

# Transcripts for Ep 091 Kicking Your Guilt to the Curb!

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## SUMMARY KEYWORDS

guilt, kids, feel, mom, joann, feelings, people, brie, guilty, paddleboard, talking, shame, yoga, realize, life, task, expects, supermom, board, dinner

## SPEAKERS

Brie Tucker, JoAnn Crohn

- J** JoAnn Crohn 00:00  
Welcome to the no guilt mom Podcast. I am your host JoAnn Crohn standing next to my completely normal height. co host Brie Tucker.
- B** Brie Tucker 00:11  
Hello. Hello, buddy. How are you? Okay, let me explain this. So JoAnn has his wonderful standing desk. I know many of you know what a standing desk is.
- J** JoAnn Crohn 00:18  
it's Yeah, comes amazing. It's amazing because I can't sit. I like have to like move around a lot!
- B** Brie Tucker 00:24  
right. And we had standing desks at my last office and one of my co workers got this amazing little balance board that she would use. And I liked stealing it from her whenever she wasn't using it. Because I could stand on it. And I could like do this, like, flip back and forth.



JoAnn Crohn 00:37

Yeah, it works really well like that.



Brie Tucker 00:39

It helps with people that are fidgety,



JoAnn Crohn 00:40

as I'm standing here is on the Balance Board. And so Brie feels really short.



Brie Tucker 00:44

Yes! because you're already like a little bit taller than me, which is fine. But now you're like, like, dude, she's like, oh, whole- I come up to her shoulders now right now.



JoAnn Crohn 00:53

And then look, I have one foot on the Balance Board.



Brie Tucker 00:56

She's doing Acrobats-



JoAnn Crohn 00:57

I could do tree. Tree when the balanced.



Brie Tucker 01:00

Okay, that takes serious talent. You're doing a tree pose on a balance board.



JoAnn Crohn 01:04

I could nail it on paddleboard yoga. I could do that.



Brie Tucker 01:07

You could. Oh, yeah. I did paddleboard yoga over the weekend.

**J** JoAnn Crohn 01:09  
Yeah. Brie did paddle board yoga over the weekend,

**B** Brie Tucker 01:11  
because I like it makes yoga more interesting. Because then you're trying not to fall in. Yeah, it adds. It has a certain degree of like, excitement to yoga. I love it. Yeah, I love yoga. Until let me just clarify Yoga is not boring to me. But I just thought Wow, how much more interesting is this? And it kicked my booty. Like halfway through that that class cuz it was an hour long. at the halfway point. I just kept going. Oh, no, no, no. For sure. It was exhausting. And then she wanted us all to jump in the water and climb back up on the paddleboard and I'm like no, no, no,

**J** JoAnn Crohn 01:45  
your like, I do not have the strength. Props to anyone who does right now

**B** Brie Tucker 01:50  
right here. I was soaking wet because the water still gets all over you. But especially when you go into child's pose because your board is soaking wet. Oh, yeah. You've gotten water on it. What's your favorite yoga pose? Whoa, okay, for simplicity?

**J** JoAnn Crohn 02:01  
Yeah.

**B** Brie Tucker 02:01  
Child's Pose.

**J** JoAnn Crohn 02:02  
I like savasana.

**B** Brie Tucker 02:04  
Okay, I don't know what that is.



JoAnn Crohn 02:06

it's Corpse Pose. That's where you lay on your back at the end.



Brie Tucker 02:09

Okay,



JoAnn Crohn 02:09

yeah, no, I like other poses, too. There's like frog pose. Frog pose is actually good. It's where you put your arms in front of you and you use your elbows. Yeah, keep yourself up.



Brie Tucker 02:18

Oh, yeah. Yeah, she showed us that one. Oh, yeah. Well, you put your knees on the elbows too?



JoAnn Crohn 02:22

Yeah, that was fun.



Brie Tucker 02:23

Yeah, yeah, she showed us that one. And I just laughed out loud. I'm bored. That is going to dump me in the pool any second and you think I'm gonna put my knees on my elbows? Oh, no.



JoAnn Crohn 02:36

Ohhhh It's I really want to come to this paddle yoga. It sounds like a lot of fun.



Brie Tucker 02:39

You have to come! it'll be it'll be a blast. And we'll we'll post pictures of JoAnn comes. We'll get pictures of both of us. Yeah.



JoAnn Crohn 02:46

Cuz I'm the one who like when we did Salt River paddleboarding. Last summer. I was

trying to do headstands on the board, and I did I did one except then I like I fell and I'm like, okay, that hurt a little bit. I'm not gonna do that anymore. But it's like, I don't know. It's just this little danger thing that just attracts me.

B

Brie Tucker 03:04

Right? It makes it so much more interesting. So shout out to Desert Paddleboard. That's who does the paddleboard yoga here in the east valley of Phoenix. Yeah, lots and lots of fun, highly, highly suggest checking her out. She does it all different places.

J

JoAnn Crohn 03:17

But something that may keep moms from doing something like paddleboard Yoga is that they feel guilty asking other people to take care of stuff like watching kids while they go do something for themselves.

B

Brie Tucker 03:31

Oh, yeah. No, there was even guilt on me signing up on this. So you know, I've been wanting to do this class for a couple of summers.

J

JoAnn Crohn 03:36

Yeah. you've been talking about it forever!

B

Brie Tucker 03:38

Yeah, so not only did my previous work schedule, make it difficult. But the other reason was, I felt guilty spending, and this was like, not even- I felt guilty spending money on myself.

J

JoAnn Crohn 03:49

Yeah, I mean, it's a it's a big thing. I think a lot of women feel guilty spending money on themselves.

B

Brie Tucker 03:53

Right? And I think that a lot of us have this mom guilt complex.

J JoAnn Crohn 03:59  
Yeah,

B Brie Tucker 03:59  
that is rough for us to work through.

J JoAnn Crohn 04:01  
I still feel guilty getting stuff for myself. Like it takes me many months of talking something up to myself. Like I needed a new purse forever. I knew exactly what I wanted. But I'm like, Oh, it's too expensive. It's too expensive. took me about three months to buy that purse.

B Brie Tucker 04:16  
Right.

J JoAnn Crohn 04:16  
Even though I had stuff saved, I just couldn't be like, Oh, I don't know. Like, am I worth it? Like, I mean, hearing saying that out loud. You're like, What do you mean am I worth it? Like, of course, like, you're all worth it. It's just that we just go through this guilty cycle.

B Brie Tucker 04:34  
And I think that that was really a key thing that you hit there that I just I can't wait for us to dive into some more here but just talking about like, Am I worth it? Am I am I too much of a burden by doing masking something? Am I going to make people upset by doing this?

J JoAnn Crohn 04:47  
Yes. Is it okay that I do this? So if you say those things, you're gonna love today's episode, because we're gonna give you some tips on how to overcome that guilt complex. So Today's the day Me and My Friendships. This is this official release date it is available for sale on Amazon. I am so excited for your kids to get hands on this book because it is going to help them make and be better friends. And guess what? I have left the pre order bonus open for you. But just for today, go to [noguilmom.com/friendships](https://noguilmom.com/friendships) and take a screenshot of your receipt from Amazon submitted to us there and you get a free course for your kids called Really Good Friendships. So again, [noguilmom.com/friendships](https://noguilmom.com/friendships) and go get Me

and My Friendships on Amazon, we have a link in the show notes. And now on with the 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 here at no guilt mom, of course, we talk a lot about guilt.

B

Brie Tucker 06:30

We do! What do you know! It's only in our name.

J

JoAnn Crohn 06:32

It's only underneath. And it's so funny. Because when I was when I named no girl mom, after I've had the name for a little while I'm like, oh, it should be no shame mom. Because really shame is when you attach your own identity to the things that you feel bad about. So that shame persists about like, oh, like I'm a bad person, or I'm not worthy. That's really shame we're talking about because healthy guilt can exist to help motivate you through certain things. But that's not what we're doing here. It's really the shame that we're talking about.

B

Brie Tucker 07:00

But I think it's a good point. Because I think a lot of us don't necessarily identify the shame. We identify it as guilt. Yeah. Like we think that we have a guilt complex that we always believe that we're doing in the wrong and that we're causing problems. And you're right, it really is about shame. But I think so many of us like haphazardly. We call it guilt

J

JoAnn Crohn 07:20

we do we do call it guilt. Yeah. Yeah.

B

Brie Tucker 07:22

So I think one of the big things when it comes to this, it's just that so many of us as moms feel like if we ask anybody for help, or we ask somebody for something that we need, like, I need you to give me positive feedback during the day, or I need a hug once in a while, like any any degree, like we're talking about everything from, I need help doing dinner, too. I need you to tell me that I am pretty and that I am a good person like yeah, that kind of stuff we feel guilty about so often.

**J** JoAnn Crohn 07:52  
we do. like I feel guilty about it for a really long time until therapy. Right? therapy is really the only thing that got me out of that guilt cycle. But it's stuff that anyone can learn without going through therapy. And that's what we're going to share today about how you can ask for the stuff you want without attaching that guilt to it.

**B** Brie Tucker 08:13  
Yes, because you know what you don't you don't have to be supermom, you don't have to be able to do everything. In fact, it's better. If you're not supermom, and you don't

**J** JoAnn Crohn 08:20  
do everything is better for your kids long term. I mean, Amy Carney who he recently had on the podcast said that we are stripping all of that problem solving ability that our kids need in the future, we're stripping it away from our kids, because we try to do everything for them that they never get that experience and solving their own problems. So right there that is like your first like you could step back, you don't have to be supermom.

**B** Brie Tucker 08:46  
right, because we have to be able to do things the way that we can do things. We don't have to be a do it all by yourself. It doesn't make us less than. we can handle this stuff.

**J** JoAnn Crohn 08:54  
Yeah.

**B** Brie Tucker 08:55  
So we actually both kind of like put together some stories to share.

**J** JoAnn Crohn 08:58  
Oh, yeah, I mean,

**B** Brie Tucker 08:59  
somewhat vague



JoAnn Crohn 08:59

times that we don't ask for help. So I have a big thing I noticed recently I do this actually, with work, too, is like -



Brie Tucker 09:07

that I can attest to.



JoAnn Crohn 09:08

Yes, the tasks that I don't like to do and are actually assigned to other people, either in my family or if Brie is actually assigned to do that task. Sometimes I will come in and like take it over, because I feel bad that they have to do that task, because it's such a horrible task, in my opinion, that I'm like, Oh my gosh, I should. I should just do that and take it over because Oh, they don't they don't deserve that. So weird. Like, it's so weird. I think that way.



Brie Tucker 09:35

I can tell you from a work perspective, I find it hilarious where sometimes I'm like, Hey, I went into this folder to do this. And it's already done. Yeah. And you're like, Yeah, I did it. And I'm like, you know, I was supposed to get that done. It wasn't in that calendar. But I get it I understand why like I feel honored in a way that you're trying to protect me but on the other side, I feel like wow, that's, I hate that's motivated through a place of like feeling guilty.



JoAnn Crohn 10:01

It is! It's motivated through guilt. And like I noticed I do it with my kids. So last week, my cat threw up downstairs and my kids were home and my daughter came up and she's like, Mom, they cat, the cat did something. And I'm like, why don't you don't go clean it up. And she said, I don't know how to do that. And she didn't know how to do that. Because like, I've done it for her so many times, because I like seeing the cat throw up. And I'm like, Oh, I better go clean up the cat throw up. So the kids don't step in it. She had no idea how to do it. So we fixed that problem. I taught her how to do it right then and there.



Brie Tucker 10:32

Yeah, it was very interesting. Being the outside person sitting here listening to that

conversation happen. So I told JoAnn, I'm like, wow, it's no wonder my kids are sarcastic. Because I'd be all like, you know, I pick things up, go, go go. Without taking the time to teach. That was a huge factor that you took the time you did the you did the we do you do thing.

**J** JoAnn Crohn 10:51  
Yeah.

**B** Brie Tucker 10:52  
And I think that was a big deal to her made her feel supported. And she knew what to do. I think a lot of times I overestimate what life skills I think I've taught my kids. So the only saving grace I have for that people is that in our household, my kids know that they have full reign of saying, Hey, I really don't know how to do that. Mom, I legit don't know.

**J** JoAnn Crohn 11:11  
Yeah.

**B** Brie Tucker 11:11  
And then I'll be like, Oh, okay. But you know, it'd be nicer if I didn't jump straight to that. But you know, it happens.

**J** JoAnn Crohn 11:19  
You're human,

**B** Brie Tucker 11:19  
I guess I am.

**J** JoAnn Crohn 11:20  
You're not perfect. No one is.

**B** Brie Tucker 11:22

But So mine is kind of similar to that, you know, I feel really, really guilty. If I'm asking for help, in any way, shape, or form. Because I feel like I'm a disappointment to others. I feel like that my family will look down on me. And I feel like I will be perceived as a burden to them.

**J** JoAnn Crohn 11:41  
That's hard. That's a hard line of thinking.

**B** Brie Tucker 11:43  
that's a lot of shame that I carry the weight. You guys are gonna laugh about this. And I mean, this comes if I even have to ask somebody to like, Hey, will you chop those vegetables for me? Because I am doing six things over here. And the pot that I have on the stove is boiling over water right now because I was trying to prep the meat and make the side dish and cut the fresh veggies all at once. And then the shame comes in too that like, Oh, I should have planned this better.

**J** JoAnn Crohn 12:10  
Yeah,

**B** Brie Tucker 12:11  
I should have done it better. So how dare I ask somebody to help me because this is all my own fault?

**J** JoAnn Crohn 12:16  
That is the question I was just gonna ask you! like what your internal monologue?

**B** Brie Tucker 12:19  
Oh, yeah.

**J** JoAnn Crohn 12:20  
Like you should have this more under control?

**B** Brie Tucker 12:22  
Yeah, it always comes down to another one that took me forever, forever to do. So like I am a little bit better about asking for help now, especially because in our household, I kind of know what tasks people enjoy doing to some extent. And then when I say enjoy doing this, I'm certainly not everybody loves doing chores of any way, but the ones that they're willing to do without grumbling. So like, I'm better about asking for that kind of stuff. But another one that killed me and you know, this is asking people to help me with transportation of my kids.

**J** JoAnn Crohn 12:48  
Yeah,

**B** Brie Tucker 12:49  
like, that drives me bonkers when I have to ask somebody like, Hey, I kind of have like this, like, work meeting that can't be moved. And I or I have like to go to the doctor and my kids can be picked up. And it took me three months to make this appointment. And I feel terrible asking you for 20 minutes out of your day.

**J** JoAnn Crohn 13:07  
Yeah, a long thing. I've recently I had that too. And it was with my husband. And I mean, it's his kids too. And he tells me all the time, like like,

**B** Brie Tucker 13:16  
right?

**J** JoAnn Crohn 13:17  
husbands and fathers, they're not babysitters, they're fathers. But

**B** Brie Tucker 13:21  
so many of us, I think have that.

**J** JoAnn Crohn 13:23

Yeah, that guilt that comes with work stuff for women, because, like, Eve Rodski's book Fair Play. She says that a lot of us get into the thinking that since my spouse makes more than me, his job is more important. He can't be bothered.

B

Brie Tucker 13:36

Oh, that was point blank said in my household before. And you know what? I said it too! Yeah, I 100% bought into that dialogue. And I have to tell you, guys, the mental anguish that caused, please, please listen to JoAnn about this. And you have to read Fair Play!

J

JoAnn Crohn 13:55

it's not true. Our time is all equal. Like it doesn't matter if someone gets paid more than the other, like, everyone's time is equal. And we all contribute to the family. But I've started being like, Hey, we have like this going on, Can you get the kids here and take off work? And before I would have never asked my husband to take off work like years ago, like -

B

Brie Tucker 14:14

because you would have felt like you were being a burden.

J

JoAnn Crohn 14:16

I would have felt like I was being a burden. I couldn't have it together. His job is so important. He would get so mad at me that he had to take time off. I mean, it goes on and on a cycle that we put ourselves through. So let's talk first, like how do we get out of this? We found four ways that you can start doing right now to help you get over this guilt. And the first one, feel your feelings.

B

Brie Tucker 14:38

Yes. Okay, one of my favorite punk songs by The Regrettes, like that's one of the things she goes "feel your feelings fool!"

J

JoAnn Crohn 14:46

I was thinking and if you're like, of course I feel my feelings. Well, here you go. Do you ever and Brie This goes for you too, Do you ever go straight into problem solving mode instead of like realizing that you're suffering at the moment?

**B** Brie Tucker 14:59  
Oh, All the time.

**J** JoAnn Crohn 15:00  
Yeah, like we all we like all of us do it like right with dinner for instance, you go straight into me like okay, well, this isn't going well. So how can I fix this? Like you try to do it from a logical perspective. And then things build up and build up and that's when we explode.

**B** Brie Tucker 15:15  
And that's when I end up on the floor in my kitchen crying.

**J** JoAnn Crohn 15:18  
Yeah,

**B** Brie Tucker 15:18  
In the corner. And everybody my family's like, Oh, god, she's crying she exploded. What are we supposed to do?

**J** JoAnn Crohn 15:24  
Yeah. Because we're not giving ourselves space to feel our feelings or giving those feelings any weight whatsoever.

**B** Brie Tucker 15:30  
We act like they're a burden.

**J** JoAnn Crohn 15:32  
Like they're a burden.

**B** Brie Tucker 15:33  
Let's just push them off to the side because I don't have time for this.

J JoAnn Crohn 15:36  
Yeah, well, and how many times have women been told that we are too emotional?

B Brie Tucker 15:40  
Oh, often!

J JoAnn Crohn 15:41  
I mean, often,

B Brie Tucker 15:42  
and don't even you don't even start like those 80s we were talking about eight oh, my God. And the stereotypes like women are always portrayed as these emotional blobs.

J JoAnn Crohn 15:50  
if you go, if you go back and like Three Men and a Baby is on Disney+ right now. And I tried, I tried to watch it again. I got through 20 minutes before I'm like, Oh, this is bad.

B Brie Tucker 16:02  
Your like I just want to throw up.

J JoAnn Crohn 16:04  
Because we've always been told were too emotional. We like do stuff by our feelings. And so I think a lot of us have bottled up all of our feelings. And now instead of like outwardly expressing them, they come out in other ways like guilt, shame, depression, anxiety, like all of those are bottled up feelings. Even binge eating is a result of bottled up feelings.

B Brie Tucker 16:26  
Oh you mean, like when I like to joke about the fact that I like to eat my feelings? Which I totally do we do when I'm really anxious?

J JoAnn Crohn 16:32

I do it too.

**B** Brie Tucker 16:32  
Oh, yeah. Yeah. When I'm really anxious, I go for those comfort foods.

**J** JoAnn Crohn 16:36  
So like, when something goes wrong, instead of going into problem solving mode, you can just take a step and be like, I'm suffering right now.

**B** Brie Tucker 16:44  
Yeah, cuz it does no good to judge ourselves. We don't have control over these feelings.

**J** JoAnn Crohn 16:48  
Yeah, you can just say, I'm frustrated. I'm mad. You know, give yourself a second. Take a breath, give yourself some compassion and like, know that you're suffering. Think of like if someone you loved had the same feelings of stress, like what would you tell them?

**B** Brie Tucker 17:05  
Yeah, I think that's a really great point. Like if you were dealing with your best friend, your sister, just anybody, and they were telling you these feelings that are going on in your head, the inner dialogue- I'm a terrible person, because I didn't plan dinner well enough. And now six things are burning. And it's all my fault, because I'm awful. What would you say to them?

**J** JoAnn Crohn 17:26  
Yeah.

**B** Brie Tucker 17:27  
You would probably say oh, my gosh, No, you're not.

**J** JoAnn Crohn 17:29

It's like, look how much you did right here.

**B** Brie Tucker 17:31  
Right. It's okay. You can feel sad. I don't think worse of you! I think you're an amazing person still! You need that for yourself.

**J** JoAnn Crohn 17:39  
You need that for yourself. Yeah, we're so self critical. Which brings us to number two.

**B** Brie Tucker 17:44  
Number two, realize that you aren't alone people.

**J** JoAnn Crohn 17:47  
you aren't.

**B** Brie Tucker 17:48  
No, we're all going through this. So I'm going to let you in on a not so secret secret. Everybody feels this way.

**J** JoAnn Crohn 17:54  
Everybody does.

**B** Brie Tucker 17:55  
Everybody has this thought process at some point.

**J** JoAnn Crohn 17:57  
And I just finished this amazing book called Self Compassion by Kristin Neff. And she says this is about connecting to common humanity by connecting to like the human population at large. And just by realizing that other people have felt the same way you feel, and that it is okay to be imperfect. That really helps you give yourself some more self compassion and takes away that guilt and that anxiety you feel.

**B** Brie Tucker 18:24  
Because we need to realize that we're all connected in this experience.

**J** JoAnn Crohn 18:28  
We're all and none of us are perfect. Like if all of us were perfect, it would be a very boring life, like really boring, like, who wants to even be friends with somebody who's perfect? I don't.

**B** Brie Tucker 18:38  
I say, Come on. We all know that one person in our life that we secretly think thinks that they are perfect.

**J** JoAnn Crohn 18:43  
Oh, yeah. And we're like, yeah, we're given side eye. I were like, really didn't really go down like that. I don't think it did. But then like, being imperfect, gives you so many opportunities for connecting with others.

**B** Brie Tucker 18:58  
I think it does. And like you talked a lot too, about how it's important to realize like the things that happen during that lead up to that. So that's an earthing, like realizing you're not alone. Not only are you not the only one suffering through this and having this terrible inner dialogue and just feeling guilty. But there were a plethora of things that build up to that.

**J** JoAnn Crohn 19:17  
Oh, yeah. Like, oh, there were other things that happened in your day. For instance, there was like this one email. We got at No Guilt Mom. And I replied, very snappily to it. And at first, I really like criticized myself because I'm like, Oh my gosh, how can you do that? You're so unprofessional. Like, why did that happen? And then I started thinking about my day so far, and I was like, Okay, well, the air conditioner broke today. And then my cat threw up on the tile. And then my dishwasher broke, the dishwasher broke as well. And so all of these things led up to my snappy reaction to this one email. So it wasn't that I'm so unprofessional. It was like whoa, I had a really hard day and that's why I reacted the way I did.

**B** Brie Tucker 20:02  
And it's okay to allow that to happen. You've got to give yourself that room. Because if you don't give yourself room to feel those feelings and to realize that you're that it happens, then you're never gonna be able to move through it.

**J** JoAnn Crohn 20:12  
Yeah, we're imperfect. All of us.

**B** Brie Tucker 20:14  
Yes. So what is tip number three?

**J** JoAnn Crohn 20:16  
Understand that no one really expects that of you to do at all. Yes, they want to help you.

**B** Brie Tucker 20:23  
I know, right? It's where did we get that stuck in our brain? Well, I'm actually I kinda know I'm saying that somewhat tongue in cheek, like this thought process that as moms, we're supposed to do it all. We're supposed to keep everything together, and the whole world is gonna fall apart, our whole family is going to just fall to smithereens if we get sick, or if we can't handle it all. And I know what I blame it on. I blame it on that really popularized notion from about like, 10 years plus ago, where that big hole like, I'm super mom came out there. I did not like that movement when it started. And I really feel like now 10 years later, we're dealing with the messed up message that sent so many of us!

**J** JoAnn Crohn 21:03  
were dealing with a lot of messed up messages from our childhood, and my husband and I were just talking about the movie Mrs. Doubtfire, for instance. And like, who was the villain?

**B** Brie Tucker 21:13  
Don't kill that movie. I loved it.

J JoAnn Crohn 21:15  
But who was the villain in that movie?

B Brie Tucker 21:18  
Oh, the mom. Yeah.

J JoAnn Crohn 21:18  
The mom was the villain. Because she had an outside career. She couldn't stay home with the kids. So she had to hire a nanny. And oh, guess what? She wasn't let her ex husband seeing the kids either.

B Brie Tucker 21:27  
Yeah.

J JoAnn Crohn 21:28  
And she moved on with her life with a new like, hot Pierce Brosnan. So

B Brie Tucker 21:34  
the run by fruiting! Did you see him? (laughing) sorry!

J JoAnn Crohn 21:37  
if you can go back and watch that movie. And Robin Williams is still hilarious. I mean, it doesn't ruin it from that. But in terms of portraying, like,

B Brie Tucker 21:45  
Yes, you're right,

J JoAnn Crohn 21:46  
she was the villain

**B** Brie Tucker 21:47  
because of those things that you said.

**J** JoAnn Crohn 21:49  
And those are the things that we grew up with that you should not be that way you should take care of your family and have a career and like put other like, it's just ridiculous. And that's what we're dealing with.

**B** Brie Tucker 22:00  
and be able to meet the needs of everybody in the family and do it all yourself. And that you're, you're less than if you need help. Yeah. And again, like I realized that on this On this episode, we were focusing a lot on the real obvious section of needing help, which is where you're physically asking for other people to help you do tasks. But I also want to make sure that anyone who's feeling like I need my spouse to tell me that they love me once in a while, I need my kids to do something kind for others in the household or do something kind for me once in a while. Or the guilt of I need some alone time. So I don't lose my stuff!

**J** JoAnn Crohn 22:34  
Yeah, alone time! shout out to alone time!

**B** Brie Tucker 22:41  
like, you know, you feel guilty for needing something, we're talking about all these different levels. And all these things apply to it as well. Like, no one expects you to be able to be on 24/7, it is 100% okay to say, look, I need at least an hour of silence in this household where nobody is touching me. Nobody is calling for me to do something. I am allowed to do my own thing, or goodness gracious. And this is like what I think is like the gold standard, where you can get everybody out of your house, and you get to enjoy your own home.

**J** JoAnn Crohn 23:12  
Oh yeah, that's nice.

**B** Brie Tucker 23:13

Right.

J

JoAnn Crohn 23:14

But I mean, we're still fighting with this to like me and Brie like, Oh, yeah, I mean, just Friday, I wasn't feeling well. And so I'm like, I'm gonna watch some top chef. And I'm here watching Top Chef and like, probably every episode, I'd be like asking my husband, I'm like, Do you need anything? Is it okay, I'm here and just laying here and doing nothing.

B

Brie Tucker 23:32

Cuz you were in. Let's also add point that she was sick on Friday. She was pretty sick.

J

JoAnn Crohn 23:38

Yeah. But

B

Brie Tucker 23:39

like I actually left because I was like, Yeah, don't be around anymore. I don't want to get sick. Your bacteria factory I'm leaving go by the door. I was like, Listen, we're finishing this interview, and I am out here. I am Audi 5000.

J

JoAnn Crohn 23:53

But I mean, I still deal with these feelings all the time. And I'm working through them. And the reason that we are giving you these tips is this is like the exact process that I use for myself to get through it. It's what Bri uses, feel your feelings. connect yourself to other humans realize you're not alone. And then understand that no one really expects you give yourself that kindness. Give yourself that love and like, don't worry about others, but know that it's hard for us too.

B

Brie Tucker 24:21

Yes, and your family loves you. They (sigh). This is the tricky part too on this whole, like, understand that nobody expects to really do it all. Your family loves you. They understand that you're not expected to do at all but if we are constantly doing it all -

**J** JoAnn Crohn 24:37  
Yeah, they don't know how to help

**B** Brie Tucker 24:38  
right! Then they don't know that you need that help. Which leads us into Tip number four.

**J** JoAnn Crohn 24:43  
Tip number four, ask for what you need.

**B** Brie Tucker 24:46  
And yes, guys, it really is that simple.

**J** JoAnn Crohn 24:48  
But sometimes like, you don't even know what you need. And you kind of just have to put yourself out there and kind of guess.

**B** Brie Tucker 24:54  
Yeah, and it's okay to even say I don't know what I need, but once I figure it out, can I tell you and then They're gonna say, yeah, or you just or you don't even ask for permission, like, that's me. I'd be like, Can I tell you later? No, you just be like, I don't really know what I need right now. But I will let you know as soon as I can figure it out.

**J** JoAnn Crohn 25:09  
When I'm ever in that state. I know, like, going on a walk helps me just getting away. And like being able to, like think through things to figure out exactly what's bothering me, that helps a lot. But also, I really need people to help me and help me out. Right? Like, tell me tell me, I'm doing a good job.

**B** Brie Tucker 25:27  
I know, right? Like, I think that's a huge, huge thing. And that kind of also comes down to another thing of like, knowing what your love languages like how you need people to show you their, their love and affection for you. And again, nobody can read your mind.

No. So it is as simple as asking for what you need. But we do realize it's it's also not that simple. Yeah, gotta be vulnerable. You've got to do the work of figuring out how people can help you. And you know, what else is the tough part? And this is something I've learned a lot for working at no gut mom, sometimes you just have to be really uncomfortable. Yes. And just let yourself sit in that uncomfot before you can move through it. So like, again, like we talked about the very beginning, like my big issues that I have, are asking people to help with transporting my children and helping me do tasks that I am doing. So like, again, dinner is a big one that comes to mind. It was so uncomfortable to ask for help. And it's uncomfortable even now for me to know that people are helping me, but I am getting better at it where it doesn't make me feel so shameful right off the bat. Like I'm getting way better at it. But it's still a struggle.

**J** JoAnn Crohn 26:34

Well, if you've thought that way for so long, it's definitely going to take time to like unthink that way right as you're training your brain to kind of make that new neural pathway that makes it okay to do that thing. It's just like any task that we train our bodies to do like at first it becomes really really hard and uncomfortable. But then the more you do it, the more you do it, it gets easier and easier. It's the same asking for help the first time you do it, it's gonna be really uncomfortable.

**B** Brie Tucker 27:02

So don't stop just because it's uncomfortable. Yeah, and you're like, oh, it makes me feel too awkward. I can't do it. You gotta work through it.

**J** JoAnn Crohn 27:09

it's supposed to feel awkward and know that if it feels awkward you're doing it right

**B** Brie Tucker 27:13

like going back to that step one let yourself feel those feelings and be okay with it. We're giving you permission.

**J** JoAnn Crohn 27:19  
yes

- B** Brie Tucker 27:19  
to move through it Don't let the guilt takeover move through all the emotions.
- J** JoAnn Crohn 27:23  
That's the OAR song. Can't remember it. Now it's I go through. He wrote they wrote it for their kids. Like I tried to go around it but I go through, we'll put the link in the show notes.
- B** Brie Tucker 27:34  
Okay, I'm waiting for that song. I feel terrible. Because that's supposed to be my thing. Oh, yeah. Like I found a meme the other day and said like, I'm at that stage in life where I can remember any song lyric and the world or movie quote, but I can't remember what I walked in the kitchen for five minutes ago.
- J** JoAnn Crohn 27:49  
Oh, well. Different part of your brain.
- B** Brie Tucker 27:53  
So ask for hugs. Ask for those positive words. Ask for that time alone. Whatever it is you need. Just ask for it.
- J** JoAnn Crohn 28:00  
Ask for somebody to make dinner.
- B** Brie Tucker 28:01  
Oh, my goodness yeah.
- J** JoAnn Crohn 28:02  
Oh my gosh, in my house. I only make dinner once a week because everybody else has their night.
- B** Brie Tucker 28:07

Right. That's about how we do it too.

J

JoAnn Crohn 28:08

Yeah. And it's actually it feels really good. Because then it's not on me to think of dinner because I'm like, I did my dinner done.

B

Brie Tucker 28:16

I actually liked that method too. And I'm still trying to sell it to my kids. They're still not quite so on board with it, which is fine. It's okay. So what are we doing, we're pushing through the awkward part, where they're saying we don't want to do it. And I keep trying to point out to them, realize the benefit here you get one night a week where you get to pick whatever it is we're eating. So you are guaranteed that you are not eating something you don't want to eat that night. You can like I really do not limit their options for dinner that night. That's their night except for because my daughter, of course has tried this. You can't just doordash it. You can't. You can't come and take my phone and then I find out that you ordered dinner like that's not the option here. You still got to cook it. But it can be whatever you want.

J

JoAnn Crohn 28:59

Yeah, that's how there. My kids are two we've had grilled cheese and tomato soup.

B

Brie Tucker 29:02

Yeah, every sandwich is a great staple in our house. We love it.

J

JoAnn Crohn 29:06

We just talked my son out of macaroni and cheese this week. And we're doing hamburgers instead. So that's good. But yeah, it's baby steps.

B

Brie Tucker 29:13

Yeah. But do you realize that I do want to say like another thing too, about this whole asking for help thing that is a great example you're setting for your kids, you're showing them healthy boundaries, healthy communication. And that is such a great gift you're giving to them because you're helping release some of that guilt and shame that they could be setting themselves up for as they get older. Because by showing them that it's

okay to ask for these things. It's okay to have boundaries, and it's okay to ask for help. Then you're you're showing that Yeah, you're freeing them of that guilt that could be plaguing them when they get older.

**J** JoAnn Crohn 29:45  
And you'll also see exactly when they get it because my daughter gets the asking for help thing and she'll be running around the house in the morning. She'd be like, Mom, can you fill my water bottle please? Can you until I was very very nicely. Can you go feed the dog for me. Please, which will ask me to do her chores, and I'll be like, hold on now. I think you have some time to feed the talk, but it's good. I'm glad that she has those skills. And she's just you know, everything with parenting. It takes a little coaching and working through things. Yeah, to be good.

**B** Brie Tucker 30:15  
So to run over the four tips that we talked about, first one is

**J** JoAnn Crohn 30:18  
feel your feelings.

**B** Brie Tucker 30:19  
The second one is realize that you aren't alone.

**J** JoAnn Crohn 30:21  
Third, is understand that no one really expects you to do at all

**B** Brie Tucker 30:24  
and the fourth one is ask for what you need.

**J** JoAnn Crohn 30:27  
Yes.



Brie Tucker 30:27

So because what do we always say JoAnn?



JoAnn Crohn 30:29

The best mom is a happy mom, take care of you and we'll talk to you later.



Brie Tucker 30:32

Thanks so much for stopping by!