

Episode 8: Co-Regulation and Neurodiversity

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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 00:12

Your right



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 00:43

With our powers combined, we navigate life through the Drudgery, Dreams and all that shit in between. Plus, 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 you should be doing as we navigate the spectrum between what your heart wants and the shit keeping you from it. Good morning,



Molly Hicks 01:10

Good morning. All right. Full disclaimer, we've already talked about it. And this is not a peopling day. So which is convenient, because we're talking about Co-regulation today. And so I was just saying like, co-regulation is something that like when you're done peopling and you still need people to help you. Which is I feel like like a standing theme in the neurospicy neurodivergent world is constantly having needs that contradict your other needs, which is the most frustrating part of neurodivergent life.



Angela Locashio 01:57

And it's confusing, right? Like, it's confusing through that diagnostic process. It's confusing to our partners. It's confusing to our kids, it's confusing to us or co-workers. Like, it's very confusing.



Molly Hicks 02:10

Yes. Like, I don't like to be touched. But if you've got to touch me, you got to touch me like, right really firmly. Like if you butterfly touch me, I'm gonna punch you. But like, Don't touch me. But if you're gonna, like, that doesn't make any sense!



Angela Locashio 02:28

Right, like, if you're gonna touch me, do it right. That's important.



Molly Hicks 02:33

Yes. Or like, I hate water. But I love the pool.



Angela Locashio 02:39

Yeah, me, too. Guess we could go on and on about that.



Molly Hicks 02:48

I was just trying to make sure everybody had examples of Yes,



Angela Locashio 02:52

of CO regulation, because there's this whole narrative, and everybody's gonna get really used to hearing me say this. There's this whole narrative out there of self care. Self Care, self care, do it yourself, take care of yourself, be independent, blah, blah, blah. But it's bullshit. That doesn't work. And we need to take on this, this belief system, this new narrative, that working together, and helping each other and supporting each other really is great. And it's not just about your spouse, or your partner, or the person who you're having sex with. To do that. Right? It is not just about that. It is okay to do that in all of your relationships. And it was a perfect example last week.



Molly Hicks 03:52

Oh, yes. Yes. Right. Because amazing for that example. Yeah.



Angela Locashio 03:57

I mean, like you and I co-regulate all the time.



Molly Hicks 04:01

Yeah,



Angela Locashio 04:02

Right. We do not live in the same state. But we co-regulate all the time, because we understand the needs that we have. And we have negotiated how we can support each other in our friendship. And it helps us get through the day to day and it takes pressure off of that one person. Right. Like,



Molly Hicks 04:31

for me, it's also I don't expect the people that don't have the skills I need to do the things that I need. Like if my best friend cannot listen to me vent about whatever even though I have to say that thing. Then I need to find somebody else to do that. Because expecting them to do

say that thing. Then I need to find somebody else to do that. Because expecting them to do that is just going to make things terrible, like right. So yes, agreed, like, and you and I, it's even funny, even though we've negotiated how we're going to co regulate with each other a lot. Even yesterday, it was, Do you want me to do this thing? Or do you want me to do something else? And like, we established like a new ground rule like Molly always wants input, Molly. Molly will make the decision if that feedback is something she's going to be like, yes. Or you're crazy.



Angela Locashio 05:23

Right? Right. Because I have a tendency when somebody is venting. If somebody says, I'm just venting, then I am not prepared to provide advice, or anything like that. I will just listen. If the person says I'm venting and what they actually mean is, I need your support at this. And I need you to say something that I need them to say that so I tend to ask you, okay, I heard you venting? Is that all you needed? Or would you like me to give input? Or what? And so sometimes we have to ask for that clarification. Oh, yeah. Right, like, yeah. Okay, so I'm gonna move us a little bit. Um...last week. Last week was very hard, like, I almost started crying, right? Because I was talking about something that I am exceptionally interested in. And I had time constraints on that. And I was already at a point of overwhelm, even before coming in. For all different reasons. I was sensory. Everything. Yep. And so I got to a point of, I had so many things to say. And internally, I was feeling overwhelmed, because I wanted to say all the things, but I knew that there were time constraints, to not really go into any kind of depth into this thing that is so so so important to me. And for me to go into that depth, it's going to be like a five episode. thing. Right, which doesn't necessarily work in this kind of format. So last week, it was really, really overwhelming for me, and you. Were a champion, you really came in and you stepped in to help support me through that, can you? And I didn't, I didn't, didn't prepare you for this question. No, you didn't you guide us through that that process that you went through to support me in that moment, even though I didn't ask for support?



Molly Hicks 07:45

Yes. So I should caveat this with I am the co-regulator. In all aspects of my life, I am the person that helps others co-regulate. And ironically, like I was just thinking about this, and you're talking, even in my business, like what I do, is providing neurodivergent folks a way to co regulate while they grow their businesses and do that, like that is another thing of what I do. So I am always watching how people look and, and their body language, and kind of just a pretty empathic person, like I can just sense emotions, as well. Probably because my brain is hyper analyzed everything that they've done, to be fair, and so I could just see you getting frustrated and upset, and you do certain things when you're upset, I mean, moving my hands like crazy for all of you listening. And you do certain things, so that I know like. And I also know your stems pretty well too. So like you are a person who takes a lot of deep breaths on a normal basis. But then your your deep breaths turn into different noises, like not like a bad noise, like you're just like making a different deep breath. And I can always tell like, Okay, this is good becoming too much, or this is whatever. And even before we started, I was like Angela's does not have in the day that she anticipated like things are not going to plan. I know how Angela reacts when things don't go to plan. I will just step up, and I'm going to like I took all the notes while you were talking before we got on and so I knew what talking points you wanted. And I knew that I could let you talk forever and we would never get past one and then you'd be frustrated if we didn't touch at least on most of them. So like I tried to definitely gear that conversation. And if one specific topic was making you more frustrated, because you couldn't

get the words out or you couldn't do something I would try and redirect the conversation into something that maybe will Okay, let's try again on a different subject and move on. Like you didn't say anything that I was like she's lost. Okay. used? It was not at all



Angela Locashio 10:02

I know, part of the problem, wasn't it that I wasn't saying,



Molly Hicks 10:06

right? And if I could just tell like you had, like 3000 words moving around in your Blaine - blaine - haha in your brain, but like you couldn't figure out what concept to start with, or go with, or how do I say this without deep diving into this other thing? And you were trying to like wrangle rabbit holes, but you instead of getting like one really good rabbit hole, you were just like, how's it



Angela Locashio 10:37

Trying so hard to stay at surface level?



Molly Hicks 10:40

Yes,



Angela Locashio 10:41

That is really, really hard for neurodivergent folks. And, and I will say when I'm in a teaching situation, or I'm in a coaching situation where I'm working one on one, or something like that, it's completely different. Right? Because that the context of that situation supports where we're going. And so that is all about the other person. Right? And so it's, it's, I don't know, easy for me to see the guidance that is needed in that case or the questions, I guess I'm more in a questioning format and that space. But last week, having 45 minutes to talk about this thing, that I could talk about one of the letters for 45 minutes.



Molly Hicks 11:36

I think it felt more like it was in your court too, because it's not one of my specialties. It is something that I'm learning about and expanding and doing in my life. But it is not something that I can come to as like, Hi, I'm Molly, the expert on BDSM, I'm like, I can't do that. And so I feel like a lot of that pressure of like, there's so many things and whatever was also because you knew I couldn't carry the converse. And so that, like most of the other topics we've always talked about, like, you may have, like, a heavier background in certain ways, but I definitely can carry a conversation in that realm and feel confident and good. And in that sense, it was like, I'm just gonna follow your lead. I will create the lead.



Angela Locashio 12:30

Yeah. And that's why like, it was so important for you to - and we had this conversation beforehand - it was so important for you to have some guiding questions to support that. So that I didn't go on a rant. Yes. about something specific. And and while that's great. You know, that's great. In some some instances, and others it's not. And I think that that's one of the biggest challenges that a lot of neurodivergent folks have going into a social situation. And they don't have those conversations beforehand, with their friends. Right? And their friends know, their friends know. Yeah, right. They know, my friend sticks their foot in their mouth, or they they talk too much about something and then they get awkward, and then people don't like them and, and instead of engaging in a negotiation with them and saying how can I best support you? It's just kind of left. And then what happens is this neurodivergent person. And also, obviously, not all of us have the same struggles, but a lot of us do. And then that person stops attending events stops going to places. Which is really sad, because we don't have to,



Molly Hicks 13:59

if we don't want to Yeah, right if



Angela Locashio 14:01

we don't want to. And for the most part, most of us don't want to stop engaging in social situations. We stop engaging in social situations, because they require too much of our energy. Because we don't have the support that we need in the situation.



Molly Hicks 14:20

Right? And then you end up learning this. If I do this, then only negative things will happen. Therefore, there's no worth in doing that thing. And so then there's this like, false narrative that starts becoming a snowball effect of like, well, if that's like that, then I bet these three other things are too so there's no point in me doing this and then it snowballs into I don't need friends. I don't need help. And then the Doom cloud that for many of us exists on a normal basis just expands and expands and expands. And then we have In a whole new situation that we are dealing with, and that can really stem from not having someone to help you co regulate in an initial situation. Hence, children let's talk about children and CO regulation for a second, because I feel like this is really where this lesson is learned for neurodivergent kids, especially ones whose parents have not discovered yet that this child is neurodivergent. Children are tiny humans with feelings. Baseline conversation, tiny humans with feelings. Now these tiny humans have absolutely



Angela Locashio 15:43

no control. I'm sorry, I have to I have to interrupt for a second. Because I know people are gonna be like, No shit. Children are tiny humans with feelings. Children are tiny humans with valid feelings. Yes

valid feelings. Yes.



Molly Hicks 15:56

Absolutely not.



Angela Locashio 15:58

Not inappropriate feelings. Not not crying for no reason feelings. Yes. Children are tiny humans with valid feelings. Okay?



Molly Hicks 16:09

Yes. So children cannot typically name their complex emotions that they're having, they probably don't even understand that they can be happy, sad and confused all at the same time, like whatever. Like, they don't understand complex emotions. They also like if you think inside out the movie, because this is like my favorite movie to reference for emotion. just such a wonderful movie, and a new one is coming out. And my kiddo was so excited. Um, you know, their entire like, and they had this control table. But in the movie, they don't start with a lot of controls. They eventually like it just starts with joy. And then sadness shows up, and then anger and then disgust and that like, all of those people come and join, and the control panel expands. So if we're talking about tiny humans, they don't come with a lot of controls in the emotions department. And so we as the adults have to help them add controls to their control panel of emotions. And that does not mean that the control panel makes the emotions go away, or stop, it just might help them kind of learn to adapt in a situation and figure things out. So I was like, going with this, um, when we have kids who are neurotypical any kid who doesn't have someone helping them with CO wrote regulation, and is just told, Why do you cry so much? You're overreacting. Geez, can't you just take a hint or whatever? I'm not saying I have that was not the time? Yes, no, no, I'm not saying I haven't said these things in my lifetime. I'm not pretending I'll give you something to cry about right. But by saying these things, we are telling this child that their emotions are not valid. Now, a lot of neurodivergent kiddos, their emotions are even stronger than a typical child in that situation. So then we're telling them that they are not about not not just that their emotions aren't valid, especially if they have RSD. We are now telling them that they are not valid, that their experience is not valid. And so then that perpetuates into adolescence and adulthood, and it continues on. And then we end up with adults that are hiding in holes against their will, because they don't know that there's another option.



Angela Locashio 18:52

Right. And one of the great things that we can do as adults in the lives of children is to model right is to model this both self regulation and CO regulation. Right. And it's I'm not saying that self regulation is not important. self. Self awareness is one of the most important things that we can ever do and have for ourselves. Because that is where we get those insights into making consensual decisions. Because we know what we want, and we know what we don't want and we know the reasons why. But that is harder for some people. It is less hard for our children as adults, when they have adults in their life, while they are children, that are able to do these

things that model these things and help them learn these things at a younger age than many of us did. Correct. Right, because most of our parents, were not those people, they did not grow up in a generation, where this was the cool thing to do. So unless you had the super lovey hippie dippie, parents, who were all about self awareness and all of that, you didn't have that. And even if you did have those parents, they may not have been doing it in the best ways, because they didn't quite know how. So the things that we know today, as parents are a little bit different than what we got as children. And it's never too late. It's never too late to start that process. If your kid is 15 years old, it's not too late to start. If you are just now realizing and recognizing it yourself. It's okay to have those conversations with your kids, and start helping them learn some of those skills. So they don't have to do it on their own, like you did. And I know right now, I'm speaking from my own experience, right? I had to learn all of this on my own. Not everybody has to do that. But but it's okay. If you did, it's okay if you're still in the learning process. And it's okay to start having those conversations with your kids whenever it's never ever, ever too late. And your friends and everybody else.



Molly Hicks 21:25

Yeah. And it's also important to show that you can become dysregulated not purposely dis regulate yourself, let me make that clear. But when you become dysregulated, to be like, Ah, my body feels wonky like or whatever you want to use for your words for your body, when you're expressing to your kids that you also get dysregulated so that they can see that this is a normal human experience. And these are the things that you're doing. Like if I become dysregulated, and I yell because that is my first reaction when I am dysregulated is yell and kind of hide. I go, Oh, Mommy is super dysregulated. What do you think Mommy can do to help her body? And we kind of problem solve, because typically, my kiddo is calmer than I am in that scenario. And it's not my kiddos responsibility to help me. But it helps my kiddo recognize dysregulation and pair it with a method to help. So I'm not expecting my child to regulate me. In reality, and if I can't do this little learning lesson, well, I am dysregulated. I just say Mommy needs a break. And Mommy needs to not be around people right now, because her body is just not okay. Right. And those things are very important as well. And that's more like self regulation and learning self regulation than CO regulation. But



Angela Locashio 23:09

it is but it's also it's helping them number one that takes the pressure off of them. Because a lot of times if they don't know what's going on, and you're yelling and screaming, and they don't know what's going on, they're going to internalize that and they're going to think that that's their fault. And then they're going to try fixing it by fawning a lot of times. So we've got the fight flight freeze. Well, there's this other thing that's called fawning. That is where it's, um, I'm gonna rollover on my back and show you my belly and, and let you know that it's okay. And you know what I mean? Like, yeah, I know, I'm bringing in a whole like dog reference, but no, but that's basically what fawning is, it's putting yourself into a possibly dangerous situation, in order to regulate the situation and make everybody else feel okay. Often at your own expense. And we don't want our kids to do that. We don't want them to have that automatic reaction when somebody is angry, or upset or yelling or frustrated. We want them to understand that it's not their fault. They didn't do this. They don't need to feel ashamed of anything. And how can we do that if we don't voice it? Right. And I don't have little kids anymore. My son is 23 years old and a grown ass man maybe he is he's married and you know all this so but but there

were times when he was younger, where I didn't have the words and the support to be able to help him understand that it wasn't his fault. For example, video games, I like video games, he likes video games, he would be playing a video game, and it would be making noise that was a consistent hitch that I didn't like. And it was consistently inconsistent, if that makes any sense whatsoever. So yes, right, like, there's a consistent pattern that happens, and then it stops. And then it comes back, and then it stops. But there's not consistency in the amount of time that it stops. And so you never know, when it's coming at you, I guess I don't need to explain this whole thing. But that's, that's where my brain goes with themselves. And so I would come home from work, I would be frustrated, I would hear these sounds, I would tell him to turn it down, he would turn it down to like, two. And I would be like, I can't stand that. Turn that shit down. You know, like, because I would get so angry. And anger and yelling was my first response. It didn't have anything to do with him. It was my overwhelm. Right? It was my overwhelm, not his. Yeah, but I wasn't, you know, I wasn't supporting it in the way that it needed to be supported. I didn't have somebody to help me with that. Things are a lot different. Now. That was a law. That was a long time ago. So things are a lot different now. And I wish that I knew then what I know now.



Molly Hicks 26:42

Yeah, and it's something like that we have had to kind of negotiate because we are all the two adults in this house get just regulated on the regs. Um, and, like, if I'm the calm person, and my partner is dysregulated, I call out when the responses are. No, you need to go, this is not you can't like I accept that you are dysregulated, I accept that you are feeling overwhelmed. But I need you to remove yourself from the public situation, because it is becoming something we cannot safely. Not that the not that my partner is harming anybody. But like, if you need to go scream, please go scream somewhere else, like you are in the public areas where, you know, the family is not going to move. Like I'm cooking in the kitchen can't move, like, you know,



Angela Locashio 27:41

right? They're doing co-regulation by helping them recognize this is not the space for that. Right, we have a pre-negotiated space for you to go and and deal with that.



Molly Hicks 27:55

Right. And one of the things that has really been hard lately is when the kiddo is dysregulated. And then we get to the point of no return this regulation. Yep. Where there's nothing you can do. I mean, there's things you can do, but it doesn't actually make them better. And you kind of have to wait for some resolution. I have had to get much better by choice at sticking in the room during those situations and just being like, I'm here if you need me, because I realized, if I leave the room, there alone, yeah. That doesn't teach me anything.



Angela Locashio 28:46

Like other than other than if you are your true, authentic self and share your true authentic feelings. Nobody wants to be around you.



Molly Hicks 28:56

Right? And are there times where I am becoming so dysregulated from it that I have to leave the room? Yes, but I caveat it with something. So that the kiddo does not think that it is their responsibility or anything to do with me. And so I'll be like, I love you. I realize you're having strong emotions. Mommy needs to take a moment. I will be right back. Or I'll be back in two minutes. But I don't say when you're calm. I'll come back.



Angela Locashio 29:31

Right? When you know how to behave correctly, right?



Molly Hicks 29:34

I've had and it's something I had to learn. I'm not saying I didn't say that in the past. We do you say calm body a lot, but not in the sense of you have to have a calm body. It's like, oh, our body is not. It's becoming uncommon or whatever I say in the moment, like, but I'm never like you're a shitty person because you're not calm. Because I've done I would be a shitty person all the damn time because I'm never called Yeah, so, um, so yeah, there is a lot of that CO regulation. But I will say this the skills that I've learned helping my kiddo have helped everyone in my life.



Angela Locashio 30:14

Right?



Molly Hicks 30:17

So much. Yeah, it's the same time our kids



Angela Locashio 30:19

teach us so much. I mean, I a lot of the learning and the reflection, and everything that I did was because I wanted to be the best parent who I could be. So I would ask for support, and I would go to therapy. And I would say, I'm really struggling with this. And I would, instead of not treating my ADHD, because at the time when he was young, that was all I had. I'm, err, quoting here, because they're, quote, bunny rabbits, the diagnosis that I had was ADHD. At that time, we did not know that I am also autistic. So I had to, I didn't like trading, and I didn't like taking medication. This is a classic ADHD thing. A lot of us we don't like necessarily the feeling of taking medication. So sometimes, we had to have people outside of ourselves, let us know. If you know, like, Angela, I see you, I see you trying to do the things but you're really struggling to do the things. So maybe you need a little bit of extra support by taking your medication, like you're supposed to. And then I would, you know, fuss and and be irritated. But I don't like

taking my medication. It makes me boring. And I feel, you know, I feel that inside and Okay, well, then that's not the right medication. Yes. So let's get some different support and figure out what's going on. You know, that we can't do that by ourselves. No, we cannot do that by ourselves. And and that's why I think it's so important. This, this whole of neurodiversity movement that is happening right now where people are starting to understand that neurodiversity is a thing, and that in every room full of people, I shouldn't say every because that's not true. You could have a room of autistic people and not have any neurotypicals in the room. But in every you know, in most spaces, you are going to have neurotypical people, autistic people, ADHD people, dyslexic people. Tourette's people, like you're going to have the octopus and the Velociraptor in the same room.



Molly Hicks 32:44

Yes, absolutely.



Angela Locashio 32:47

We talk a cartoon of that.



Molly Hicks 32:50

And my Velociraptor-y-ness is going to trigger some people's octopus-y-ness. Well, that sounded like a bad James Bond movie



Angela Locashio 32:58

Yes. Yes. I love it.



Molly Hicks 33:06

Okay, we're done. We're done. It's over.



Angela Locashio 33:10

That's an episode in and of itself.



Molly Hicks 33:16

See awkward humans. I'm an awkward human. I literally walk into the room and go Hi, I'm Molly and I'm awkward because that is the level of awkward lately that I come up with with the words that I say



Angela Locashio 33:34

I am not sure if anybody else has ever said the word octopus-y-ness. I love it. I love it. I think I need to make a shirt. I think we need to make a shirt and put it in the shop. Of course. Yes. We will talk about that later. Okay. Wow, Molly. Well, Molly regulates over there. I love it. Okay. So, co regulation, regulation. We have to co regulate when we do really awkward things like that. And sometimes that just means that we laugh with each other. And, and we let that we just let it go. Why can't people do that when it's a group of people, like okay, in a classroom with a bunch of 12 year olds. Somebody farts That is hilarious. Okay, farting is funny. But If somebody laughs, then they're shamed for it. Why? Why? Why can we all just laugh at that? And, and help the person who's feeling embarrassed for farting? Could we just all you know, like, join in and make it not an awkward thing? And just be like, Oh my god, that was great. You know, instead of being oh my god, that was gross. And don't you laugh? Don't anybody laugh? Because right, you have to be serious and move on. Why? Why think



Molly Hicks 35:39

that? I, I am making an assumption and a analysis here. Let me just an assumptive analysis. That it's probably because we're looking at it from a sense of logic. It's like, you fart, they fart, we all fart. farts are funny. Okay, statement of fact, we're gonna laugh about it, because it was fucking funny. And we're moving on, right? But other people who have that social rule construct where they have to, like, stick to the social construct of farts are a bodily function that we hide, and nobody farts, because it is not socially acceptable. I think that's where the disconnect is. Like, we're like, oh, bodily function, farts are funny. And there's this entire other population that is like, that is not socially acceptable, and we are just not doing that.



Angela Locashio 36:37

Right. Which means that the social narrative going back to the very beginning of this, the social narrative is don't support each other. Yeah. Right. Like, that's an embarrassing thing that happens, because it's been shamed so much. And now we're going to add more shame on to it. Well, and I want that to go away.



Molly Hicks 37:03

Right? I mean, like, where did farts become not a like bodily function, I'm assuming it's from before people knew what farts were. And they thought it was something else. And so that became like, not that if somebody is a fart expert, please message us. I wonder. But like, you know, did that social rule come about because people didn't understand the medical science behind farts. And so it became like, not a funny thing. Um, anyway, I'm getting on tangents on farts.



Angela Locashio 37:33

Yes, we could, we could go. We could go into that and spend a whole lot of time talking about that. Because it's, it's interesting. Like, it's interesting. And you and I tend to be very interested in social constructs, and how things come up and how they happen. And we could spend a

in social constructs, and now things come up and now they happen. And we could spend a whole lot of time talking about all of those things. But time says that we can't,



Molly Hicks 37:58

I know, I just looked at that.



Angela Locashio 38:01

Yes, time says that we can't. I would really like to hear people's questions. Yes, about Co-regulation. I really want people to get on that ask us anything form. And ask us questions about self regulation, co regulation. Because these questions help us bring too, they help us focus. They help us focus all of the things that you and I want to talk about. And we can change the topic of what we're going to talk about 15 times throughout the week, based on conversations that we have.



Molly Hicks 38:45

And if we got enough questions, we could do like a like once a month q&a episode to that would be



Angela Locashio 38:52

great. Instead of just talking about the stuff, our own interests we could actually dive into, and maybe learn new things, even from other people, because I guarantee if somebody's asking questions, and we don't know the answers, then we're gonna find experts who do because we're resourceful like that. And we have a lot of people within our referral network who have different specialties and different interests, and we would love to bring them on. But we need to know. Yeah, needs to know that that's the interest.



Molly Hicks 39:26

And my brain has gone like this way while we're talking about this, so I just need to pedal back a minute. When you're talking about like people who have questions about self regulation, co regulation. I also would say, a lot of us have learned that codependency is bad, when in reality, we are not codependent, we're co regulating and I feel like there might be a lot of questions about the difference between codependency or in CO regulation or if you have questions about different things. I feel like that might be something people that might



Angela Locashio 39:55

be a whole episode because codependency is completely A different thing than CO regulation, but like you said they often get misunderstood. One for the other confused? Yes. So that would be something really great to talk about.



Molly Hicks 40:14

Yes. Okay. One more admin note, sorry, I didn't mean to interrupt you. We are officially official on the Apple podcast now.



Angela Locashio 40:25

Finally. Right. Pod bean. Right. Thank you for coming to the rescue after weeks of struggle. And they like fam answered the question had the information we needed and fixed everything so quickly. It was wonderful and amazing. And I am so grateful to them.



Molly Hicks 40:49

Yes, agreed. Thank you. podbean. So now that we are officially on all the channels, if you've been loving what you've been hearing, please share, share, share, share, your favorite episodes, your favorite moments. Don't forget to subscribe, things like that. All the things that we're supposed to say at that point.



Angela Locashio 41:11

All the things. Okay. Thanks 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 [drudgery](http://drudgery.com) and dreams.com and follow on your favorite social media platforms at [drudgery](http://drudgery.com) and [dreams](http://dreams.com). Thanks again. See you next time. See you guys