 2:15. We're like, Okay, what did you do today? And we have to list off what we did today that made us happy or that we accomplished.

B Brie Tucker 15:15
Yeah. And it doesn't matter what it is. It might even just be, hey, I made it out the door today. It wasn't 20 minutes late to work.

J JoAnn Crohn 15:23
I was okay. So instead of the negative, you'd be like, sorry, I was on time.

B Brie Tucker 15:28
okay. I was on time. I was on time today. There you go.

J JoAnn Crohn 15:32
Yeah. Because so much we focus on what we didn't do, and we don't focus on what we do do. So that's the way to stop and the negative self talk, just build up the good benchwarmers.

B Brie Tucker 15:41
perfect. Alright, and number four is a big one. I think that is a struggle for a lot of us. Number four is be open to receiving. Okay.

J JoAnn Crohn 15:50
I laugh at that!

B Brie Tucker 15:51
You like JoAnn's laugh on that one? We just talked about this one recently back on a couple of podcast episodes back about her difficulty with this one sometimes, okay. So in general, women, I feel like women are a lot of times that we are able to classify ourselves as givers, we tend to give a lot of ourselves to others.

J JoAnn Crohn 16:09
our identity as as givers,

B Brie Tucker 16:10
right !

J JoAnn Crohn 16:11
Which makes it so hard to let go of.

B Brie Tucker 16:12

my number one mindset for no guilt mom, like about how I don't have to do everything to show my family that I love them. Because we are so overwhelmed by the feeling that we need to give, give, give, give, give, to show our love for others sometimes, but in this case, being open to receiving, you need to realize that in order to be successful, be very successful in almost anything that we do. We're gonna have to be open to receiving from others in some way, shape, or form. And a lot of times, that even means asking for help.



JoAnn Crohn 16:43

Yes. And asking for help is a very, very hard thing to do.



Brie Tucker 16:46

I know right? Because we're supposed to know it all we're supposed to be able to do at all like, Don't we all want to be super mom? Which by the way, I hate that term.



JoAnn Crohn 16:53

Yeah. And it feels kind of shameful, asking for help. Like, I put a lot of my identity and not the ability that I can figure things out for myself. And that if I can't do it by myself, there's something I'm missing or something I haven't figured out yet. My brain does not go to Oh, you should just ask for help first.



Brie Tucker 17:09

right? And I think that that's a huge thing. I think so many of us, we feel like we have to figure it out. Part of it is societal, but also a big part of it is that guilt, that guilt that we're asking somebody else to help us with something. And you need to realize that it's not always asking for help to being open to receiving might even be just receiving that time for yourself.



JoAnn Crohn 17:30

Yeah, getting time for yourself. And we laughed about the receiving thing because you tried to help me when I was hurt. And I'm like, Nope, I can do it. I know myself.



Brie Tucker 17:37

I'd be like, I'm going to seriously get water. Can I get you water? Nope. I could do it myself. I like seriously JoAnn I am walking downstairs Just let me carry your water bottle with me.

J

JoAnn Crohn 17:46

The backstory on that is I hurt my leg and thankfully I don't need surgery on it. It was a sprain. PCL was the official medical diagnosis and it has healed on its own with a lot of ice and ibuprofen and whatever. But no surgery. So yeah. But oh my gosh, that thing hurt more than when I like I've torn my meniscus before it hurt more than when I tore my meniscus. And I didn't need surgery, like my entire leg was cramped up, I could not bend it. I could not like walk well, I couldn't do much of anything. Like just getting up from a sitting position or going down to a sitting position. Like I was wincing and bracing myself for the pain to come. And here was Brie working here at the house. And like we work outside, sometimes on my back porch, and I wanted to get something from the kitchen. She's like, let me get it like no, I could get it. Ah, and I was like, push myself and just Winston. I could not receive the help. Because I guess like, I just associated getting help with weakness, and it's not healthy.

B

Brie Tucker 18:46

No, it's not. It's not but I think a lot of us have it too. Like you've heard me talk too. I have the same issue with having a partner at home that is open to helping me is a real struggle for me. So like I suffer from migraines a lot. So I've always been used to because the thing in our house was like you're not feeling good that's on you. So like I just All right, so I was used to just kind of either working through them or the kids are even aware my kids are aware like when mom has a migraine, okay, they're teenagers. Now they're, they're, well, they're 12 and 14, but Okay, we'll make our own meal here. We'll do our own thing quietly let mom rest for a couple of hours and she'll take her medicine and hopefully, you know, feel better. But I mean, like having someone that comes in is like, would you like me to go pick up the kids so you don't have to try to drive with one eye shut and one eye open? Do you want me to you know, get something to eat? So that dinner is started and you're not starting it at 7:30 post-migraine? Like that is so hard for me to accept the help I always start with no I got it. And then and then Miguel comes back in like two minutes later, like, please let me help you. And I'm like, oh, sometimes, and it's funny how sometimes you need someone to say that to you to be like, please let me help you and a lot of times, it makes To realize in my case that I'm letting that guilt and that sometimes pride overshadow what I actually need to be able to move forward. It's keeping me from getting better. So I mean that that I think that's a really, really big thing. Like once you can start giving yourself that time receiving, help receiving the positive things that that need to come towards you, then you get that a lot of times like that confidence, that experience to keep moving forward to actual growth.



JoAnn Crohn 20:28

Oh, yeah. And you know what, we see this in our kids too, like, both my daughter and my son, we recently started learning how to play piano and guitar. And I found like this cool app, so we don't have to go outside the house to do guitar and piano lessons.



Brie Tucker 20:42

Okay, which app?



JoAnn Crohn 20:43

It's called simply piano and simply guitar but you can get both with the same yearly membership. And like a yearly membership covers the entire family. It's like \$124 for the year. It's amazing. And so I started playing piano again, and guitar because I needed a hobby that was not related to No Guilt Mom.



Brie Tucker 21:05

yes. you.did!



JoAnn Crohn 21:06

I did. Because, you know, I started No Guilt Mom, what, seven years ago, and it was my hobby at the time. Like I wrote the blog, I did all the things that when it turned into a business, I kept doing all the things and it brought me stress instead of like, as much joy as a hobby did because it's what what I did all the time.



Brie Tucker 21:25

Well, I don't think the pandemic really helped. No, because what what activities you did have were shut down.



JoAnn Crohn 21:31

Yeah,



Brie Tucker 21:32

it was your hobbies that you did have outside of it. I mean, which many of us have suffered

through this last year? Like, it's gonna be hard getting back into things? I think for a lot of us.

J

JoAnn Crohn 21:39

Oh, yeah. So I was like, you know, what I have always wanted to learn how to play the guitar. But I've always told myself that, a, it's too hard B, I don't have time for guitar lessons. And then the little c voice in my head, why spend money on something when you're going to quit anyways, like, I have those thoughts too. I have them where, and then all of a sudden, I'm like, you know what, I'm gonna do this. And so I got these apps. And we've all been playing, which has been great. My husband is actually a very accomplished musician. And he's the one who uses our piano and guitar, like, you can just sit down and strum out a song and sing. And all the rest of us are like, and that's what I want to do. I want to just take my guitar to the campfire and sing songs. And just that's my ideal

B

Brie Tucker 22:21

Wow!

J

JoAnn Crohn 22:21

So I'm working towards that.

B

Brie Tucker 22:22

So one day, you guys are gonna be the Crohn family musical band.

J

JoAnn Crohn 22:25

Yeah. But um seeing my kids go through this process of learning an instrument is very interesting in the terms of the upper limit problem, because I took piano lessons when I was a kid. So starting this for me, there's a lot of review, but I am picking it up pretty fast, because I've done it before. And I've known music before. My kids, they don't have as much experience with it. They get frustrated, incredibly fast, like my son was yelling at the app the other night, oh, and in the app, it's really great, because you can play a piano and it recognizes the notes that can hear them. So it knows if you got it right. So he starts screaming, and it shows the note, he's screaming, and I'm like, oh, he screams in a high E. Interesting.

B Brie Tucker 23:11
I love that.

J JoAnn Crohn 23:13
It's really great. But something that he knows that he gets frustrated, easy. And music and learning music is such a great activity for him. Because I can have those conversations. I'm like, okay, you're frustrated, right? Now it's time to stop. And then as soon as it goes down a little bit, I'm like, you know, this is going to be really great for you and managing frustration, because you can go back again and again. And all you know, you know, it's gonna be hard, but you're practicing managing that frustration, and seeing if you can, like push through it to get what you want and playing what you want. So last night he played for an hour on the app. And he was doing great because of that. And you could hear him at times. He's like, oh, but he managed it pretty well,

B Brie Tucker 23:52
but not not quite the E, not not quite there.

J JoAnn Crohn 23:56
But then my daughter was learning guitar in the other room. And you could hear her as well. She's like, I just, I'm just not good at it. And I'm not doing it right. I'm like, this is supposed to be hard.

B Brie Tucker 24:06
And you're sitting there in your head to going like, Oh, that's an upper limit right there.

J JoAnn Crohn 24:09
Yeah, it's supposed to be hard. And if you're messing up, you're doing everything right. This is exactly how it's supposed to go. Yeah. So it's interesting.

B Brie Tucker 24:17
So tell us, what do you guys think? Do you have an upper limit problem?

J JoAnn Crohn 24:21
I'm guessing Yes.

B Brie Tucker 24:22
Yeah. Maybe?

J JoAnn Crohn 24:22
Yes.

B Brie Tucker 24:23
When do you feel bubbling up? When do you feel that upper limit problem turning it's guilt, you know, guilty feeling head towards you? And you know, how are you going to fight it? Are you going to try these four? Do you have something else you're going to try? Have you done something to help start you on that path of working through the upper limit problem?

J JoAnn Crohn 24:39
We would love to hear about it, head on over the No Guilt Mom Facebook page, you're going to find a post there with this episode's you just comment below that? And we could start the conversation there. And Brie and I will join in and it'll be tons of fun.

B Brie Tucker 24:52
Yeah.

J JoAnn Crohn 24:53
So remember the best mom's a happy mom, take care of you. We'll talk to you later.

B Brie Tucker 24:57
Thanks for stopping by.