

Transcripts for Ep 157 A Quick Practice for More Positivity

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Welcome to the No Guilt Mom podcast. I am your host, JoAnn Crohn. Joined here by my amazing, fantastic, and wonderful cohost, Brie Tucker.

Oh, hello. Hello. everybody. How are you? You always gimme such positive vibes every time we start this, start the podcast.

I'm always like, Oh, I think we need to bring the positivity.

Gotta bring the positivity. That is something that I've noticed actually in my life that, um, I mean like I had a huge blowout with somebody recently.

I didn't realize how I was contributing to the situation too, because sometimes we think we need to hear positive comments a lot from other people, and we do.

We do need to hear positive comments a lot from other people, but I don't know about you. I get so focused on. Other people aren't appreciating me enough that I forget to appreciate others. And so I am trying very intentionally to appreciate everybody in my life, very vocally.

I think that intention is a fantastic thing that really helps us kind of be more aware of those, those areas that we're just, we wanna see more positives from, but. Thank you. I get all, I get all squirmy, you know that like words of affirmation is not my thing, so I get all uncomfortable and squirmy, but I like

It's

a, it's just squirmy for me.

it's a really hard thing to accept. It

is, right. It's really hard to accept people saying positive things about you.

Sometimes

And it's so funny because we think we want it, we go around saying like, Oh, no one likes that I do this and no.

If I do that and no one notices this, Thank

you mom. I don't hear. Yeah. Mm-hmm.

But then when somebody actually shows gratitude, you're like, Oh, that feels weird. Because we're not used like you hide. We don't know how to accept it. We feel uncomfortable with it. Yes, and I think it's just because of how we've conditioned ourselves to believe that there's truth in the negative, but don't believe the positive.

True. So that is why we have this amazing podcast episode. Yes. Actually,

yes. We are gonna give you a quick practice, quick practices actually that you can do to be more positive in your life and to practice positivity and get out of that negative loop.

Yeah. And just to get yourself in that mindset where you're able to, like you just said, like get out of the negative loop and be able to see,

things

In a more positive light and have more of that intention, the how the intention can help lead to that stuff.

and also why we're conditioned and we're primed for negativity.

Oh my goodness.

So there's a lot there. There's a lot there. We have a lot for you in this episode and now on with the show.

So do we just finished up the Be Resilient Summit a few weeks ago, and one of our presenters shout out to Erin Holland of pg ish parenting.

She had this great presentation about negativity and how we get into these negativity loop. And she brought up that we as humans are primed for negativity because it keeps us safe.

Like our ancestors needed to look for all of the problems in the environment to make sure that they could be safe and work out ways around them and not be eaten by a sabertooth tiger

True, true. And, and that makes sense. Like, cause we talked about this on a couple of episodes back about the whole, um, fight or flight

response.

Mm-hmm.

and how

we still have that, even though we don't need that in our day to day life.

No, we don't need it. We

need to be looking for the negative in our day to day life is what I'm hearing.

But we have all of these neural pathways that are really, really set to fire immediately on negative things and true things.

Even this conversation I was having with my daughter the other day, she was being really, really hard on, he. And I was pointing out the hard things she was saying and she countered with, But mom, they're true. I'm like, But they're not. They're not the whole story. We can look to see the truth in things, but if we become so bogged down in what we need to improve, then we lose all the energy and hope of improving cuz we won't take action.

Yeah, because it becomes overwhelming and it also then becomes personal. It's about a core part of you, which isn't as easy to fix when you believe in yourself, when you believe in the core that, that you are negative and that you're, you have negative aspects that are the bigger part of your personality.

So, you know, I'm obsessed with this book right now, The gap in the gain, and, we should totally go after them and come on the podcast, Dr.

Benjamin Hardy and Dan Sullivan, were coming for you.

We're coming for you. laughing.

because it is, it's an entrepreneurial book, but it is based on a concept that is so, it applies in other aspects your life.

Yeah. It's so helpful and it honestly changed my entire outlook and made me realize exactly what I was doing in my thinking that was keeping me stuck.

Well, let's talk about that for a second. What is the difference between the gap and the gain?

So, whenever we, I'm a high achieving person, like I, I would. Classify myself as a high achiever. I'm always going after the things. I'm always like checking things off my list. I really judge myself based on how much I've gotten done and how much achievements I've had.

I've done that from a very, very young age, and I think a lot of people listening can attest to that. I know a lot of our balanced VIP members would say they're high achievers. I

No, it's interesting you say high achieving. I see that as highly competitive, but it's a little bit like that.

Okay. It's, But it's more like we. Define ourselves based on what we accomplish. The hard thing about being a high achiever is that you're constantly not good enough. And that's really,

a mindset to struggle with. Like you can look at all of these things that you've accomplished and you're like, Yeah, but I didn't do this, this, and this.

And so therefore I cannot be happy. Well, what the gap in the gain does is that it helps you think back towards the beginning. I'm just gonna use an example of my own life cuz I can illustrate it. The book I wrote before I wrote a book, I didn't have a book, I hadn't written a book.

I was at ground zero. Like there was nothing.

done.

And then I wrote a book and it was great and it was fantastic, except it wasn't a best seller. And you know, it wasn't bought by a certain number of people and it could have reached more people and. That was the thinking that I went into. And I'm like, Well, then that book's a failure when it's not because you get to your goal.

And what I was doing is that I was measuring my goal on some imaginary ideal, and I was looking at that space between that imaginary ideal and what I actually did accomplish. And I, I came up short because, They're not meant to be reached. They're

ideal. They're ideal.

Yeah.

They're not realistic.

They're never gonna happen

They exist in the, um, hypothetical conversations in the hypothetical world.

Exactly. And they exist also when you compare yourself to other people and they're like, Well, this person did this, this, and this, so therefore I'm not good enough either. And it's looking at that gap between what you accomplished and what other people have accomplished or that ideal instead.

Measure backwards. Look at the gain. Look at that space between having nothing, having created nothing, having nobody read their message to what you actually have done. And you'll find, Oh my gosh, I did this thing. This is really cool, and it helped this person over here, and it helped this person over here.

And all of a sudden, your whole energy shifts because you're looking. At the gain instead of the gap. And I realized that I was doing that a lot, looking at that gap, and that is why my mood was just hanging. Like every situation that came up was extremely stressful to me because it was how I wasn't measuring up to my imagined.

ideal.

So it's that thing where you're, again, you are measuring yourself up to something that's imaginary and it's not there, and you'll never be able to achieve it.

So you'll never be good enough and you'll never be there. that's a, that's a really hard, dark place to be,

but when you're in it, you think it's real.

You think it's you're just being truthful with yourself and you just didn't hit. This time instead of looking at, Oh my gosh, look at all of this amazing stuff I've done in between then. And so shifting that is so impactful because after I read that book, I was talking to my daughter and I realized she was doing the exact same thing I was.

She was measuring herself against some imaginary ideal, and I think that's how we teach kids to measure how they're doing. They're constantly compared to their classmates, they're compared to standards that they may not be able to reach instead of being able to look back and see the progress they made.

Progress isn't usually celebrated, typically high achievement.

you're right. No, you are right. That is the society that we live in. It's all about whether or not, like if you're gonna talk about it in grades wise, all about whether or not you have the 4.0. whether or not you've made partner at the firm whether or not you have the highest degree.

All those things in general society. Like we don't, celebrate.

It is, and it's so funny cuz I wanted to bring up my Instagram hater today that I told you about this morning.

Yes, let's share.

So, uh, there's a reel I put out there quite a little bit back. and a comment I received this morning and I'm sorry, I'm gonna use the language he uses here. My dad slapped my ass. Put me in my room and told me to be quiet. He was once young too, so he does know how it is.

I turned out to be an awesome airline pilot and well behaved, so I did the same to my son. He is now a lead computer coder for a large company, it's pretty simple to parent. So that is judging things based on that one definition of achievement, like what does it mean to achieve and we're not looking at the progress people make with that and like it.

And you're also not even touching on. The inner happiness of that person.

No.

I mean, you could be really high achieving and be extremely lonely, miserable, depressed, and anxious all the time.

Yep.

That's not a life that I don't think any of us idea like strive for.

It's not what we're striving for people.

And something else they mention in the book, the gap in the gain is how happiness is an impossible pursuit. They specifically pull out, in pursuit of happiness, what we have here in the us you know, Okay, pursuit of life, liberty in the pursuit of happiness. And they're like, that pursuit of happiness is what's making people.

Because they're looking at happiness as this destination to be achieved. It's like, once I get this, I will be happy. Once I get this, I will be happy.

and happiness isn't, I mean, let's be honest, it's not a 24 7 thing. Mm-hmm. like we have. A plethora of human emotions for a reason, because we feel all of those to be able to think that you're gonna be happy every day and grateful every moment of every day is again that ideal, that it's just not achievable.

It's not achievable. It's an ideal, but, But you can always do. You can always, if you're, hmm. Okay, this, this might sound bad then

maybe going say it up process.

You can always try to like when you realize you're in that negative point to move to the positive.

Right. And I think so. I think that gets a bad wrap. Strive for more.

Yeah. But then I feel like now I'm talking about achieving no and now I'm all like, you're not good enough. You gotta strive for more.

it's funny cuz that is something they mentioned.

They're like, you can't be in the gain all the time because that's going for an ideal like Right. That's. So you just try to be in the game as much as possible. And the more you can catch yourself that you are striving for some impossible, ideal versus, appreciating, for instance, what you have, you're gonna be better off.

So that there is no pursuit of happiness. Happiness is already within you. And these practices we're gonna talk about, it's gonna bring that happiness that's already there out. Okay?

I'm gonna say this like I do be, I, I already know we're gonna do in this episode, I believe in this episode, but that like feels a little woo. Happiness is within you.

It is. Well, it, it is a little woo. It is,

But, but, but it is. And within you, it really is like nobody else can bring you.

Let me say you, let me say it a different way. There is nothing that you can get right now or work towards that's going to make you happy. If you're not already happy in the moment, like no external force is going to make you happy.

It is all in you.

I believe that. Yes.

And there are always things that happen outside of our. And those things like suck and they deserve venting. Like, we're not saying like no negativity at all. I mean, we have

things healthy.

the negative out or else it'll eat you up.

It will, We have stuff happen like in the, in the business, in our lives, and I'm like, Bree, I need to vent about this And we vent about it for like five minutes. But I think something that we do well is we vent about it and then we move on. Right? We're like, What can we gain? Okay. Move on.

Right. And it sometimes it's also just a matter of like, I refuse to give. um, person. This situation anymore of my energy. Mm-hmm. anymore of it. It's sucking it out too much right now.

Yeah. So, so toxic. Let's talk about toxic positivity, because toxic positivity is really like never acknowledging the negative things that happen. It's saying, Oh, it's all gonna be sunshine and rainbows all the time. That's not what this is.

This is acknowledging negativity and acknowledging that bad stuff happens and even venting it. But it's not dwelling in it. It's always looking for, okay, this happened and it's not that bad stuff happened for a reason. I want you to banish that thinking. It's more like this situation happened, what can I take from it for the future?

What can I take from it? Is there anything that will benefit me down the road after having experienced this and looking for that?

Yeah. Trying to reflect and see the, and see what you can learn. Yes, for sure. Okay, so let's talk about this. Let's, let's start talking about what are things that we can do to help get our kids out of this negative mindset and get ourselves out of our negative mindset. What are, what are things that we can do?

So these are things I've started doing in my life that's made a huge, huge difference. Mm-hmm. . And it's stuff that really hasn't clicked with me before that I've like really kind of actively refused until I learned about the gap in the gain concept. Okay.

Um, but the first one is this, what my brain needs to hear practice. And I do this in the morning and it's in a journal and I pay attention to what my inner thoughts are. And usually my inner thoughts are telling me something about imposter. Like I, I dunno what I'm talking about. Why do people wanna listen to me?

I need to go get an advanced medical degree to like, and go to Harvard to like,

I know a lot of people that have advanced medical degrees that Mm, doesn't mean that doing a great job in, parenting and or happiness

but it's like all of these things I hear myself saying, and then I'm like, What do I need to hear if I was talking to you or if I was talking to another friend, what would they tell me that I need to hear?

And I try to switch that in my body. So if I'm saying nobody wants to hear what I'm saying. Bossy. And I always tell people what to do. If that's the thing, thought I'm telling myself, I will switch it and I'll be like, , people value what you have to say. I wanna contribute to the conversation.

And then the extra thing though is I will try to feel it in my body. So not just say it when I say it. I'm like, People value what I have to. And I will say it again. People value what I have to say and I can feel my body relaxed. I can feel like this stress kind of unwind, and I look for that feeling when I say it.

Okay. So you said you do this with a journal?

Mm-hmm.

do you write down the negative thoughts too?

I don't, I don't write down the thoughts. So you, you say them or you think them?

You think them and then you reflect upon how you need to

how I need to shift it. Now, some people write it down though, and that's totally fine.

It's just not something I do because I'm, I'm a ruminator and I'm a dweller, and I could totally, you.

you'll stare at that.

No. Well not stare at it, but I will keep writing and keep writing and go farther down and get myself more mad and more amped up. And it's just how I am personally.

down that shame spiral, go down the shame spiral, and it's usually the same thing over and over again. I've been through lots of therapy guys, , I get sick of the same things I bring up over and over and over again that I don't wanna write them down anymore. Mm-hmm. , I know what they. I know what they are, and now I'm just trying to do the work to rewire my brain for them.

Do you ever put the affirmations somewhere around for you to look at later in the day?

Um, I don't, but I write them in my journals. So if I'm like feeling overwhelmed, I will go back and look at, see what I wrote that day and I'll repeat it.

All right. Do you ever look at it again at the end of the day?

Yes, I. And then what do you do at the end of the day when you're reflecting back on what you wrote that.

morning?

I, well, I write a, a few things in my journal, so I don't really usually reflect on the affirmations that I write. I'll glance of them and I'll be like, Yes, okay. But I go into another practice, which is my wins for the day. Okay.

All right. Let's talk about the wins for the day.

So the wins for the day is basically, it's a gratitude practice.

It's looking at your day and it's trying to find those places where you were successful and you did have a win. And what this helps with is it is a rewiring of your brain because the more your brain has practiced doing something, the easier it's going to have, Finding the good and everyday situ. So if you're constantly reflecting on your day and you're like, Okay, well this was good, this is good, this is good.

The next day your brain is gonna start looking for more of those wins and good things, and you're gonna find your happiness improve. And I can attest to this, like a lot of people can attest to it. I can personally attest to it too that I am starting to see the. In a lot more stuff and have a much less, More positive, Yeah, more feeling positive.

But I don't have as big of a reactive instinct or a negative reaction. Like there was something that happened this morning

typically I would've looked at that and I'm like, Oh my gosh, I'm so stupid. Why didn't I think of that before?

And this morning I'm like, Ha.

That makes sense now that

sense of like, everything that's, And I was like, okay, this is something that we just put on our list of things we have to keep in mind for, for next time. Yeah. And I totally think it's because I've been working on my wins that I'm wasn't so reactive.

Yeah.

No, and I, I think that that's really great, like doing the gratitude, so talking about therapy, like that's something that comes up a lot when I have been in, in personal therapy too, talking about being grateful for things.

And one thing that has helped me and I, I. Granted, when I get really stressed out, I'm not as good about doing it, which is sad because that's the time you need it. More , but is doing so similar to that, I do, verbal gratitudes with, Miguel every night . We do you know what we're grateful for in the day.

We try to do three. I think he actually does his during the day too, so I think he does it twice a day. But, you know, I'm not,

he's extra gratitude.

I am not that level yet. He's my mindful guru. I'm not there yet. . But, at the end of the day, like, we're just like, what are things that we're grateful for?

And, I like it because one, it's a really great thing to do before bed for me because it helps me release all the things that I'm nervous and anxious about. Mm-hmm. so I can be like, Okay, these are things that happened that were good. And a lot of times it's something simple. A gratitude would be like, I'm grateful that we all got to sit and eat dinner together and that. Both my kids were laughing during, dinner time. That was ama. Cuz with teens, you don't always get that.

No.

So that was

it's a crapshoot.

And then sometimes also the other affirmation or the other gratitude, just like, and I'm grateful for right now that I get to be in bed and everybody's here, they're all home safe.

And I'm laying next to my husband, and I've got my dog snuggling up next to me. Like, I'm grateful for all of this. So, It's, it's good because not only does it give you the warm fuzzies and, and the ability to look and see even the, even the crappies day has something to be grateful for. Yeah. It might even just be, I'm grateful I didn't get a full blown migraine today.

I don't, you know, whatever it is. But the other reason I like doing it with my partner is because,

sometimes

he'll say something that he is grateful for that I didn't even realize happened or that I didn't see, and I'm like, Oh gosh, you're right. So I like being able to hear that.

And the other thing too that I think is really great about doing it with your partner is that you'll get to hear things that they're grateful for that you might not have realized. Like for you, it's not necessarily something that, that you would've been grateful for, but to them it was a big deal.

So I feel like you're, what you're saying is like, it's helping you have a more positive connection with your partner as well.

It is. It helps me have a more positive connection with my partner. It helps me have a better mindset, a better attitude. I'm feeling better about things. Yeah. Like cuz I'm, uh, I'm definitely like the doomsday person that's always thinking about how everything is gonna go to hell in a hand basket and how I have to try to fix everything before it all goes to hell in a hand basket.

And

that's a lot of stress to put on

yourself. Oh, it is. And like, it doesn't, don't, a lot of people have that thing where, like at night, because there's, I've seen so many memes about it, like, I'm gonna go to sleep now. And your, then your mind flips on the light and it's like, Hey, let's think about 16 other things so that you can't sleep.

Yeah. So like, it helps, it helps with that relaxing. But I also think it also just helps you look at what's happened that day and be able to see that, okay, it wasn't a. crap day. There were some positive things that happens, which is very helpful when you're dealing with depression or anxiety or just any situation.

But especially with those minds, especially with those diagnoses,

it's extremely, Yeah, extremely helpful. And I've experienced the same thing that you have where, right, you just go to bed feeling like, Oh, okay, this is good. And you look forward to the next day. Like I've looked, I've started to look forward to the next day, because I've started another practice in addition to the wins before bed, I forecast my wins for the next day.

So it's not a to-do list. I don't say a to-do list, but it's kind of defining what the success look like tomorrow.

Okay. So what would be an example of something? Can you share, like what you did last night?

What did I do last night? Um,

Um, I'm putting you on the spot, but I think that this is a really good idea and I wanna start using it.

So I wanna.

hear last

examples, I think. Okay. So I'm leaving on a trip tomorrow. Okay. And I think I define success today as packing and getting ready for that trip. Mm-hmm. , doing my workout. And then I think it's the balance coaching call being there for the balance coaching call today as well.

And that's my wins for the day. What happens at the end of the day is I then look at those wins and I like, I check them off. I'm like, Yeah, I did that, Did that, did that. But they then seem so little. Compared to my actual wins of the day, I always find my wins of the day have surprised me. They're so much bigger than what I forecasted for the next day.

Which is great because then I'm like, Whoa, my day was so much better than I thought it would be. I was gonna say then it's twice.

It's twice the gratitude. It's the, I managed to check off the things that I was already looking for, plus I got all these other

things. Exactly. That's

that happened.

Doesn't necessarily mean that you did them, it. Awesome things that

and something that I'm looking forward to is they say will happen cuz this is also a practice from the book. I'm telling you, Dr. Benjamin Hardy and Dan Sullivan, were coming for you. , um, were coming. Um, is they say that your wins start getting bigger and bigger and bigger the more you do it because your brain doesn't.

Mo monotony and it won't let you predict the same things each day . It'll constantly look for the novel and look for the new.

Interesting.

And so you're supposed to like get greater and greater at.

and how long have you been doing this one?

Um, about these practices? Two

weeks now.

Okay.

So that's

already noticed a difference.

I gonna say, that's a pretty good turnaround. And so like everything that we're saying are things that you could do with your kids no matter what their age is. Mm-hmm.

I always love seeing the videos on social media of the dad with the kid in the backseat and they like, , what's her affirmations for the day?

And they're like, I'm. Smart. I'm big, I'm gonna do good. Just all these things. So those are all things that you can do that the things that your brain needs to hear. Mm-hmm. , you can do those guided with your kids and let yourself take it in too. Don't just focus on doing it for your kids.

I would say like with my kids, cuz they are, they're tough cookies.

My kids like . They,

I

think so many of us have tough cookie kids. Why can't I have the soft batch? The soft bake batch kids . And

you

would think us doing this parenting education, you might look from the outside and Oh, Bri, Joanne, their kids must be all together and No, what happens is that our kids see us doing this and they immediately like think it's some kind of like psychology concept

that we're

working on them and they'll call us out on

Okay. I think that almost anybody that works in the field of psychology, sociology or anything like that, therapy. Tell me, tell us that like you leave a review, tell us in the comments, I don't know, but share with us that do.

Your kids are like, Mm, You're doing you're doing something

jumbo with me. They know what we're, they're not saying that they don't believe it. Yeah. They're just like, Mm.

And it does get. Through sometimes. But I got so tired. I was like, I'm not getting through. I'm not getting through. The more I talk I'm, I don't get through. And so what I've found instead is doing my own practice and these wins is that they're coming in and they're seeing it now.

And like, I forgot to do my wins the other morning and my son came in and I'm like, Okay, I just need to write down my wins right now. And I like talked. Myself doing it. And he was right there listening, and I have no doubt that he saw me doing it and someday it is going to sink in and he will start doing it himself.

Or we can have a conversation about that down the

And that's what I love about this kind of stuff. And we talk about it too in common Happy parenting and, and also in our balanced coaching program that it. , it's about you making that change first.

Mm-hmm. , you having that positive communication style, positive mindset, your kids will come around to

it? They do. They

do. Every and, and not even just the kids. Your partner, like your family will come around to it when they see that it's rendering positive results

and oh my gosh, you're gonna see some amazing changes when you start doing stuff like this.

My son and daughter, we have a trampoline in the back and my son really wants to do a Ford flip on the trampoline. My daughter knows how to do it and so they were outside working together on it. And I like to leave them when they're together cuz I'm

like, sibling happiness, I'm not gonna do that. I'm like,

Bonding. Keep, keep happening. Please

keep happening. Yeah. I'm not gonna mention anything. Cause as soon as I mention it, it's not gonna happen anymore.

But I was making dinner and they were in the couch and my daughter was taking my son through a goal setting process.

She was like, So, what do you wanna do? And he's like, I, I just wanna, you know, I wanna flip. And she asked the question, Well, how can you measure that to know you're successful? And I'm like, Yes, . We're like,

Wow. And what did

he say? He's like, Do it, I guess. Go around and tuck my knees up higher. And I'm like, This is amazing.

I'm just gonna stay out of this and just like smile to myself in the kitchen because the things that you do in your own life, your kids do see, and they pick up. They pick up so well.

So that is our, that is our, our thing for today. Like talking about like how you can do this, more positivity, the quick practices. Mm-hmm. , what were they again? First one,

what my brain needs to hear, practice. And it's just a little twist on affirmations.

Yeah. And then number two is gonna be talking about your wins for the day.

Having that gratitude time with your family, with your partner is super helpful.

And then forecasting your wins for the next day, and deciding how you're gonna measure success tomorrow.

And we do this too in balance. When we do time blocking, we try to forecast our win for the next week and then plan our, our time around making it happen.

Yeah, cuz that's important. You gotta remember what, what your positives

So, So remember the best mom is a happy mom. Take care of you and we'll talk to you later.

Thanks for stopping by.