

Episode 9

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SPEAKERS

Molly Hicks, Angela Locashio



Molly Hicks 00:02

Welcome to Drudgery, Dreams, and in Between, the podcast for neurodivergent weirdos and queers who - forget about struggling to adult, they're struggling to human.



Angela Locashio 00:09

At least that's what everyone's telling us



Molly Hicks 00:11

your rights



Angela Locashio 00:13

per usual. But seriously, I'm Angela, people call me Mama Pistachio, bringing sense to the conversation. I help individuals and organizations cultivate skills, spaces and confidence to advocate for themselves and each other.



Molly Hicks 00:26

And I'm Molly, giving a big Fork you to Cookie-Cutter Solutions. I help busy as Fuck neurodivergent entrepreneurs make shit happen by bringing stability to their businesses while helping them do what makes sense to their brain.



Angela Locashio 00:38

Enough with the chit chat. Let's get down to business. What's the frickin point?

Enough with the shit end. Let's get down to business. What's the fuckin' point.



Molly Hicks 00:42

With our powers combined, we navigate life through the drudgery dreams and all that shit in between. Like, we were already having these conversations anyway, so why not record them? Right?



Angela Locashio 00:53

Alrighty then. Get ready to call bullshit on what everyone's saying should be doing as we navigate the spectrum between what your heart wants and the shit keeping you from it.



Molly Hicks 01:06

Hey, everybody, welcome back to another week of Drudgery, Dreams, and in Between Yes, so we just finished up spooky season Oh, god, two weeks ago, and



Angela Locashio 01:20

I'm never finished with it



Molly Hicks 01:21

Yeah, I was going to say, most neurodivergent folks live the whole year like that But, we're heading into family holiday time, whether it's chosen family or biological family or whatever, what have you. And so when we were thinking about topics for this next conversation, I was like, We need to talk about holidays, because - talk about transitions. The Holidays bring a lot of transitions. We have back to back big holidays in the US. Not to mention, if you are religious, there's several different for different religious affiliations, there are several that are kind of overlapping, and it's just a lot. Especially if you are the person that is trying to do all the things, or you are new to the neurodivergent kind of concept. Either because you had a kiddo that was diagnosed or because you yourself have been recently diagnosed or just tick tock has opened your mind to the possibilities that this is you to. However, you have found yourself looking into this neuro divergent bubble.



Angela Locashio 02:42

Or the queer bubble, right? Like the queer bubble. Yeah, their space and holidays can be bad. So it can be beautiful, depending on the family chosen or otherwise that you have, or it can be really difficult and painful. And often it's a combination of the two.



Molly Hicks 03:01

I'm glad you said something because in my head, those two are like sorta overlapping for me that I'm just like, yeah, when I say that, obviously, I mean, the queer family to like, right? And I'm like, Oh, shit, yeah. So we have a lot to cover today. And I'm hoping we get through a majority of it. But I want to start out a fiery topic.



Angela Locashio 03:30

Go for it.



Molly Hicks 03:31

I'm gonna talk about gift giving.



Angela Locashio 03:33

Oh, of course, you're gonna go right to the one that the thing that bothers me the most about any time of year. I just really want to cover this before I go on a food rant later on. So these are the two that I feel are like kind of the most important are like the topic of food and the topic of gift giving. And so Angela is very passionate about her stance on gift giving. And I'm just going to let her step on the soapbox. So okay, so the thing about gift giving is so often it is not consensual. That's my issue with gift giving. And there's this whole narrative out there that says, But my love language is giving gifts. Okay, so that makes you feel good. So I'm accepting a gift for you. So let's be really clear here who this is for? Because it's not for me, because I don't want gifts. It makes me uncomfortable. I don't want any more shit to add to my house and I specifically don't want something that I didn't specifically want. Right like, like it, it blows my mind that that people seem to not be able to wrap their head around this whole idea of gift giving. And because it is such a transactional practice. People give gifts and often expect gifts in return.



Molly Hicks 05:24

Yes. I mean, for me, like, that's something that I like, when you when you become one of my friends, it's like don't expect gifts from me because a I'll never remember to buy them and B, I just suck at that, that is not a thing that I will be doing for you. Because



05:44

I suck at that. And until you had brought this up a couple years ago, I had never thought about it. I was like, but this is just what you do on the holidays, like, whatevs. And like I've always like, my partner and I are not people who give gifts on like anniversaries, let alone celebrate anniversaries. We're like, we've been married for like, years, decades, not sure. So we never like do that. And in those moments, and we are fortunate to just like if we need something we buy it. So when it comes to somebody saying what do you want? I'm like, I don't know, just like, it's something you think of as me. But now that you are saying this, my brain is saying? How the Fuck are they going to know what you want? A, you haven't told them? b You want them to

assume that they know what you want. And you probably have not been your authentic self. So whatever they get you is going to make you frustrated because then you're going to realize that they don't know you.



05:44

MmHmm



Molly Hicks 06:54

Right? Right. I don't know. I mean, it's



Angela Locashio 06:57

the thing, it's, it's this is this is the big thing with it is. Okay, I'm just gonna put this in practical terms of use myself as an example. If I give a gift to somebody, I make it very clear to them. I saw this, it made me think of you, and I'm giving it to you. The second that I give it to you, I want you to understand you can throw it away. You don't even have to accept it. And I still am going to be completely satisfied and not judge you in any way shape or form. Because I was giving that to you for myself, because it made me feel good. Right. That's how gift giving should be. And I'm not saying it that way, because that's how I do it. I'm saying because that's conceptual,



Molly Hicks 07:49

right? You're giving them permission that if they don't like it, they can get rid of it or that they don't even know exactly,



Angela Locashio 07:54

exactly like, let's not spend time, effort and energy on putting it in the closet. And then when I come over to visit, taking it out and putting it somewhere in a prominent position to make sure that I see this thing that you got me so that my feelings aren't hurt? No. First of all, I'm probably gonna forget. Because once it was all done, and over with that's done, and I can use brain space for other things. I wish that that were the way and I know I can't expect everybody to work the way that I do. And to think the way that I do. However, I should not be the one who constantly has to change my values, or go against my values in order to accommodate other people. Because somebody somewhere said, Let's have let's build this capitalist society where at this time of year, people can go broke and go into debt by buying gifts for each other is elitist. And is it is definitely does not come from an intersectional space. Let's look at all of the people. Oh Molly, you really got me going today. Let's look at the people who make promises. And Santa buys this kid over here and iPad. And this kid over here a new set of pencils. Yeah, this kid over here now thinks I'm not as good or as worthy as that kid over there.

Because at that age, they're not understanding that Santa has spent some money, you know more money on this person and less money on this person based on their family's financial situation.



Molly Hicks 09:38

Yes, and this is actually a conversation I've had with several parents that I would say have had children in the last eight years. So kind of newer I would still say newer parents like is the concept of how do we actually broach this with our kids with regards to Santa and be able to have a conversation about, you know, Santa, the con, like just what you're saying, like how to how do we have conversations with kids like, Santa is really this Santa is really that. And that's why this kid gets this in this kid gets that because I grew up in a very pro Santa household. And like, constant questioning of like the belief in Santa scenario. And I am sort of walking around this topic. But it did cause a lot of issues growing up with that as well, because I was like, sneaking letters to my mini Christmas tree, because my baby doll was asking for things for Santa. And Santa did not bring things for my baby doll. Right? You know, like, those types of things. But it also is like the conversation now is like, we do Santa. But Santa brings like one thing. And then mom and dad gives you the rest of the things. Because we, we use it as an excuse to buy shit that we want for the little human as well.



Angela Locashio 11:35

Exactly. That's what I'm talking about, about gifts, right?



Molly Hicks 11:38

But there are always things that they have asked for. But we've put like, noes on like this year, little human of mine is getting a Nintendo Switch. They have asked for this nintendo switch for like a good year. But we did not think that they were old enough or responsible enough to use it. Right they're only five. But we decided that we got access to our was it five, six. And so now it's time like that's tradition. Now.



Angela Locashio 12:22

For me that was an Atari.



Molly Hicks 12:24

I'm just saying. I mean, a Super Nintendo when it was not , my partner got a Nintendo at that age. But yes. And so like we're doing that as a thing. But still Blaine has asked, we have not bought any. We have not bought anything that they did not ask us. What's the point? What's the point? Yes. And I totally took us because I had to go down the rabbit - Santa rabbit hole.



Angela Locashio 13:00



Angela Locashio 13:00

But no, that's okay. That's okay. This is just This is the thing, we could have an entire episode dedicated just to gift giving. And maybe at some point, we will do that. But it is a stressor around the holidays, for a lot of reasons. When we're talking holidays, for me, my issue is that that social justice piece of it. Like, you know, let's be aware of that. And and think about that. And when you're with all of your family, and maybe you have somebody in your family who doesn't have the same kind of funds that you have, and everybody is expected to give gifts to everybody like that just doesn't work. And it's not fair. And that expectation shouldn't be there. And also, it shouldn't be like, well, you can come and participate with us. You don't have to do that. That's okay. Why humiliate somebody and, and put it out there and make it obvious that it's just unnecessary. That's not what the holidays are supposed to be about. Right. And some people put more effort into it because they enjoy gift giving than others. So in those



Molly Hicks 14:19

There's the person that gets a gift card who may very well want the gift card Do not get me wrong, I I'm a person who appreciate that gift card at any day. But some people see other people getting like, oh, we saw these things and it made us think of you and so they get like T shirts or that are unique to their thoughts or whatever. And then somebody else gets a gift card. And if that if that person has RSD and they're like they got that and I got the gift card regardless of whether they will love the gift card or not. They feel less valued because of the amount of effort that got put into the game. And that's



Angela Locashio 15:00

not unless they have had the option to say, don't give me a gift. I want to gift card. Right? They didn't say that.



Molly Hicks 15:08

And it's like, like, if they were like, Oh, I know. Molly loves Star Wars. We'll get her a gift card to Star Wars world because replays guys, just don't worry. Like, because she one time talked about Star Wars like, right, those types of things are definitely not going to help. I'm trying to give an example that does not pinpoint a specific person. Star Wars world. Yes, I've been to galaxies edge. And yes, it's marvelous, but that's beside the point.



Angela Locashio 15:51

Okay, okay, gift giving is a, it's a thing, it's stressful, and it is okay for you to not engage in that stress. You did not have to follow this social narrative. And it is okay to speak your mind and have this conversation with people and help people see it from a different perspective. If giving and receiving gifts is something that you, that makes you uncomfortable or that you don't want to do. So there's that. So let's move on. You can find all kinds of shit on how to help kids around the holidays on how to help autistic kids or neurodivergent kids or ADHD, you know, whatever label we want to put on around the holidays, you can find all kinds of stuff to help adults with weight dealing with weight, dealing with stress. But none of that is within this intersection of of

neurodivergence and the holidays, that conversation hasn't really been a big conversation yet for adults. So it's very difficult to find resources. And I did find one from the organization for autism research. But it still is, autistic adults are telling you what worked and what didn't work for them as. Right, they're not saying what works and what doesn't work for them right now. And reading the article, there are obviously some things in there that that, that do like "I keep a stim bag and try to find a place away from everyone. I also keep music and headphones." Awesome. That is not targeted toward kids. It's just saying this is what helps me. So I am going to share that resource because it does have perspectives from from people that can be looked at as adult perspectives. Even though the narrative within that is still what helped you. Your shit doesn't go away. We don't outgrow. And it doesn't just go away when we become adults. So it is okay. If it's okay for kids. And it was okay for you when you were a kid, then it's okay for you now. Yes. And it is okay to be like No, this is what I need so that I can participate and enjoy and find pleasure in this event with you. And I want to be here. I want to be present. I want to participate. Please make that possible. For me. It might look a little different than what you do. But I'm here versus staying at home. Or I've invited you to my home versus not because I want to participate in this. So let's create an environment where all of us can.



Molly Hicks 19:20

Yes. Love it.



Angela Locashio 19:24

Yes. So speaking of that, let's talk food. This is a big deal to you. It is it like food. It's a big deal to me too.



Molly Hicks 19:39

But food it has to be the right food. And it has to be the right version of the right food. So



Angela Locashio 19:49

Did you say virgin?



Molly Hicks 19:52

version Yes, it needs to be the right version there are no virgin margaritas in this party.



Angela Locashio 20:14

Um, there will be if I'm there. I don't drink. Nope.



Molly Hicks 20:22



MOLLY HICKS 20:22

How did I not know that?



Angela Locashio 20:25

I don't know I drink coffee. I'm not opposed to drinking alcohol I have no I know that but, but it doesn't. Alcohol and I do not get along very well at all. I have rosacea and it is not worth the sensory effects that are caused by taking a simple sip of vodka. My face looks like a tomato from one like sticking my tongue in it. I am allergic, it doesn't work. And that happened when I turned about 30 Suddenly, I could not drink any kind of alcohol whatsoever. So anyway, I'll take the virgin Margarita, but yes,



Molly Hicks 21:04

provide virgin drinks as needed. Um. Okay, I can't I can't get over that now, Um. So I,



Angela Locashio 21:16

there has to be a specific version of the food for you to be able to enjoy it.



Molly Hicks 21:21

Yes. So one of the things like I love cooking, I don't mind cooking, I hate cleanup. So if somebody else is like, Oh, I hate cooking, but I love clean up or like, doesn't bother me. I am always down to spearhead the cooking.



Angela Locashio 21:42

And let's be honest, you would rather be the one. Yeah, In your circumstance, you create the situation so that you are the one it's happening at your home. It's within your -



Molly Hicks 21:57

It doesn't have to be at my home, I will control the situation in somebody else's. So is as is the case this year. So like, a lot of times somebody will invite us for Thanksgiving. And like I just we talked about how I am the CO regulator in a couple episodes now. And I will notice that the person is getting dysregulated by all the chaos and all the things that have to get done because this is not something people do on a normal basis. For me, somehow I acquired like the master skill of like assembling the schedule and understanding how everything goes together on big holidays. And so I just go, oh, okay, well, if you're stressed, it's okay. You sit down, I'll take over and I'll do it. And this has happened several years. Like it doesn't bother me, I make sure that the person is like, understands like, this is a zero judgment. I just see

you're really stressed. And this does not stress me out. Let me take this off of your plate and put it on my plate because this is fun. Right? Not to mention Not to mention, these are your own words. Your stress is stressing me the Fuck out. Yes, exactly.



Angela Locashio 23:12

So in order for me to deal with my stress, please let me take this over, please.



23:16

Yes.



Molly Hicks 23:18

I will grab. Um, so like this year, The concept of catering Thanksgiving came up and I was like Nay Nay! Nay Nay! We are not doing that. So I said look, I know this is stressful, and it sounds like catering would be a great idea. But to me it just wouldn't feel like the holidays and I probably would just not enjoy myself. So how about I handle all the food and the cooking and the stress? Like I'll tell you if I need something specific from you but like I'll handle all the things and everybody was like that sounds great. And so as of yesterday, there is a Google Calendar with detailed timeline and



Angela Locashio 24:03

As was Marcoed to me



Molly Hicks 24:05

as was Marcoed to Angela,



Angela Locashio 24:07

Look at all of this stuff I did this morning.



Molly Hicks 24:11

It is an I mean I feel like I should like probably do a short video on what I did because I just literally broke down in 15 minute or 30 minute increments all the steps of cooking so that that specific step says do this to the green beans do this to the sweet potatoes chop these vegetables so that like it keeps it going but it also makes it so I can assign somebody that task. Yeah, because I can add them to that calendar invite and then at this time this needs to be done. But it also says you know, take this from this oven and put in this oven, preheat this oven do that. It's amazing. It's beautiful, but that's beside the point. But one of the things I did this

for is because of sensory issues and food. Right so we're talking about green bean casserole which is delectable and delicious until it is made with canned green beans and it is gross and vomitus and we were not We are not touching that. We are not touching that. It needs to have



Angela Locashio 25:03

something that's been catered in that has been sitting there in its own juices and getting soggy and mushy and slimy. No thank you.



Molly Hicks 25:14

sweet or mashed potatoes must be made with Yukon Golds because russets are for French fries. They are not for sweet. You do not make mashed potatoes with a rosette. That is disgusting. No, we have to it can be slightly chunky. It can have skins on, but it has to be buttery goodness. It has to be Yukon. What was the other thing we were talking about?



Angela Locashio 25:39

oh, dressing.



Molly Hicks 25:41

Dressing Oh, I don't make stuffing. I make dressing, which you have to chop the celery in the onion just to the right size. They're the perfect ratio. You have to trans lucify them. Yes, that's a word. I made it up just to the right consistency. So there's still a little crisp to them. But they're still like, see through and then you have to get the square not the crumble the square stuff.



Angela Locashio 26:08

Yes,



Molly Hicks 26:08

you. And then you have to just toss it perfectly so that they will have just the right amount of crunch on the top with the center gooey. But it can't be too gooey, because



Angela Locashio 26:19

chewy, not gooey.



Molly Hicks 26:20

Yeah, Chewy, not gooey, but it has to have crisp. And that's why you also put extra crispy onions on your green bean casserole because you need just enough crisp. And if you don't put enough Chris then it's just mush goo and that's not good either. Yeah, no, that's all the things can't have dried Turkey because dried Turkey feels like you're trying to eat cloth. And that's just it doesn't go down. Yeah, so



Angela Locashio 26:48

my person does not like turkey. Like no, you can I love turkey. He's like now you can't No, I need ham in all of the juices. And I'm like, but I need Turkey. And I can eat turkey every day of the year. But I make good, juicy turkey. But doesn't matter how juicy it is. He still thinks it's dry. He does not like the texture of Turkey. He's like no, it's stringy. And, no, I'm not interested.



Molly Hicks 27:18

Okay, my little eats none of the things that are on the Thanksgiving menu. So this year we're incorporating homemade mac and cheese which again, mac and cheese can go right or wrong with the most factor. And like to have a little bite to it. Like you have to have al dente pasta you cannot have the mushy gross pasta like I'm sorry. Stouffer is is not allowed. Like, I used to eat it as a kid, but like, it's fluffy. And I don't know how like this fluffy, which is really, it's bizarre. It's just weird. mouth feel. And I can't like as an adult now. Like, I'll eat it. But inside I'm dying.



Angela Locashio 27:57

And let's be honest, there are people who are exactly the opposite of this. Yeah. Who you know, who may want to cater in their favorite restaurant. Absolutely. Which is food that they love that they know and they're comfortable with it is their safe food. Cool, awesome, do that we're not saying you have to have the same palette as we do as far as textures, because we're all different. The point here being it is okay to acknowledge that there are foods that are safe, and there are foods that don't feel safe to you. And that just because you're at somebody else's house, you have to eat these things that you are not interested in eating, which is, you know, we've been told that I used to get I used to get spanked. Or, you know, I have sat at the table from dinner time. 12 hours to the next morning. And I'm still sitting at the table because I refuse to eat that.



Molly Hicks 29:03

Oh, that is no we're, no.



Angela Locashio 29:05

Right? So let's get rid of that. That is that is not how we do things. And it's not how you have to do things if it has been how you've done it in the past. It's food



Molly Hicks 29:18

Yeah.



Angela Locashio 29:21

Food and it is not worth being punished for so don't punish yourself. Don't punish your kids.



Molly Hicks 29:29

And it's I feel like it's important. Having grown up being given things like my parents were never, like, finish the plate people but I had cousins that were, but like if you're going to be like not that I agree with finish the plate people by any means. But don't pile shit on if you're gonna make them eat it all. Like, right like, taste it. I always make, little person human of mine. my, my tiny human and I go through the line together, and they are able to see and smell the food. And then we make a decision if we're going to taste it, and try and see if we like something new, or, skip it. And almost always, it's, I'll have a roll. Right? So that's why it was like mac and cheese this year. Because last year, all Blaine ate was bananas.



Angela Locashio 30:30

Right? And then, okay, so it's becoming, it's becoming more acceptable to not force kids to eat. And, you know, that has changed, but it hasn't necessarily changed as adults. It's like you're an adult, and you should be able to. But that's not that's not true. Why why? Food is hard for me being forced for most of my life to eat food. Now, we were very poor. So let's be fair, there were times when if we didn't catch a fish, you know, we were homeless at this point, living in a tent at the lake. So I mean, we had a tent as a home, living in a tent at the lake, you know, moving each week, because you can only be there for like five days or whatever. If we didn't catch a fish, we didn't eat. That's a thing, and I get it. And I get this is the only food that is available. And it's better for you to eat than it is to not eat at all. I understand that. And that sucks. And it's unfortunate. But let's see what we can do. If we're not, especially if we're not in that situation, to not force somebody to have this immense stress response over food. It creates problems. It means that it means that food is your enemy for the rest of your life. And that therapy is needed to get rid of that. And it doesn't have to be that way. Yeah, it doesn't have to be that way. So as adults, if we can start looking at food in a different way, and say, I really want to participate in this with everybody. So here's how I am going to create the situation. So I can. And I'm going to ask that people support me, it's no different than being on a diet. No. And when you're on a diet, people will be like, Oh, come on, just this one's just this, let's go ahead and eat the cake. And you're like, you know what I'm choosing not to people who support you and love you will not put shit in front of your face and shame you for not eating it.



Molly Hicks 33:04

Correct.



Angela Locashio 33:05

And the same should be true for neurodivergent folks who can't eat that, for whatever reason, the same should be true for people who choose not to drink alcohol, whatever, we have to get rid of that. And unfortunately, the holidays is one of the hardest times of year for that scenario right there. of shame. That's not what the holidays are about. I know I just got real heavy.



Molly Hicks 33:40

I'm trying to transition that lightly and it's not well, um, so I want to continue kind of in that same realm. Sweets and the holidays. Okay. There's a lot of people that try and limit or prohibit the kids from having sweets before certain times or whatever, which I get if you haven't broken into the pies, you don't want the child going in and forking and nomming shit, but like, that's different. That's not attractive,



Angela Locashio 34:13

not to mention the resentment that you will have because they get to do it and you don't.



Molly Hicks 34:19

I mean, if you have a child is not going to eat any of the savory items, or an adult that eats any of the savory items. A human a human not eating savory items. Then they are allowed to still have dessert. They're still allowed to eat as much dessert as they want. Because that is the one food that they have that is safe, and it brings them comfort, and that's okay.



34:56

Punishment



Molly Hicks 34:57

We just end up making that thing The more sought after or more intense of a craving, it's like telling your kid not to stim Are you telling yourself not to stim and then you just need to stim more because then you're not stimulating and then you need it more kind of thing. It's that same thing. So in that same realm of don't make kids eat things that they don't want. Don't take away kids there don't take away human foods that they do want to eat. Right, you have some arbitrary rule that prohibits you from letting them do.



Angela Locashio 35:32

Great, right? If you have a if, if you have a neurodivergent person, and they come and they hang out, and everything's good, and then they go in for dessert. And you notice that dessert is all they have eaten, they didn't they just kind of push their food around on their plate. And then

but dessert comes and they're like, happily eating dessert. So what you don't need to make a big deal out of it. You don't need to say anything about it, just leave it alone. They're there. They're enjoying the time they're participating in the event. Why does it have to be drama? It doesn't



36:09

Right,



Angela Locashio 36:09

Let that go?



Molly Hicks 36:11

Yes. Okay. Moving on from food, because we only have a couple minutes left. Moving on from food, one things that I wanted to bring up is the kiddie table. Correct. I realize we talked about adult helping things. But this one's very important to me. Because most if you're a big family, and you don't see your extended family very often, and you are bringing your neurodivergent family however, that neurodivergent, queer family, whatever it is, to this event where people are not used to cousins, just because you're cousins doesn't mean you know each other. Together,



Angela Locashio 36:54

Or people are not used to you or accepting of you or your family or the way that you do things.



Molly Hicks 37:00

You should not require. I'm not saying that kids can't sit together if they don't want to. But you should not require the kids to sit away from you, when you are a safe human for them. They're going to need you. And that's okay. And that's how you support their emotional needs and their needs for CO regulation, and all of those things. So I just want to encourage people don't like Do not force the kiddie table. If other parents are participating in kiddie table adventures, that doesn't mean your child has to. If your child wants to sit with other cousins, and that's important to them, then by all means you can let them do that. But that's a choice that they're making. Um



Angela Locashio 37:43

Right?



Molly Hicks 37:46



MOLLY HICKS 37:40

And then one of the things that's going to be new for us navigating this year is, I mean, it's new in the extent this year. So I don't have any reports on this currently I it's just a thing that I will report after the holiday we'll revisit this app holidays Yes. Is taking your gender fluid or gender nonconforming kiddo to an extremely



Angela Locashio 38:21

or queer in any way,



Molly Hicks 38:23

Traditional, right, or queer or in any way Yes. In my case, that was the specific instance to an extremely conservative traditional family gathering. Mmhmm Where I'm pretty sure my tiny human will want to wear all the flutes and sparkles.



Angela Locashio 38:43

Yes, I can give an exact example of this.



Molly Hicks 38:47

Oh,



Angela Locashio 38:49

yes, I can. So I'm right. My son, we were at a big family gathering. And my family is pretty traditional. Yeah, we're just gonna leave it at that. Um, heteronormative. Painful stuff. And my son was 12. And I was sitting there, he was sitting next to me. My dad was on this side of me, my older brother on the other side of me. And my son said something bla bla bla trigger warning. I'm going to use terms that are painful to queer folks. He said something my dad responded with. "What are you a little fag?" And then my brother chimed in. And my son stood up. And he put his hands on his hips. And he looked at them and said, I haven't decided yet. And he sat back down. But that is something to this day - I know your face is so proud right now - That is something that is something to this day, that is still very painful to me. That was something that happened, you know, another time he was three years old, and he came out walking out with my sister's like little jewel, the little plastic jewelry, and he had a little purse and a hat on, and the little plastic high heeled shoes. And he came out and it was the same question. You know, and being called a fag. And, and that happens in these family events. And it affects adults. And it affects the kids. And it's painful. And it's harmful. And it's something that we have to think about before we go in. the stress of it starts months in advance, if we are even participating in those events, because sometimes the stress happens, because we don't participate, because it's too painful to do that. Right. And again, queer and neurodivergent these things are they're intertwined, often, for many of us, and even if they're not, some of the experiences are very similar. And being an outcast, and being, not being accepted and loved at

this time of year that says love, acceptance, charity, caring for one another. And that that's all of the stuff that is said and how it's supposed to be to not be included in that, or to have to exclude yourself, because it's so painful causes so much stress causes so many mental health concerns. And speaking of that, Molly, I would like to really put some links in for people who need some support at this time of year. Because it happens and that is our reality about the holidays.



Molly Hicks 42:30

Yes. That is true.



42:34

I mean, I'm sure people out there are doing the same thing that I'm doing in my head, which is how could these conversations go? What is my response going to be? How am I going to handle if this happens? What if this scenario pops up? How am I going to tackle that like, and I feel like sometimes we navigate these conversations in a like, in a non stressed state, because that's just how we are. Where we're like, I'm gonna, like today, I'm going to go to the doctor, and I'm going to have this conversation. But in this instance, I feel like pre-navigating those conversations and trying to think through how they could go from being that response will help you respond in a way that is less. A way that is more impactful to the scenario, I guess is what I'm trying to say. You'll be able to think through how can I best script this and have the most impact and shut things down. If I need to shut things down or help educate if they seem open to education at this point in time? Or being able to say I am not responsible for educating you please go Google this or whatever your



Angela Locashio 42:34

Right? And what kind of support do I need to have this conversation? Do I need to ask somebody to be with me? Is it okay for me to have this conversation in their space?



44:00

Yeah,



Angela Locashio 44:01

in my space, face to face.



Molly Hicks 44:06

Right. And I think it's also important to be like to set some like parameters for yourself as well like a protection parameter to be like, if I start feeling this, then I need to do that, that step a if I start feeling step, you know, level two, then I need to do step three, but I'm not going to let

myself get to level three. And if I feel like I'm approaching that, then I'm going to institute escapes measure whatever right and I feel like having these plans for yourself or your family will allow you to more enjoy this this events if you're choosing to participate that participate in them, because then it's on your terms and you're on your consent wheel a little bit more because you're Like,



45:00

Right



Molly Hicks 45:00

these are my places where it's like a no go. And this is where it's not. Um



Angela Locashio 45:06

Yeah. So and is it okay for you to choose acceptance over authenticity? It is, if it's a consensual choice that you're making, obviously, we want both, we need both. But we can look at a situation and we can ask ourselves, I know walking into the situation that I do not have, I am not accepted for my authentic self. Therefore, I am going to list all of the things that you're going to do in order to make it a situation that you are willing to participate in, in the way that you have chosen. Because if you are choosing it, and you are doing it, consensually, and you are saying, I am going to give this to that person, because I want to within these parameters and these boundaries, that's okay. Just because other people don't do that, or other people say, No, I'm not going there, I'm not doing that at all. They either accept me for 100%, this and that. That's their choice. That's how they want to handle it. It is okay for you to choose to mask, it is okay for you to choose to do whatever you want to do or need to do in that situation. As long as you're doing it by your own choice. And not because it's a should. You have agency in this. I think that gets taken away with the conversations that happen up there that they don't care about you. Why are you putting time effort and energy into that? That's not always the case, right? There are a lot of reasons why dynamics like I was talking about happen. And we each have agency in that. And we each have capacity. And I'm not talking about spoons here. But I'm talking about emotional mental, we have a capacity in which we can participate or not participate in these events. And sometimes the choice of not participating is too painful. And we're not ready for it yet. So we go ahead and make the choice to participate. And that's not a shameful thing either. I know it's heavy stuff, but the holidays are heavy.



Molly Hicks 47:57

Yeah. I think that I think that that perfectly and like what we're trying to drive home is that you have the choice here, like you get to decide. And we just really didn't want folks heading into the holidays thinking that they didn't have a choice or that there weren't ways to make this what you want, as much as you can in your given situation. And so, I think that's all we have today.



Angela Locashio 48:43

This and I would invite people to look at the resources that we are going to put in the show notes. As well as use the Ask Us Anything to put questions in there. If you want us to continue this conversation, whether it's for the holidays or for any other time of life, to you know, be consensual in the interactions that you have. Yes, Please, please use that form. That's what it's there for. With that. Thank you for listening to Drudgery, Dreams, and in Between, a weekly live podcast coming to you every Tuesday at 9am Central 7am Pacific. Subscribe now wherever podcasts are found. If you'd like to support the podcast, be sure to leave a rating and review and share with your friends. To catch all the latest from us. Visit us at DrudgeryAndDreams.com and follow on your favorite social media platforms at drudgery and dreams. Thanks again. See you next time.