



Transcript for Ep 096 How to be Real with Joanne Jarrett MD

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SUMMARY KEYWORDS

stories, joanne, mom, kids, people, funny, life, podcast, joann, friend, call, embarrassing, humor, dress, laugh, laughing, laughter, totally, situations, myers

SPEAKERS

Brie Tucker, JoAnn Crohn, Joanne Jarrett

- J** JoAnn Crohn 00:00
Welcome to the no guilt mom Podcast. I am your host JoAnn Crohn, joined here by boop boop co-host Brie Tucker.
- B** Brie Tucker 00:08
Boop Boop (music sounds) Hello everybody!
- J** JoAnn Crohn 00:12
It is the variety hour!
- B** Brie Tucker 00:15
(singing) Hello my baby. Hello my darlin. Hello my ragtime gal!
- J** JoAnn Crohn 00:18
We've got standards. We break it down for you.

- B** Brie Tucker 00:21
I got jazz hands.
- J** JoAnn Crohn 00:22
We mimic everything we saw on the Muppet Show as kids
- B** Brie Tucker 00:24
Spirit fingers. Yes! Ta da!
- J** JoAnn Crohn 00:28
Do you remember what those variety shows with? Like, I know Sonny and Cher had one. I didn't watch that one. But I did watch Laugh In. like reruns of Laugh In. DO you remeber LaughIn?
- B** Brie Tucker 00:34
Okay, I know of all of them. I don't remember watching any of them live other than I did watch The Muppet Show. I loved the Muppet Show. And
- J** JoAnn Crohn 00:40
The Muppet Show was good.
- B** Brie Tucker 00:42
(singing) Mahna Mahna! Do doo do doo do!
- J** JoAnn Crohn 00:45
It has my favorite joke in the entire world on the Muppet Show. Oh, what do you call a cross between an elephant and a rhino?
- B** Brie Tucker 00:51
I don't know. What do you call it?



JoAnn Crohn 00:52
Eleph-ino! (laughing)



Brie Tucker 00:53
Oh! That's a good one!



JoAnn Crohn 00:56
That's my favorite! It's so sophmoric. And it's funny. I makes me laugh so much. And then I tell my kids and they're like, What's an eleph-ino? I'm like, what's eleph-ino with you?
(laughing)



Brie Tucker 01:05
(laughing) I'm gonna tell that one to my kids.



JoAnn Crohn 01:11
It's really fun. And our guest today is all about having fun.



Brie Tucker 01:14
Yes. And you know what? I loved her name. So easy to remember this guest name.



JoAnn Crohn 01:18
it's Joanne! Yes, it's the only other Joanne I know currently.



Brie Tucker 01:23
Yeah. And she said the same for you. She was like, yeah, the only other Joanne I know.
Yeah, there you go.



JoAnn Crohn 01:30
But Joanne Jared is a family physician on her 17th year of maternity leave, she jokes about it. She is the host of the fancy free podcast which I was a guest on a few months ago. And the creator of shelf ease a line of cozy women's loungewear with built in shelf draws. She

has two daughters, ages 15 and 17. And she helps women feel less alone in their imperfections, and forge connection through vulnerability and humor. Do we hope you enjoy our interview with the other Joanne? Hey, if you want to teach your kids more about being a good friend and making better friends, my books out Me and My Friendships. It is for your kids! I wrote it for kids ages six to nine. And it is full of exercises and tips and quizzes on how to choose friends how to be a good friend, and how to deal with all those like crazy social stuff that we had no idea how to deal with as elementary schoolers. So go find Me and My Friendships, you can get it on Amazon or wherever books are sold. 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. Welcome Joanne. It's really weird to say that actually you're the first act- other Joanne we've had on the podcast but welcome Joanne to the no guilt mom podcast are so happy to have you here.

J Joanne Jarrett 03:23
Thank you, Bree and Joanne it's so much fun to be with you. Does it feel like there's like that skit? That's

B Brie Tucker 03:28
My brother Darryl, this is my other-

J JoAnn Crohn 03:28
like, there everyone has the same name as eachother. Doctor, Doctor,

J Joanne Jarrett 03:32
Doctor, Doctor.

B Brie Tucker 03:34
Man! You guys go to Doctor and I go to this Darryl, and this is my other brother Darryl.

J JoAnn Crohn 03:39
I know that one too! I know the Darryl one as well.

J Joanne Jarrett 03:43
I'm Joanne, this is my friend Joanne, and this is my other friend Joanne.

J JoAnn Crohn 03:47
Exactly.

B Brie Tucker 03:47
Oh my gosh. Okay, so I have to joke about that slightly. So not quite Joanne but I am like the friend that collects everybody with "J" And

J JoAnn Crohn 03:55
She is BrieAnne though. That is her full name. I am BrieAnne, but I go by Brie. But the funny thing is like all my good friends are all I have JoAnn, Jen, Jenna, and Jess. And it's so funny.

J Joanne Jarrett 04:06
Oh my gosh, how do you keep track of it?

J JoAnn Crohn 04:09
I know my brother Miguel tries to keep them straight. He's always like, well at first. He was having a really hard time and I'm like it's okay. Just start with a "j" just go with a "ja" finish it for you. That went really well. So, tell us a little bit about you and your story.

J Joanne Jarrett 04:18
(laughing) yes! Yeah, well, I am a family physician by training. But I like to say I'm on my 17th year maternity leave because it sounds a lot better than I used to say I'm retired but I think that actually conjures up a mental image that isn't accurate. So I'm not really retired. I'm still on maternity leave, I'll probably never go back. My husband and I are raising two teenage daughters. our daughters are 15 and 17. Three years ago, we moved from the suburbs of Reno, Nevada to rural Montana. So we're now living on a little I guess you could call it a homestead or a hobby farm. We have cows and chickens and probably soon to be goats and raised bedgarden and or city slickers. So we have no clue what we're doing. But we're like, Well, we know how to learn, right? So we'll just learn as we go.

And we hope that we're erring on the side of taking too good of care of our animals instead of not, you know, we try real hard. In fact, my husband and I were in the hot tub this morning. And he was fiddling with something in the hot tub. And I'm like, is that mooing? Do you hear moving? That's like, no, that's me. I'm like, okay, cuz I didn't think that was normal mooing, and we have to go check on our cows. Anyway, so we live outside of French town, Montana. I have a blog called the cozy clothes blog, which I started to chronicle my journey from doctor to stay at home mom to clothing line designer. And then out of that was birth my podcast, fancy free podcast. And I also have my loungewear line. So those are all that the Oh, and I am somewhat reluctant, accidental dental assistant and office manager also because I help my husband with his practice.



JoAnn Crohn 05:59

A lot of things you have going on. Oh my god,



Joanne Jarrett 06:02

I like to cram all kinds of hats on my head all the time.



Brie Tucker 06:05

Oh, man. Oh, man. Okay, I have to ask having moving from a city to a farm. How did they adjust?



Joanne Jarrett 06:12

You guys, it was such a huge risk. But it was a family decision. We made sure that we live close enough to the city of Missoula, we can basically get to Missoula in the same amount of time as it took us to get to our kids pediatrician. in Reno, we're just covering like four times as much ground. So we're good. The girls were in on the decision. We probably I mean, luckily, we all agreed. But we did have to make some hard decisions along the way. They love their high school. It's actually really highly rated high school here in Montana. And they're both doing things they never would have done before. But they're also doing things that are, you know, familiar to them from their previous lives. So they're thriving, thanks for asking because it was terrifying. We moved with a bunch of extended family which I think's helped.



JoAnn Crohn 06:52

Oh That's good. Oh, they already had like that built in network. And you had that built in network.



Brie Tucker 06:56

I was gonna say, That's so awesome. Oh, my gosh, my parents lived with my sister in the next town over for the first year while they were building their house across the driveway from our house. So that's actually where I am right now. I'm above our barn, which is my project room. And it's attached to my parents house where they live with my two aunts.



JoAnn Crohn 07:15

Wow. That's like the one reason I would never move because I don't want to leave my extended family because I have -



Joanne Jarrett 07:21

Oh my gosh totally!



JoAnn Crohn 07:22

some young nephews who are like two!



Joanne Jarrett 07:25

Cannot you can't miss. Just can't miss it. Yeah, no, I am. We're truly trying so hard to talk my husband's side of the family into moving, but they're really good about visiting. So that's good.



JoAnn Crohn 07:35

Oh, that's really good.



Brie Tucker 07:36

I mean, you're, it's not like you move to a place that's not beautiful. I've been to Montana. Oh, so gorgeous.

J Joanne Jarrett 07:42
Oh, we love it. It's so funny. Later this later next month, we have two families that are visiting us and bringing their RVs. And one of them. They're both going to be here on the same weekend and one person and each couple of our cousins with each other. And they didn't even know they were going to be here at the same time. We're just like, we're guest magnets, because it's such a fun place to visit. And people want to stop by on the way to glacier and it's like, Oh, perfect. Please come over whenever.

J JoAnn Crohn 08:04
it's really fun. Oh, yeah.

B Brie Tucker 08:06
And any excuse to get out of the desert.

J JoAnn Crohn 08:08
Yeah, yeah,

J Joanne Jarrett 08:09
totally. Yeah.

J JoAnn Crohn 08:11
So your podcast fancy free. It kind of like celebrates everyone's kind of embarrassing. Not so fancy stories. which I love, which I came in was a guest on your podcast and shared my story. But you're all about, you know, being honest and genuine and breaking down those walls. So how did you like get started in this path? And just like wanting to know everyone's stories?

J Joanne Jarrett 08:34
Oh, my gosh, well, there are several things, but I'll try to keep it brief. the very most recent thing that happened to me is I got stuck in a dress at dillards. And I, I was so humiliated. So I, I gained a little weight after the move. And my mom said, Hey, dillards is having a sale and I hadn't been to the Missoula dealer jet. So I went hightailing it down there and started looking around, and I realized I was looking at stuff on the same rack where the

shirt is that my mom was wearing. So I'm like, Oh, my gosh, I'm looking at the set. Like, I must have wandered from my department into my mom's department. Let me hang a hard right! So I have a hard right. And I saw a really cute little dress. There's no way my mom would ever try. And it's short. And it has a punching fee. And it's a funny number. So I take into the dressing room, and I try it on just like you know, when you're doing that non committal thing, like, I'll just put it over my clothes. And then if I like it, kind of, then I'll do the whole thing. So I watched it on over my tank and jeans, and then I couldn't get it off. And I was by myself. So I had to have the sales lady come in. And she so I'm standing there with my arms above my head, like an obedient toddler, and she's like gathering up the fabric and trying to get it up over my head and then she goes, That's as far as I can go because I have a hurt shoulder. So then I'm squatting down. Then finally she gets me out of the stress. And afterwards, I thought, Oh, I gotta ask her to find her first and then I was like, No, I can't because I can't handle the answer. I'm just gonna get out of here. So, by the time I got in the car and got over to picking up my daughter, I was totally over the humiliation. I just thought it was so funny. So sharing the story with them. And when I got home, I wrote a story about it. And I got so many replies to that story. That Oh, yeah, that's totally happened to me, that's totally happened to me. And I thought, Wait, why are we not sharing these stories? For one thing, like, I love to laugh, who doesn't especially I like to laugh with somebody who's laughing at themselves, right. And secondly, it's like this favor that we do, because we're lowering the bar. Because when people look at me from the outside, as they're seeing me on a good day, they just might be, you know, foolish enough to think I have my act together. And, and they're comparing my outsides with their insides. And they know they don't have their act together. So they feel intimidated. Well, there's no need for that. We don't need to be feeling like that when we see each other. And so hearing these stories sort of helps chip through that. And I love it. So I just decided, Okay, I have to have a place where we're telling each other stories. So my podcast is it.



JoAnn Crohn 10:50

That is awesome. It's so funny, because when you were telling that I'm like, I have a dress story too. Like it just reminded me to -



Joanne Jarrett 10:56

Now you have to come back on my podcast and tell your dress story!



JoAnn Crohn 10:59

Yeah, it was nothing because basically, you know, those Rent the Runway dresses? so I got

rid of the runway

J Joanne Jarrett 11:04
And those are expensive too.

J JoAnn Crohn 11:06
Well, yeah, and it wasn't too bad. It was better than getting a dress because it was like this award ceremony.

J Joanne Jarrett 11:10
No I mean, if you damage it. like, you have to pay for it if you damaged it?

J JoAnn Crohn 11:13
Um, probably Yeah, I was probably. I did damage mine, though. I just I couldn't get it on. I could like the zipper wouldn't go and then oh, and then the zipper wouldn't come down like it was stuck. And so my roommates at this conference, we were like putting soap on the zipper and like trying to like get like, Oh, it was a whole team effort there.

J Joanne Jarrett 11:36
But yeah, and it's not your dress. That's the thing. Like if I had been my dress at home, I would just rip that thing off and go to work. Yeah, it's like, I don't want to pay for a dress that doesn't fit me.

B Brie Tucker 11:45
That's what I was thinking about the whole time. You're tired. You're like, Oh, God, please don't let it like bus to see him or something. She has to buy it on top of it all.

J Joanne Jarrett 11:52
Yeah, well, I it's ugly, right? The reason why I'm not I reject it because it's unflattering, and so fit me well. So the last thing I want to do is walk out into the store this awful thing. So I was like, please come in here, please come in here. And finally she came in to check me I'm like, I need you to come in here and help me.



Brie Tucker 12:09

My Look, I would have been walking around with the dress like over my face to be like. (muffled) I need help in here.



JoAnn Crohn 12:18

But it's like sharing those stories. I think like as your point is like, it just makes everyone connect with each other more. But in our society, a lot of times when we meet new friends, that side isn't shown right away.



Joanne Jarrett 12:32

Absolutely not. So I have a couple of situations where these stories kind of came in handy to break down those barriers. And I'll kind of explain them to you because these are situations that I think that we can all manufacture in our lives. And it's so much fun. So when I had preschool kids, I was in MOPS. Do you guys know what MOPS is?



Brie Tucker 12:51

Yes. Moms of Preschoolers.



Joanne Jarrett 12:52

Yeah, so I was is a little bit of an older mom, because I'd worked as a doctor first. And then I had my kids. So I walk into this mops meeting. And it's a twice monthly meeting. And for the whole two semesters, you sit with the same people at the table, so you get to know them well. Well, I'm shy, and which I know I don't come off as shy. But I am like new social situations are really, really hard for me. And I just like grit and make myself do it. Because I know in the end, it's going to be worth it. But it's very stressful. So I'm just getting ready to sit down at the yellow table where I'm assigned. And I see all these other moms and you know, we start doing the small talk and chatting about what did you do before you had kids and it comes up that I was like physician or whatever. And I'm older. I don't know. I mean, I put my I did my hair because like it's the first mops meeting right. So I you know, we were all looking at each other like Dang, she's got it going on. And I started seem like they were intimidated or impressed and I'm like, oh, heck no, that's not gonna work for me. I need help. Mothering is the hardest thing I've ever done in my life. And believe me, I've spent a month in trauma surgery working 36 on 12 off. This is harder.

J JoAnn Crohn 13:51
That's saying something!

J Joanne Jarrett 13:55
Yeah, exactly. So I'm like, the only thing you should be impressed about my doctrine is the fact that I got to find out firsthand. You know, so Oh my gosh, so I started just kind of naturally using the self deprecating humor, because I wanted to kind of just chip away at the like, their image of me in their head. I don't you know, and I am still close to some. In fact, one of those gals is one of the gals that's coming here in her RV next time.

J JoAnn Crohn 14:21
Oh Really?

B Brie Tucker 14:21
Yeah.

J Joanne Jarrett 14:22
Yeah. So anyhow, and I'm not best friends with all of them. It's not always gonna work out. They're not even always gonna be people you want to but if you show your underbelly, then so many things happen. laughter is just the great equalizer. But it literally does biochemical things to us. I'm reading this book right now called laughter seriously, or humor seriously, and it's very good. I'm in the middle of it. So I don't know. But maybe you can put it in the show notes. And I just learned last night in my reading that laughter decreases our cortisol which is our stress hormone by 30% and epinephrine which is our fight and flight hormone by 70%. But it also is a bonding thing. So, this gal I heard her on a podcast, a hidden brain, which is one of my favorites. And she said, laughter biochemically inside our brain does what? getting a massage, having sex, and there was one other thing if you do those things all simultaneously, that's what laughter So it's like this big time bonding and relaxing biochemically. And I'm a nerd with the science. I love that. But it also Yeah, it just kind of breaks down those barriers. But it does more than that. So I'll tell you about another thing. So I have this friend and Karen. And she has a Christmas party every year. She's a friend, collector. And so she has all these friends, a ton of friends. And we don't all know each other. So she brings us together at Christmas. And she always has like an icebreaker. And then it's an ornate gift exchange. And she said when your number comes up, tell your most embarrassing story. Well, you guys I have never had more fun at a party. I laughed. My head off. I only probably knew four or five of

those women why left feeling like now I know all 30 of them. Even if I never had a face to face conversation. When I saw say, you know this gal or that gal in the pickup line instead of being like, I kind of recognize her like, it's so good to see you. How are you and you just had we just had this level of depth with each other because we had shared these stories. And then for the rest of Christmas party season I had of course I didn't divulge any confidences but I had stories to tell at parties, which is handy for a person who's shy go into much of parties. Yeah. And then it reminded the people I was talking to about their stories and then made it told their stories and it's I've never had a laugh year Christmas. It was just-

J

JoAnn Crohn 16:31

stories are like the great equalizer especially for shy people like I I am a shy person. And I rely on the stories too. And you have your stories that you could keep telling them like beat by beat. And you almost look at them as like an analytical way. Because in your mind, you're like, oh, we're gonna do this, but this is gonna get a laugh right here. And then you're just build on it. And it's so-

J

Joanne Jarrett 16:50

You just kind of know what works and what doesn't over time. Yes, totally!

J

JoAnn Crohn 16:54

It's so funny because you go at it from like a scientific standpoint where I bet you have you ever done that because you're not shy.

B

Brie Tucker 17:00

I was gonna say like, with me, it's more of Yeah, I'm not I would say I'm almost even dare I say the friend collector. Who has a lot. But with me, I like to make people laugh. I love that. You know, I've told you that about me. Like, that's my thing. I'm like, oh, you're upset. Whatever. So yeah, and I love being able to control that. Like it's keeping things going people being happy and thriving, and just yeah.

J

JoAnn Crohn 17:27

but having the stories is amazing.

J Joanne Jarrett 17:30
I have one introverted child and what I learned from being raised as an introvert by an extrovert My mom used to give me she put words in my mouth and it was so useful I don't know how she knew to do it. But then I was doing it for my daughter and I actually get phrases and words from my extroverted friends and tuck those in my wallet. And like you said by trial and error when you go in with Oh, when I order pizza I always say this that the other thing and when I drove up to a drive thru I say this and that combined with my enneagram 2-ness which I don't know if you guys do much on that, but-

J JoAnn Crohn 18:01
you're a loyal know, you're a helper, right? You're the helper.

J Joanne Jarrett 18:04
Yeah, so my drive in life is to help people make other people feel comfortable. So between having my canned phrases and using them to in my mind, make the other person feel comfortable and not make me feel comfortable kind of just takes the focus off of me and onto that other person. So I love it. Awesome.

J JoAnn Crohn 18:22
That's funny. enneagram so you don't know your enneagram yet. Do you Brie? I don't think we need to get you your enneagram I'm a six. I'm a loyalist.

B Brie Tucker 18:27
I can't keep all that. There's too many of them.

J JoAnn Crohn 18:30
There's only nine. Is there nine?

B Brie Tucker 18:32
No, I just mean -

J Joanne Jarrett 18:33

there are nine and

B Brie Tucker 18:34
I can't keep it all straight, like all too many-

J Joanne Jarrett 18:36
Personality constructs. I know. Yeah. I yeah. I've been listening to family personalities podcast, which I love. And they talk about the Myers-Brigg which I was very hesitant to get back into because it's the one that has the four letters and it's like not too much. That is too big of a grid for me, but Sondra and Em break it down so beautifully. And I've learned a lot about myself and my kids by listening to that.

J JoAnn Crohn 18:57
Did you know the history of the Myers-Brigg?

J Joanne Jarrett 19:00
No lay it on me. Lay it on me.

J JoAnn Crohn 19:02
Okay, this is interesting.

B Brie Tucker 19:03
Okay, so I am obsessed with Adam Conover, and Adam ruins everything, he even has his own podcast, factually. I love it. I just love it. Anyway, in one of his episodes, he broke down personality tests. And the Myers-Briggs is actually written by a mother and a daughter who were magazine columnists.

J JoAnn Crohn 19:22
They, there's -

J Joanne Jarrett 19:23

they didn't know anything? They there's no science behind it?

B Brie Tucker 19:26
They haven't been able to recreate the personality test results consistently in any psychology trials. But it's-

J JoAnn Crohn 19:34
Didn't they also like they had like their home. It's like a laboratory. It was like the mother looking at her kids to kind of like thinking of these?

B Brie Tucker 19:43
maybe.

J JoAnn Crohn 19:43
Personality types for her kids.

B Brie Tucker 19:45
I forgot to do that someone who's really intellectually ambitious. I was just like that. That's a lot of work, especially for something that has swelling. I remember learning like my degree, my undergrad's in psych and I had a whole like class on personality tests and I still have my Myers-Briggs notes. Everything from it. So it's not like, it sounds like it's completely debunked, but it's not as scientific as we were all led to believe.

J JoAnn Crohn 20:06
But it's also it was early 1900. She did this and she was told that she couldn't be in a profession. She had to stay home and raise her kids. So this is what

J Joanne Jarrett 20:14
oh my gosh, that she like, used her laboratory her home as a laboratory. She's like, I just can't help myself. I'm gonna do it anyway.

J JoAnn Crohn 20:21
Well, yeah.

B Brie Tucker 20:22
Very interesting.

J JoAnn Crohn 20:23
Yeah, interesting. All these personality things, but like communicating with different personalities and being a shy person and going into these situations where people might have their wall up. You have you have a few tricks to get through. Yeah. to people who might be a little guarded.

J Joanne Jarrett 20:38
Yes. All right. Well, the first trick is to just remember and understand how this can work for you. And also know that you don't have to be a funny person to make people laugh. I'm not a funny person. It's documented. I mean, like diagnosis. It is what it is. I'm the straight person, my husband's hilarious when it's the way it is. But because I look at life through a humor lens, I love to laugh at things. And I can point out to other people what they might find funny. And so it's like, you're more of a conduit for humor than actually the source of humor, life will bring you the material, all you have to do is look for it, and then bravely share it. So my first trick Besides, you know, the mindset is to look at life through the lens of searching for these funny stories. So if you have something that happens to you that embarrasses you, you can spend the rest of the day in shame and anger and snapping at your loved ones. Or you can lick your wounds for about five minutes, and then see it from someone else's perspective and start to giggle and then call a girlfriend and tell her and now she's giggling. And now she's telling you something that has similar that happened to her. And suddenly the stress is gone. And you might have even made that girlfriend's day. So those are your choices. So why not choose B instead of a right?

B Brie Tucker 21:56
Right!

J Joanne Jarrett 21:57
Yeah, if you're looking for those things in your life, then you're going to tolerate those

embarrassing moments and those hard times better, because you're like, Oh, yeah, it's gonna be a good story, like, your underwear on the outside of your pants, or some crazy thing like that, like, that's gonna be a gift for somebody down the road. Right? So number one is to understand the value number two is to be looking at your life through that lens. And I think that's such a good lesson to model for our kids, right, because if we're laughing at ourselves all along the way, then maybe they won't take everything so seriously. And maybe they will understand how to break the ice with news in new situations too. And in ways that are giving and loving because you're bringing humor to the situation. And then the last one is just do it. It's not always going to land. But are you really going to be worse off than you were when you both are looking to each other like I cannot like I'm not worthy, I cannot relate to her. You know, if you tell her about the time that you had toilet paper hanging from the back of your pants at a swim meet, and that, you know actually happened to me, and it was there for I swear three hours before anybody had the nerve to tell me. Then, then maybe later, when she is having a really rough time, she can at least think back on that story and giggle. And I swear the next time she sees you, she's gonna like she knows you better and just be brave, take 30 seconds. And I'm not saying like during a funeral or something. You know, there are times when it is absolutely inappropriate. Although I have to say strategically used humor does, you know, even improve those really, really hard times.

B Brie Tucker 23:29
Yeah,

J Joanne Jarrett 23:30
but you know, just be brave and do it. It's it, I'll show you mine. And then she'll be more likely to show me hers kind of a situation. So.

J JoAnn Crohn 23:38
which I think is such great advice, because it can either be a stressful situation if you let it or you could just be like, I'm just gonna go embarrass myself today, and it's gonna be great. That's the attitude I always take. I always go for embarrassing myself over.

B Brie Tucker 23:51
Same. I'm all I always tell everybody like I'm a terrible liar. I can't put up a front like I got my stuff together. And right? it like how you said before it cracks me up whenever I do run into somebody. And they're like, Oh, well, you're so well put together and joke's on you. Let

me give you a list of references

J Joanne Jarrett 24:09
my makeup might be on but let me show you the pigsty. But that is my car. Yeah,

B Brie Tucker 24:13
let me let me give you a list of references that will tell you are wrong girl!

J Joanne Jarrett 24:18
I'm a hot mess on wheels, coming at ya! Yeah. And it doesn't necessarily have to be that you have this specific circumstance it can be any story can feel relevant once you're, you know, touching each other but flies but one time I did accidentally climb into the wrong car and practically sit on a man's lap. And then that very specific story came in teenager mistakenly tried to get in the back of my car, then he went running off like so embarrassed. And so you know, in pain about it, I was able to leap out of the car and tell him the lap sitting story and then when we all had a good laugh, and it turned into this, you know, fun moment instead of him walking away with whatever his baggage was telling him that that story meant about him which was I'm awful. you know, I Go where I'm not wanted or whatever, whatever his anxiety was telling him that that made that circumstance so hard for him. I was able to kind of nip that in the bud.

J JoAnn Crohn 25:08
It's the great connector.

B Brie Tucker 25:11
moms have that gift I like to think

J JoAnn Crohn 25:12
yes. But moms I think, and women like we need to use it more to not take ourselves so seriously and just just laugh. So it's such a pleasure having you on Joanne. Even saying it.

J Joanne Jarrett 25:25
Joanne, JoAnn, Joanne, JoAnn.

- B** Brie Tucker 25:26
She can't even say it without laughing.
- J** Joanne Jarrett 25:28
Where have you been all my life?
- B** Brie Tucker 25:31
I know right?
- J** Joanne Jarrett 25:31
Oh my gosh.
- J** JoAnn Crohn 25:32
All the other JoAnn's are like
- B** Brie Tucker 25:33
Doctor, Doctor.
- J** Joanne Jarrett 25:36
But Joanne, I told you when I interviewed you that I had four Joanne's on my gymnastics team. And because I was the oldest I had the nickname Josephine the plumber, and I mean, hard eyeroll like, Are you kidding me? You're gonna call me that. But okay.
- B** Brie Tucker 25:50
So crazy. You were both my first JoAnn's. Yeah, I don't know any other Joanne mazing? I don't know.
- J** JoAnn Crohn 25:57
Well, it's been wonderful talking to you. Thank you so much for coming on.

J Joanne Jarrett 25:59
Oh, absolutely. You guys are so much fun. Thank you for having me.

B Brie Tucker 26:03
Thanks.

J JoAnn Crohn 26:06
One of Joanne's tips in here that I love is sharing your embarrassing stories right off the bat.

B Brie Tucker 26:10
Oh, good. Lord knows I got plenty of those man. Wait, do they have to be me? or could they be embarrassing stories about my kids?

J JoAnn Crohn 26:18
Um, I would say it has to be about you to have that vulnerability. associated with it.

B Brie Tucker 26:22
You're right. I prefer to birth my kids, though.

J JoAnn Crohn 26:24
Because it's so interesting when we get in groups of people that as soon as we make ourselves a little bit vulnerable, they bring out their vulnerable side as well. And I feel you get to know people so much better.

B Brie Tucker 26:34
Oh, yeah, totally true. Because I mean, if you ever really had like that good interview, think about just like any conversation you've had with somebody where you had some good full hearted belly laughs sharing some embarrassing moments. It's just First of all, I remember those conversations.



JoAnn Crohn 26:48

Yeah.



Brie Tucker 26:48

And those times are so much fun. And they feel so bonding.



JoAnn Crohn 26:52

Yes.



Brie Tucker 26:52

But like you just said, it also makes you feel like okay, I can be real with this person. Yeah. Oh, we're being real? Oh, okay then.



JoAnn Crohn 26:58

You're admitting all your faults and stuff like I one of like, my really, really vulnerable times was when I was first in the working world. And like, I was at a talent agency, you know, and I was put on a desk answering this agent's phone calls, and I dropped every single phone call. Everyone I did not know how to. And these were like, at the time, I thought, oh, high powered Hollywood people that I was just hanging up on. And I like I think the agent called HR and wanted to get me thrown off the desk. Because I was so bad at it so bad at it. But when you share like, times you failed. And I think this also goes for like your kids as well. When you share those funny stories and like the times you failed, it allows others to see failure as Okay. and be real with you, especially kids.



Brie Tucker 27:46

Oh, yeah. Yeah, it totally gives them that permission. I have plenty of embarrassing stories. But I'll be honest, at the moment, I'm blanking.



JoAnn Crohn 27:51

Yeah, I think you have to, like have that store of embarrassing story about them.



Brie Tucker 27:56

at the tip. Like my most embarrassing story again, still brings up my kids.

J JoAnn Crohn 28:00
Yeah,

B Brie Tucker 28:00
it's still like when my daughter decided to tell everybody in the grocery store that she had a beautiful vagina.

J JoAnn Crohn 28:06
Oh my gosh. So I have another embarrassing story. But it goes all the way back to three that my dad told everybody. And it was when we went to San Diego and we were in the museum of man. And I walked into the room as a three year old and I announced daddy Look at all those penises. And he retold and retold it and you were told it to my son and just the other night at dinner. My son like brought it up. And he's like, yeah, yeah, remember when you said that thing to embarrass Opa? And I'm like I did and then my son yells up to the kitchen. Look at all those penises!

B Brie Tucker 28:38
It's like the story that won't ever die. Because it goes on and on my friend (singing)

J JoAnn Crohn 28:46
Yeah, I'll never die. So find your embarrassing story, share it and see what happens

B Brie Tucker 28:53
in check out the fancy free podcast because it is it is quite quite a nice listen.

J JoAnn Crohn 28:58
It is fun. Yeah. So until next time, remember the best mom's a happy mom, take care of you. We'll talk to you later.



Brie Tucker 29:03

Have a great day.