

No Guilt Mom Podcast

Ep 156- 3 Toxic Stories You Tell Yourself That Make You Angry

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[00:00:00] Welcome to the No Guilt Mom podcast. I am your host, Joanne Crohn. Joined here by my host, Brie Tucker.

[00:00:08] Wow. Hello. Every buddy. How are you?

[00:00:10] We're actually recording this one. Um, the video, which we usually don't do for our podcast episodes. I know. It's new technology. It's new technology, and just decided to do it on the fly.

[00:00:19] So if you go and you go watch our YouTube channel, you can see this video and I have no makeup on. And it was lovely. Red

[00:00:25] lipstick, Well, I put on makeup. I didn't do my hair. It's still. Gorgeous. But

[00:00:30] you have like the punk rock vibe with the purple and the, like, everything going on. Do that to my kids. So I will, They don't know.

[00:00:36] They don't know what's cool. They don't get it teenagers. Dunno what's cool. Fact

[00:00:42] that is, that is like, yeah, I just, I, I've, I'm on that side of TikTok where the kids make fun of me. Cause I just watch the ones of the parents like, Text I got from my teenager today. Oh my gosh. .

[00:00:53] There is this great Instagram account.

[00:00:55] It's called like Teenager Problems. I think I've shown it to you before. And it's [00:01:00] just like little memes and pictures that it's like Instructions for Life. Uh, take cereal box out of pantry, eat all of cereal, put empty

[00:01:09] box back in Pantry. Yes, yes. You have shared that one.

[00:01:12] Yeah, that's pretty accurate. That's pretty accurate except that's my nine. Or, or in our household that's, um, like, I don't know, Monday morning at 6:00 AM when they had to be at school by six 30. Mom, where's my breakfast? I, I asked you six times to put stuff on the cri on the shopping list. Mm-hmm. , it didn't go yet.

[00:01:30] Got nothing. Yeah. There were some peanuts in the, in the pantry. .

[00:01:34] Yeah. My, my teenager doesn't even eat breakfast. Well, she does, but she's very particular. So lately, and this is great, she's been going shopping, grocery shopping with my husband. Oh, that. And then she goes and picks out what she wants and then she has it there, which is wonderful.

[00:01:48] That's fantastically helpful. Uh mm. Audra be kind of, um, Back and forth on whether or not she wants something and Robert has just kind of started getting like kind of back and [00:02:00] forth. I don't know. It's too early in the morning. Don't ask me in depth questions at 6:00 AM

[00:02:04] 6:00 AM barely awake.

[00:02:06] I am not. Not asking me about breakfast.

[00:02:08] Do not ask me about breakfast. You're lucky if I got like a top and pants on Besides pajama. Exactly. Driving you to school.

[00:02:15] So well today we are talking about these toxic stories that we tell ourselves that make ourselves angry, and I think like dealing with teenagers, I mean, this is something we all need to hear.

[00:02:25] Yeah. Because even deal dealing with kids, I mean, there are things we say that really. Amp our emotions to like level 10, where if we are aware of these stories, we can control our emotions a little bit better and bring it back down.

[00:02:40] Right. I think that that's a big part. I just had that situation happen over the weekend where I just got amped up really high, really fast and luckily I had a good conversation that kind of helped bring me down.

[00:02:49] I mean, I didn't come all the way down.

[00:02:51] Yeah.

[00:02:51] But yeah, you can tell yourselves these things about how everybody's against you and everybody just wants to make your life a living. Heck. And it. It isn't true. Most of [00:03:00] the time.

[00:03:00] It isn't true most of the time and it's really, really hard to, realize that.

[00:03:05] So we have a lot for you in this episode,

[00:03:12] We're gonna get into the three toxic stories that you tell yourself that make you angry, because these stories, when you realize you're doing it, oh my gosh, I don't know about you, but whenever I read something like this, and this actually comes from a book called Crucial Communications, which I highly recommend for everybody, but when you realize you're doing this, Not only, like, I don't feel a sense of shame, I feel a sense of like, connection with other people.

[00:03:40] Because,

[00:03:41] Tell me more about that.

[00:03:42] Well, it's not that I'm doing something wrong, it's like I'm doing something that everybody else does. Oh, okay. So I'm not shame and alone. It's more of like, Oh, well other people do this too. Okay, cool. Yeah, I could, I could work on this.

[00:03:56] It makes you realize that like you're not the only one.

[00:03:59] and [00:04:00] it's funny cause like we, we know that. Mm-hmm. like logically we know we're not the only one that struggles with parenting. We're not the only ones that aren't perfect 24 7 cuz nobody is. But sometimes you do feel like, It's like when you get really upset and really angry, it's almost like the whole world fades behind you and it's like one of those movie scenes and the spotlight comes on and it's just on you.

[00:04:21] Well, I think the stories we tell ourselves, it's so important to know. I was having a conversation with my sister-in-law this weekend and um, she told me and we're like at a really great place where we are able to give each other truthful feedback. And we're both pretty self-reflective too, so it's like, Take that feedback.

[00:04:37] But she said that after every conversation with me about parenting, she felt really stressed and she felt really guilty that she wasn't like doing things right,

[00:04:47] right.

[00:04:48] Or, you know, or like doing things the right way. And she wasn't a good parent. And it's so interesting she brought that up because.

[00:04:55] I feel that way too. When I look online, when I look at other
[00:05:00] Instagrammers, when I look at like parenting experts, I feel that way too. I'm like, Oh my gosh. They're doing it this way. Oh, that's so horrible that I haven't thought of that. I am obviously not qualified to be a great mom. I'm not qualified to tell other people what to do. All these things run through my mind and none of it's true. It's not true. Yeah. It's just a story.

[00:05:21] It is. And that story can like just go off the rails so many times. So I, and I, and I can tell you every, every week I have that same thought process, especially being divorced and co-parenting like every. Every moment of everything, I'm constantly questioning whether or not I'm doing it right, whether or not I could have done it better. Or I go back and I look back on things and I'm like, Oh, I really screwed that up. You know? But it, it's, they're toxic. They, they will eat you alive lesson.

[00:05:51] But, it's really great though to know that they are stories. I was having a conversation with, somebody close to me who told me that. [00:06:00] Yelling in emotions when you yell, the truth comes out and I'm like,

[00:06:05] No, no, no.

[00:06:07] That's not true's your, it comes out, It's the, it's the yes.

[00:06:10] It's the little petty voice inside you for a lot of

[00:06:13] people. Yeah. It for a lot of people, it's your survival instinct that comes out when you get angry. It's like that monkey throwing things in the corner. , you're flinging poop at the fall. You're flinging poop at people and I mean that's really how it feels when you're on the other side of that anger.

[00:06:29] Yeah,

[00:06:29] like anger and emotions and yelling. That is not your true self. That is not what you are inside. That is something inside of you that is. Threatened and is trying to save itself, that's coming out. Yeah. And a lot of the times it feels threatened is because our brains are so used to telling us these things, which we then think are true, and then we try to protect ourselves against it. But what if they're not true?

[00:06:55] Well, because they aren't true. Yeah, they're not, they're not true. They're not true. [00:07:00] So,

[00:07:00] yeah.

[00:07:00] So we're gonna talk about these. And there are three types of stories that we usually tell ourselves that, tend to get us really, really angry. The first one is the villain story.

[00:07:11] Oh, I'm good at this one. Yeah. Okay. Tell me

[00:07:13] about the story. Well, okay, so this is the one where like, Oh, wait, hold. Uh, Nope. When you said villain story, I thought it was the whole, I'm the, I'm a terrible person. Oh no, that's the second one. That's not that one. . I'm reading our notes and I'm like, Oh no, that's not me.

[00:07:28] No. The villain stories. The villain stories are the people, you blame other people for everything that happens to you. It's

[00:07:35] always their fault, and we all know Villa. , if you are a person who can see when you are being a villain. Mm-hmm. , that's awesome. Mm-hmm. , because again, like none of us are perfect.

[00:07:44] We all have times where we don't take responsibility. Mm-hmm. and. Later. Hopefully through reflection, we realize that. But I mean, we also all know people that were just like, Oh my gosh, that person, it's never their fault. It's always everybody else's.

[00:07:57] Oh yeah, I know some people like that. Yes. Mm-hmm. .
Yeah,[00:08:00]

[00:08:01] But these villain stories are where you don't accept any personal responsibility for your actions. It's always the world out to get you. Mm-hmm. . And I mean, if you feel this way right now, if you feel the world is out to get

you, really take a moment. Think, okay, am I telling myself a villain story? Am I not looking at my contribution to the issue?

[00:08:22] Right? Cuz that's the big thing that you have to realize. It's not that it's hardly ever one person's actions that are 100% to blame for the outcomes. There's always contributions.

[00:08:33] There's always contributions, Always, always. Even in situations where like when somebody gets explosively mad at you, uh, you can always look back and be like, Okay, well, their reaction didn't make sense.

[00:08:44] And something I really like to ask myself is, what would, why would a logical, sensible person act this way? Like, if somebody does something that I'm like, They're insane, they're crazy. Like, why would a logical, sensible person act this way? [00:09:00] That usually gets my brain thinking in a different direction, and I'm like, Well, I would immediately go to, They're hang.

[00:09:05] They're hang . They could be hang. They could be they. They could feel really threatened. They could perceive something as a threat that I'm not perceiving as a threat right now. There could be some unresolved issues going on between the two of us that they haven't talked about yet, and they're exploding something else on me instead.

[00:09:25] Uh, unresolved issues with other people. Yes. And they're

[00:09:28] projecting onto you. They could be projecting onto me as well, so there's

[00:09:32] or the other great part too is the whole, you're the safe one. Yes. You're the one that I feel like I can unload on 100% even when I know it's not you because.

[00:09:42] You're the one that makes me feel safe. Mm-hmm. . And I know that you're never going to run away forever. Mm-hmm. . So yeah. I

[00:09:47] see some parenting stories about telling the villain story with kids. It's, they're just, you know, I was having a good morning and they just came down and were so loud and they just ruined everything.

[00:09:56] Like it's always them, they need to change.[00:10:00] And that's really an indication of a villain story because when we tell ourselves the villain

story, again, we're not taking personal responsibility or acknowledging our contribu. .

[00:10:08] Yeah. Yeah. And I will say there's a difference between. Well, at least I hope there is a difference between your kids coming down and you being Oh my gosh.

[00:10:16] Johnny was just in a crappy mood today and was picking on his brother for absolutely no reason. He made everything awful today. That is not saying that you're a villain all the time, you're making a villain story of that one instance. It doesn't mean that you are Maleficent going forward.

[00:10:32] Yeah. The part hard part with villains stories is that it does make us feel out of control of the situation. Yeah. And it takes us from this place where we could take steps forward to fix it. Right. But in the villain story, we can't do anything cuz it's all their fault. Right. Right. They have to change. No

[00:10:48] control.

[00:10:48] You have no control. It's one of the, I think I would say it's probably one of the most scary situations to be in, because again, you feel like you have no control.

[00:10:55] Yeah. And there are actual, like sometimes there are villains in the. I mean, usually [00:11:00] they're not in our family or in our close relationships, , and there's

[00:11:03] hopefully not.

[00:11:04] There's usually something we could do. Hopefully not. Yeah. The second story is the victim story. The victim story. And this like differs a little bit from the villain story because instead of seeing that one person, other people are all at fault, you're kind of saying like the world's against you, your circumstances are against you.

[00:11:22] There is nothing that you can do to get out of this situation because of X, Y, and Z. And the victim story is very, very, like you see it a lot.

[00:11:30] Okay. I'm sitting here in my head and I don't know if anybody else in podcast land is, cuz this is my first time seeing the outline of the episode. Mm-hmm. , Victim story sounds very much like villain cuz it's all out of your control.

[00:11:40] It does, but villain is more like villainizing another person. Oh. While victim is doing, looking at your circumstances. So like Okay. And saying, I can never get better. Mm-hmm. , I can never get better.

[00:11:51] There's just why. So it's, it's more of a, like a, it's, let's just give, Why try just give

[00:11:55] up. Why? Yeah. Exactly, you're the victim of your circumstances and [00:12:00] sometimes, like there are actual victims in the world.

[00:12:02] Mm-hmm. , like there are, but in our day to day life, we are usually not a complete victim. We have more control than we realize.

[00:12:11] Yeah. Especially when it comes to, when you're looking at, like your role as a parent. Mm-hmm. , like in your role as a parent, you pretty much always have some control over something.

[00:12:21] Mm-hmm. . So being a, a complete victim is,

[00:12:25] Victim usually. No, normally not true. Yeah. It shows up when we overwhelm.

[00:12:29] Overwhelm. Yes, exactly. I was again, like when you were overwhelmed and you can't overwhelmed take anymore.

[00:12:33] Yes. Yeah. And you're like, I have just too much to do. There is nothing that's gonna change it.

[00:12:39] And then you find your emotions just go stick sky high because you feel helpless in the situation. Yeah. I mean both of these stories are all about helplessness. All three of these stories are about helplessness. It's just how you react to that helplessness. With a villain, you might lash out towards your villain.

[00:12:53] If you're, Oh, hypo villain story, you might probably get villa mad at them. Yeah. With the victim. You might go down and [00:13:00] cry. Go down and cry. Come in on yourself. If you're telling yourself that story, but it's all about helplessness. I mean, sometimes I look at myself as the victim when I'm like, Oh my gosh, my husband isn't home yet.

[00:13:11] The kids want food. I'm hungry. I'm trying to run a business. I can't concentrate on things Oh, whoa, was me. And I mean obviously it's a lot more

intense than that, but those are the kind of moods I get into. And then like everything frustrates me and I get so snippy and angry because I don't feel in control of my situation.

[00:13:33] And that's what makes it toxic. Yes. And that's what makes it toxic because it takes over. You, it takes over your personality, your mood. Mm-hmm. . I kind of like, I dunno why I keep going back to movies right now, but it, it kind of makes me think about the whole, um, Oh, what was that Spiderman movie with the black, like the black Spiderman?

[00:13:53] The like black? No, not black. Well, he like, he like eats up Spider Man and makes him into a bad guy.

[00:13:59] Is that in the [00:14:00] multi. Like the Spiderman and the multiverse know, Or Venom? Is it Venom? Venom, yes. Oh, see, I've Black Spider isn't, isn't it, isn't

[00:14:06] it? Vem Venom was like a black Spiderman.

[00:14:08] I don't know that those ones,

[00:14:10] Dunno those characters there, There was one movie where like it became black and he was a bad guy.

[00:14:14] Anyway. It's a

[00:14:15] bad spider. We'll call him bad Spiderman.

[00:14:16] You can tell that Bree is not the best at keeping up on her superhero movies. But yeah, it's like venom, like you just, it comes over and it, and it just consumes you and then everything is. Helplessness. And you, like you said, you get tired, you get snippy and you just don't, you're not able to think clearly.

[00:14:33] Mm-hmm. in those situations, you're not able to use as easily. Your, um, your, self regulation skills.

[00:14:42] Yeah, that's what I'm trying to get. It's harder to get to them when you're in that, in that spot of, I just wanna give up. Everything is awful. So, And I, and I think that that's a big one that like a lot of us get, like you said, in stressful situations. Like, I think as a, as a divorced mom, a co-parent, there's plenty of times [00:15:00] where I am beating myself up in this whole victim story of like, if this hadn't have happened, we'd be in a better place here.

[00:15:07] Or it, it just telling yourself that you don't have control over things because of what has happened before. Yeah.

[00:15:13] And it's a hard thing to get into because we tend to get into the negativity loop and the spiral. Mm-hmm. from there, telling ourselves victim stories,

[00:15:20] all the things that we did wrong. Mm-hmm.

[00:15:21] all the things that we're not doing right. And then it just, it then it just spirals into, well, you're just a crappy person. And then on top of that, you're a crappy mom and it's, Yeah. They come really easily

[00:15:31] after those Yeah. That are. It

[00:15:34] just goes a snowball of just crap

[00:15:38] piling on one another. Crap piling.

[00:15:39] I'm, I'm seeing a crap tornado. It's not a good vi. I'm gonna take that vision

[00:15:44] outta my, I'm seeing like an A I'm bunch a poo or like a snowball a poo. We hope that

[00:15:51] we're giving you really great imagery right now. Really great , but like something I've found that takes me out of the victim story [00:16:00] that I've been using recently is at the end of my day I never write down the stuff that went wrong so much as I write down. What I learned from it, because every situation, like you can always take something that you learn from it that you won't do next time or that you can change for the better, or that maybe give you like greater insight into something that happened. So it's really like turning the victim's stories into positive stories.

[00:16:30] I'm trying to think of an example right now about that, but it's failing me. . Okay. I can think of stuff in business where a launch didn't go as expected and I could go back and be like, Yeah, it didn't, but like we found out we forgot this and this and it's okay because next time we'll put this in place and it'll be okay.

[00:16:51] Or with kids, if we go somewhere, for example, my,

[00:16:54] How about the basketball story? The basketball, the noise for a couple

[00:16:57] years ago, like the basketball story, like when you do [00:17:00] basketball.

[00:17:00] Oh yeah. Like my son went in and to Y M C A basketball and first time there and he refused to get off the bench and even try it.

[00:17:07] And I was so embarrassed at the time. I just sat with him at like for 45 minutes. But after looking at that situation, I realized that that. Super, super loud, and it was one of the things that after looking at his past experiences, I'm sense He really has some sensory overload that goes on. He's very sensitive to sound and.

[00:17:29] We've been talking with him about it and finding ways around it. So much so it's funny that this just happened two weeks ago. We went to a football game and usually he wants to leave the football game at halftime because he's just overwhelmed. And this time I'm like, Hey, why don't we go to CVS and we get you some earplugs and we could just see how that works.

[00:17:46] And he's like, Okay, okay. It's not gonna work. And then he goes to the football game and he's here and he's just chilling with us like he's normal. It's like nothing happened. and I ask him, I'm Oh, the earplugs working. But he's like, Oh, they're not really making a [00:18:00] difference, but we can like stay till the end.

[00:18:02] Thinking yourself. And I'm like, aha.

[00:18:04] Okay. And at the end of the game, one of his earplugs fell out and he's like, Whoa, whoa. And he actually said that. He's like, It's so loud here, that he put it back in. And I'm like, ok, we found something to solve the situation. And it's all because instead of looking at a victim of circumstances, Yeah.

[00:18:22] It's like my son not trying things or even. The environment's just too loud and we just can't go places anymore because it's just too loud. Yep. You switch it around, you're like, Well, what can I do to deal with this situation and what can I do to find a solution around it? And we found earplugs and it worked really well.

[00:18:37] I love that one. Okay, so let's talk about the third story. The third toxic story. The Helpless

[00:18:43] story. The helpless story. Okay. This. So interesting. It is when we try to predict future events and we based our present actions to kind of eliminate those future events from happening. Oh, that is

[00:18:55] 1% Bree, and you know that one.

[00:18:59] It's [00:19:00] me. Like Flashyy.

[00:19:02] It's like saying that, Okay, my kids, they, I always go to the dishwasher. If you know me, I'm always about the dishwasher. It's tragic. Hurt from my past, I guess, but you have trauma from trauma from the dishwasher. But say your kids need to load the dishwasher later on in the evening and you're like, I need to remind them to load the dishwasher right now.

[00:19:22] And if I don't remind them, the dishwasher won't get unloaded. And then I won't have clean dishes and this is what I have to do and nothing else will solve the problem. And we'll end up in a van down by the river, end up in the van, down by the river. But I'm basing my reminding of my kids that I have to do it else.

[00:19:36] It won't happen. That is a helpless story because you're not really letting things unfold as they do. You're trying to predict the future and saying like, Well, it doesn't matter, because if I let it go, other things will happen and it's not even worth trying. Now

[00:19:51] I am gonna say this, I do think that there is a difference between environmental engineering and the helpless story.

[00:19:57] Okay. So, so I do think that in some cases we [00:20:00] do environmental engineering as parents, and that's where like we try to set up an environment that's going to allow for everybody to. As successful as possible. Mm-hmm. . So an example of that, of an, of the environmental engineering would be what you were just talking about with your son, with the earplugs mm-hmm.

[00:20:15] it's too loud at the game. He doesn't do well, We don't get to end up staying to see his sister, you know, perform. So, let's come up with something that we can do to, to engineer the environment to be more positive for everybody. That's different than, Everything's gonna go to hell if I don't fix anything

[00:20:31] right now.

[00:20:31] There is a very big difference in that. So

[00:20:32] I just wanted to be clear on that because I think sometimes there, there might, some people might be like, Oh, so I can't do anything. Well, no, you can, but when you try to control everything, you're going to control nothing except for giving yourself a migraine.

[00:20:46] Stress and feeling completely overwhelmed and feeling like it's all on your shoulders. Yeah. And because you're the only one that can tell the future.

[00:20:52] And to bring it back to like the football game thing that was joint problem solving between me and my son. Like we had tried a lot of things [00:21:00] between there.

[00:21:00] And it's actually the process that we teach in calm and happy parenting about talking with each other and trying solutions. And that was. The third solution that we tried that that actually worked. So sometimes when you do that environmental engineering, when you try to solve a problem with your family, it, it takes a while.

[00:21:16] Yeah. But we wanna get into that problem solving mindset versus the, I have to yell else, nothing will get done. True. Yes. That's the help. I have to do this else, this'll happen in the future, mine.

[00:21:30] I know. My big thing is that the, the, the helpless story that I tell myself all the time that applies to my family is that I'm the one who has to make sure that everybody stays on schedule.

[00:21:40] Mm-hmm. , because I feel like if I don't do that, everything's gonna fall apart. Mm-hmm. and it puts a lot of stress on me and luckily, I, well, luckily and unluckily, I fall into that all the time. So I don't know about anybody else. If you can resonate with any of these stories and you're like, This is me sometimes, this is me occasionally, but this is definitely me, [00:22:00] Brie, all the time, and I really need. Some different ways to kind of like reframe it and to work past it, which we're gonna talk about here in a minute. But a big thing that helps is just being open when someone's like, Hey, I can, We've got this, or We've got this. Yeah. You might be doing, you're doing a bit much. And not taking that as a, not taking that as a strike against me and saying that I suck even more. Mm. But as someone being like, I promise you won't have to do it all. Yeah.

[00:22:30] So coming in and being like, yes and accepting the help, we all need help accepting the help . Right. I have such a hard time. That

[00:22:37] is definitely

[00:22:38] a hard one for sure. Oh my gosh. I think I did it just the other day because my husband asked me like, he makes cold brew for us.

[00:22:45] He goes and gets bags of beans and he makes the cold brew and he drinks a lot of coffee, like much more than I do. He has a mug of cold brew and then he goes to our favorite coffee shop pesto and has. Espresso there. And then he has a co, anyways, lots of [00:23:00] caffeine, but he,

[00:23:00] and we wonder why he doesn't sleep a lot.

[00:23:02] He's sleeping more these days actually. He asked

[00:23:05] me, he's like, Oh, there's only a little cold brew left. Like, do you wanna take this? Or can I take it? And I had a busy morning. I knew I would have to go out and get my coffee because I like coffee in the morning and I still said, No, you take it

[00:23:22] It's the peach. It's the peach story. it. It's the Peach story. It's the peach story. If you've listened to know, if you've listened to our podcast, you've heard us talk about the peach story, like there's a peach, and as a mom we're like, Oh, I'm gonna give this to somebody else in my family. They would love it.

[00:23:37] And then in that case, in the same scenario, the dad walks in, sees a peach and goes, Oh, I'm gonna put this in my smoothie today. It'll be delicious. Yeah. And it's not saying that, One person is being selfish. It's just saying how we look at things differently. And so, Yeah. Yeah, I,

[00:23:51] And I've realized I did it right, like maybe five minutes after and I.

[00:23:55] What did you do? Joanne gave

[00:23:57] away the peach. What did you do? ? [00:24:00]

[00:24:00] I mean, it was all fine. It was very little example of that, but, But it happens, but it happens all the time and it's great to when you're aware of it,

because sometimes though I can't catch myself when I'm doing it and I'm like, wait a minute.

[00:24:12] No. I will say that's probably one of the best things. Is having that ability to step back, listen to somebody say something and not take it as a personal attack. That's the thing that helps me the most move, move through the toxic story and come back to where I wanna be. Oh, you know

[00:24:29] what? I'd love that you brought that up because I would agree, that's me too lately.

[00:24:33] Just through, through knowing more of these communication things and knowing these strategies and knowing what's going on in my head, I'm not taking things so personally anymore. A lot of people can say something to me and I'll be like, Hmm. Is there fact there or are they being a jerk?

[00:24:49] Yeah. And I don't take it like before, I'd be like, I'm the most horrible person in the world. And sometimes, you know, that's still there. I still do that and I have to really, really fight that aggressively. That's human nature.

[00:25:00] Yeah. I think I've, But unless you're a narcissist. . Unless you're a

[00:25:03] narcissist and then you,

[00:25:04] no, it's not gonna go. That's a whole nother episode. Whole other

[00:25:07] episode about narcissism. But I, I fight it and I'm able to get through it. So yeah,

[00:25:14] it's, it's really, So that's a big thing to do is just to hear that, to, first I identify that you have these toxic stories that you may be telling yourself that might be pulling you down really, really low.

[00:25:26] And then, just being able, Be open to understanding or so open to people saying to you or trying to help you with it.

[00:25:34] So those are the three toxic stories that people most often tell themselves. The villain story, the victim story, and the helpless story.

[00:25:43] So if you have seen yourself in one of these stories, or even all three, or even all, Cause you can, can move between. We can, And usually you can see yourself in many of them. Yeah. Because I, I see myself in so many. Yeah.

[00:25:58] But just being, But the best way [00:26:00] you can move past them is by being open, like you said, first understanding that they exist mm-hmm.

[00:26:05] and understanding that. They aren't, that they aren't necessarily true and that they're not helpful. They're

[00:26:11] not helpful. They're like, they're toxic. They

[00:26:13] are the, they're the, the, what's it called again?

[00:26:15] I'm thinking of the black Spiderman again.

[00:26:23] It's venom. I suck at this. , we gotta get you up on some marble. I don't even know that one though. Like I haven't seen venom. The, those trailers scared the bejesus out of me that I'm like, they

[00:26:33] aren't much, I've never watched any of those movies. They're that much for

[00:26:36] me. Oh no.

[00:26:37] So now that you know. , those three toxic stories. Mm-hmm. , and now you know that just by being aware of them, you can pull yourself out of those stories and to do more positive things to move forward. Mm. You're gonna be able to fight against these toxic stories.

[00:26:52] Yeah.

[00:26:52] And it's gonna help you stay calmer in the moment. It's gonna help your relationship with your parenting partner and with everybody else in your life.[00:27:00] because all of these things we do as a parent, it's all about relationships, and it helps all of our relationships. Yes, it does. And all of 'em. So until next time, remember the best mom's a happy mom.

[00:27:09] Take care of you, and we'll talk to you later.

[00:27:11] Thanks. You're stopping by.