

Drudgery-and-Dreams-Epiosome-11-The-Zone-Of-Consent

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SUMMARY KEYWORDS

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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 00:10

At least that's what everyone's telling us. Near right? Per usual. But seriously, I mean Angeles people call me Mama pistachio, bringing them to the conversation. I help individuals and organizations cultivate skills, spaces and confidence to advocate for themselves and each other.



Molly Hicks 00:27

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 00:39

And that's what's the chitchat. Let's get down to business. What's the frickin 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 00:54

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

Good morning. Hello, farming. Welcome back to another week. Oh, I sign off over my microphone. We are kind of excited. We were just talking, I spent my morning on tick tock as one does. And we're getting ready to kind of deep dive into the concept of consent with the zone of consent. And Angela, it was like I have to remember not ticket to nitty gritty. And I was like, No, our audience will love the nitty gritty. And one of the things that had leapt out at me off my Fork you page this morning was how a lot of neurodivergent especially autistic folks need bottom up learning, not top down learning. And Angelyn are talking about how we kind of need a balance of both. But I say all this, and it's a great introduction to what we're talking about and what we're gonna be doing. But I just want to remind you guys that we have a form on all of the descriptions of the podcast episodes on the YouTube links, links on the links on the descriptions. And in the show notes. That is a ask us anything. If you want us to do like a full blown dig into the details episode on something we've talked about, or something we haven't talked about yet, but you want to get our opinion on. Please fill that out. Because we would love to help you understand something better. Okay, so now we're gonna get back to the point, which is consent. And we have three things about consent that Well, lots of things about consent, the three main things that we're going into, and we're going to start with the yummy one. Which is from Planned Parenthood, and that's fries. So Angela, can you tell us more about this?



Angela Locashio 03:01

Yeah. Okay, so, yeah, when we were getting ready for this, I thought it was important to provide a couple of different models that are out there. Because I don't specifically stick to just one depends on when I'm working with somebody depends on what they need and what they understand and what resonates. And I really love metaphors, and you know, acronyms and oh, yeah, military acronyms, acronyms. So this one by Planned Parenthood is called fries. And it says that consent is and it is fries like french fries, yum, yum, nom nom. It says that consent is freely given, reversible, informed, and enthusiastic and specific. So what does that mean? Basically like, okay, cool. These are a bunch of words. But actually, let me back up for just a minute. Why is this important? Why do we give a shit about consent? Because it's not about sex.



Molly Hicks 04:15

Right? I guess mind blowing thing for me.



Angela Locashio 04:19



Angela Locashio 05:15

Yes. This is this is the thing. People when they when they hear consent and think consent, they think sex. And actually consent models are based around I mean, here we are talking about Planned Parenthood, right? We're talking about stuff that has to do with sex. But can we just forget that for a minute. And remember that consent is something that we do all day, every day in every aspect of our lives. Consent is not about the other person. Consent is about ourselves. Right My mind blown, right? This is the thing when I'm working with somebody that it like, Stop, shut up, I need to process this for a minute. So let me say this again. Consent happens 24 hours a day, seven days a week, in every aspect of our lives, it happens a lot more outside of sex than it happens with sex. And it is about ourselves. Not as much as it is about other people.



Molly Hicks 05:37

This entire concept was so life changing. And I don't say that as like hyperbole is our people. Is that the right word? Sure. Yeah. Okay. It's not hyperbole like it literally, this understanding that consent is an every single aspect of your life, every moment that you breathe through life. It literally changed the way I looked at everything. And although I am still learning how to navigate this, and we'll get to the model that that Angela introduced to me later on in the episode. But I want you to really challenge how you think about consent when we introduce these topics to you. Because if if one of these resonates with you, take it and fucking run with it. Because it really will help change how you see interactions and how you're able to interact with other people.



Angela Locashio 06:40

It's the foundation for everything that you do. Right? So like, when I'm talking to people, a lot of times about business, I'll say, you know, what are your values? And in fact, we just had this conversation with somebody yesterday. We were talking about making shit happen. And I'm like, do you have your values written down? Knowing your your core values, so that you can do a mission, vision commitment, all of those statements? is the foundation of a business. Yeah, and right along with that foundation, what makes it really strong, and what makes it sustainable is consent. So these, right, these two things, they go hand in hand. So when we understand consent, when we truly understand what consent is, outside of sex, let's take all that stuff that we know when we think about consent with sex, and let's bridge it over into the other 95% of our life. And and let's think about how it affects us in our everyday life. And so with that, let's look at Planned Parenthood's big surprise, right back to this. And we'll put links to this in there. For anybody who wants to look at any of these models that we're going to give today. Consent is freely given. Okay, that means there's no pressure, there's no manipulation, there's no forced power dynamic. There's no drugs, no alcohol, right, that is influencing a person. That doesn't mean that you can't have a drink or two or you smoke some weed or whatever you're gonna do. But when somebody takes advantage of that, it is no longer consensual. Right, because it has to be freely given. It is also reversible. So you can be in the middle of something. And guess what? You can stop. Doesn't matter what you're in the middle of, you could be in the middle. I love that you are writing something down right now. You can be in the middle of a business negotiation. You can be in the middle of a conversation with somebody you can be in the middle of dinner. And you can change your mind



Molly Hicks 00:07



Molly Hicks 09:07

is fucking lovely.



Angela Locashio 09:09

Right? Holy shit. This is like a new thing that people are thinking about. You can change your mind. The amount of just like you can at any point in time when you are having sex. You can say no, I don't want this and you can stop. You can do the same thing in every other aspect of your life



Molly Hicks 09:35

there are so many head popping emojis today.



Angela Locashio 09:41

Okay, yeah, informed. You have to know everything about what's going on.



Molly Hicks 09:51

I thought I wrote in formal



Angela Locashio 09:55

Well, I mean, technically right? Sometimes



09:58

there's that Okay, but



Angela Locashio 10:02

Right, it doesn't have to be a formal thing like in writing with a contract. But it does need to be informed. Okay, you have the right to all of the information, every single piece of information that goes into something. If you don't have that, and somebody's not willing to give you that, it's not consensual. Think about that for work. Just for a minute, think about that for work. Because how often do you have all of the information when you were asked to do something? And are you in courage to ask for the information? Or are you made to feel like shit when you ask for the information?



Molly Hicks 10:53

Oh, my God. Don't know why I'm whispering but yes. Oh my god. Right. This is giving me life right now. You know that?



Angela Locashio 11:06

Right. And all of this spawned from a conversation that we had last week about gift giving. And how I'm like it was that was the week before? Well, it was the week before.



Molly Hicks 11:15

Yeah, last week was touched out people doubt.



Angela Locashio 11:18

Oh, it was switched up people not? Well, that's good. Sent to



Molly Hicks 11:21

both of those things come back to consent, because I remember we were like, we need to do a consent episode. We



Angela Locashio 11:26

wait a minute, and everything comes back to consent. Yes. Because it's around us and all of our things all day, every day.



11:33

Okay, we're awesome. Okay,



Angela Locashio 11:36

so freely given reversible, informed II enthusiasts stick. If you don't want to do it, and you cannot give an enthusiastic Yes. You should be questioning yourself while you're doing it.



Molly Hicks 11:54

I do want to caveat this with not another person's version of enthusiasm, your personal version of enthusiasm. Your person personal version of enthusiasm is melancholy. That's fine. As long as it is what you identify resemble



Angela Locashio 12:08

that remark.



Molly Hicks 12:11

You resemble that. I just wanted to point that out. Because my enthusiastic, very different from Angeles. And I just wanted to make sure everybody felt seen by that word, because that could mean different things, different people. So



Angela Locashio 12:29

yes, absolutely. And I want to caveat enthusiastic with it doesn't mean that you are like, Oh my god, I this is the most thing I'm passionate about more than anything else in the whole wide world. And I'm going to do it and refusing to do anything that's outside of that. That's not exactly what it means. Enthusiastic means it's something that you consensually from an informed space are willing to do. Because you have made that decision, weighed the options, looked at the information that you have. And this one, this one is really, really, really hard for people to get their mind around. And we're gonna get more into that. Yeah. When we talk about when we talk about the wheel of consent. By Dr. Betty Martin, we're gonna get to that here in a minute. We're gonna get a little bit in more into what does enthusiastic actually look like? And what does that mean want to willing to all of that good stuff. And it's so funny, because I am like, I'm very animated. Because I'm very good. I like what people are used to write and this is people are not not seeing this, but I'm sure that they're hearing it in my voice. I could talk about this all day every day. I love it. It's a big part of everything that I do.



Molly Hicks 14:06

All day, every day. Yeah. All day every day. Yes, yes, it is a conversation every time.



Angela Locashio 14:15

I mean, it is my job. So and it's also specific, so freely given reversible, informed, enthusiastic, and specific. When you say yes to something. You are saying yes to that specific one thing, not everything else. Not all the stuff around it. Because that stuff might need to be negotiated. It might need to change. And you might say yes to this one specific thing, and no to the thing right next to it, which is often misunderstood by ourselves.



14:53

Yes, right. Like



Angela Locashio 14:56

I consent to doing the dishes. doesn't mean, I consent to being the only person in this home who cleans the house.



Molly Hicks 15:06

Or the fact that you're going to do dishes every time.



Angela Locashio 15:09

Or the fact that you're going to do dishes every single time. Just means or do the dishes in the same way every single time, or use the same dish soap every single time.



Molly Hicks 15:22

That doesn't mean you can't stop doing the dishes in the middle of doing dishes, it means you can stop doing them in the middle of doing the dishes. Because you can't handle your hands being wet. Or the soap smell or pruned got pruned I am waving my hands because it is the worst feeling in the world.



Angela Locashio 15:38

I love torturing you with that.



Molly Hicks 15:41

Or like, when your hands are pruned and I touch a microfiber towel.



Angela Locashio 15:46

Oh, that is that truly that truly, truly. We should have trigger warning to that.



Molly Hicks 15:54

I have proposed.



Angela Locashio 15:58

Yes. Okay. So I know that it seems silly that we're talking about dishes. But consent comes into play when we do the dishes.



Molly Hicks 16:09

Yes. And the reason why I was freaking out is I had to write down my example that I thought of in the middle of you explaining fries. Let's hear because I didn't want to interrupt, although we did that three times in the middle. So I feel like this example is something as a business owner or a consumer you can empathize with.



16:32

In its sales.



Molly Hicks 16:35

And when we're talking a lot about, I'm thinking more in like the service based entrepreneur, contractor kind of situation. But if you're buying a car, it's the same such scenario. So freely given, we're looking at, oh, we were talking about how it needs to come with no pressure like that, it needs to be no pressure of the sales. And so this is one of the reasons as a brand strategist, and even like you and I talked and it was a an opinion that I had prior to us talking about this. But like is, it is not my job to make the sale in the moment. It's my job to say that a sale is possible. And to explain all the things that come with it, and all the details. But literally, it should be if you are the business owner, a here's all the information and make a decision on your time. Yes, I and I always say when you come back to me, you come back to me, I can guarantee the pricing for X amount of time. That's not to feel pressure, that's just to protect myself, because they might come back in two years. Right? And here are all the things that you need to know if you have any more questions, let me know. And when you're ready, we can move forward and if I'm not the right person, that's great. But we put the power back on the consumer or the client It is not our job to say you only have this for the next 30 seconds you have to make a decision and you got to make a decision right now right because I mean anybody who's been to a timeshare meeting right? knows that feels shitty and then you're like What the Fuck did I just do right? So that was my example because I was like oh pressure



Angela Locashio 18:20

right right and that's just it here we are again. Everybody knows what it feels like to be sold to and how it feels so yucky I'm sorry, I just had this like of if you are a if you are a human being



18:47

who



Angela Locashio 18:49

appears acts like or resembles in any way shape or form a woman you understand very well what it's like to constantly be barraged by gross men sending you things that you are not interested in. Whether it is Hey, sweetheart, oh, or a dick pic. Or any one of the 500 million

propositions it happens all the time. All the time. On every like I literally just got WhatsApp. Oh no. I haven't published anything saying that. I have WhatsApp. I did it because it's encrypted. And I was working with a client who that was really important too. So we did WhatsApp and within 24 hours I was getting messages on WhatsApp, like what the hell? Oh my god. Okay, that's not consensual, we all know what that's like. We all know what it's like, in some way shape or form, whether it's to be sold to, whether it's to have pictures sent that we are interested in, or to be propositioned about something that we're not interested in. So when I'm talking about consent being in every aspect of life, it really is in every aspect of life all around us all the time. So, with that being said, we talked about fries, we're going to provide that information for anybody who wants to go look at that further. The other one is, this is something I've had this image for a long time. It was from truth juice. And I'll have to look, I did not look before the episode to see if their website is still up. But we will either provide the graphic itself, or we'll provide a link to the graphic. So Consent is active. Only yes means yes. passive acceptance or a lack of No, is not yes. How great is that? It is active in the moment. Not saying anything, does not mean yes. That's what they mean by passive, right. So that's number one. Number two, it is based on equal power. Pay, human beings are equal. And working for someone being in a relationship with someone being the student of someone being the person who is coming in and paying to see a coach,



22:01

the parent, pretty your friend, whatever, we are equal.



Angela Locashio 22:13

And any kind of perceived power dynamic, if it is not negotiated. Does it



22:21

come into play?



Angela Locashio 22:23

Now think about that. Because I guarantee you it comes into play all day, every day in your life, if you've ever worked. If you've ever gone to school, if you've ever been a kid, right? You have been told that because you are in this place, you are less than and that is not true. You are equal and have the right to consent, period.



Molly Hicks 22:52

End of story. So this is directly challenging. A lot of kids who were raised or people who are now not kids, who were raised, told that people who are older have inherent respect, or inherent authority or whatever. And that is one reason that this could be extremely complicated for people who are still trying to deconstruct all those things that are total bullshit. So even we I

only say this because we even do this with our five year old, like, our five year old even gets to say yes or no, like, do you want to give that person a hug? No. Okay. Like they are equally. They're given equal respect.



Angela Locashio 23:45

They have agency and the actions that they take in their life.



Molly Hicks 23:50

Yes. I mean, there are some times where do you like Mommy needs to change your diaper? No, I want to do it. Okay. Well, at least the diapers getting changed, like doesn't matter. Like, right. So anyway, I just wanted to make sure I said that.



Angela Locashio 24:05

Well, now I want to actually build on that. So as a teacher, I always started the year off talking with my students and establishing this, that I am here in this classroom, and I am in an in a position of authority. Let me explain to you what that means. It means that you and I are equal human beings. I have a responsibility to make sure you're safe. And here's what that's going to look like. And we would have conversations of what does that look like? If I'm doing this? I always told them I said, I promise I will never do anything without a purpose. And you have the right to ask me what that purpose is. For everything that I asked you to do. Why is that difficult? It's not. It's that's not difficult, it is outside of the normal thinking. But in establishing that ground, I opened the opportunity for my students to learn. I didn't create chaos. I didn't create the space where learning wasn't going to happen, because I wasn't telling them what to do. You know, I established that you have the choice to not do what I asked you to do, you have the choice to not do what I tell you to do. And here's what it looks like when you choose these things. And, and having that full and formed. Space, like we had it written on the wall. They knew, if you choose not to do X, Y, Z, here, here's what consequences are. Oh, wait, if you choose to do XYZ, here's what the consequences are. Because consequence is not good or bad. Right. Right. So that's what I mean, when we're talking equal power. That didn't have anything to do with sex. No. Right. Unless it was a sex ed class. And then of course it did. You know, because that's what we were. That's what we were talking about. And yes, I did teach that. So, yes, still equal power and consent. Okay. Three, it's a choice. You are not a puppet being controlled by someone else. Stay within your integrity. Do things because you want to do them. And for it's a process, it's an ongoing conversation, negotiation throughout the process. Should be yes, I'm shooting again. It should be welcomed and encouraged. And you can change your mind.



Molly Hicks 27:08

I want to go back to choice for a



27:09

second. Absolutely. So



Molly Hicks 27:13

I was just thinking about it. And this was the hardest part for me. And that's why I'm kind of thinking, this might be hard for other people is, if you are raised in a certain environment, where consent or choice are outside of your hands, it might be very fucking difficult to identify what you actually want. So when we say it's your choice, and you're like, Well, I don't know. That's okay. And you don't have to make a decision, right this very minute. And you can sit with it. And I just want to make sure that that is very clear, because I know a lot of people who struggle to know what they want, because they've never been given the opportunity to want. Right? And so if that is you, it's okay to sit there and think about it before you do anything. And that could take a while. It doesn't have to be an instant answer. Right.



Angela Locashio 28:17

So let's talk about this in the realm of some people with disabilities, right? We choose to have somebody else take care of right to take care of us in various aspects, which means that we may have somebody who's making choices for us. We have a choice in that.



Molly Hicks 28:45

Yes. If the choice they choose is uncomfortable, then that is not a good, right,



Angela Locashio 28:52

we still have a choice in that. So there's, there's a whole we could have a whole episode on self determination. But just because you appoint somebody, whether it's whether it's in a relationship, and it's just a negotiated thing, or whether it is a legally appointed, can conservator or other caretaker self determination comes into play. And we do still get to make choices for ourselves. It's still a negotiation. It's still active based on equal power, a choice and a process. Yes, and that gets forgotten sometimes by both sides. So there's that book. That one I like that one, it's, I think, I think it's fun and I like the graphic. And I like what I added to it



Molly Hicks 29:52

well, and I feel like he's like we'll get to the wheel of consent in just a second. But I feel like if you take fries and you take the The graphic from truth juice, and you merge those together, it makes it an even more like. It adds more to the story and as more to help you understand things. And if you're like me, and you need all the information, I feel like by having these things together, you're like, Oh, and this and this. And that means I can do this. Like, I think it just builds on each other to know all of





Angela Locashio 30:26

these does you know what that process is called? It's called scaffolding.



Molly Hicks 30:31

I was gonna say Molly's brain.



Angela Locashio 30:34

No, it's called scaffolding. It's building on information. At the very beginning of this, you introduced the episode saying we were talking about needing top down bottom up, you know, this combination of, and that's what I meant when I said no, actually, we don't just need bottom up or top down. We need a combination of the two. Tada look at putting that shit into practice. Yes. Okay,



Molly Hicks 31:03

I mean, no, you know, you would because you are you and you would have brought a very structured way, like perfectly packaged way to help us learn this. Oh, my



Angela Locashio 31:12

gosh. Okay, so, side side point, because you said perfectly packaged? No, no, no, no, no. No. When I got, okay, so I've been divorced, when I got divorced from my son's dad. We went to marriage counseling. And one of the things that he said, throughout this process was, it drives him insane, that I am able to take everything and put it into a nice little package with a bow on top. And he was talking about just that, anytime I have a conversation, it's what I do. Hmm.



Molly Hicks 32:02

I wonder what that could be.



Angela Locashio 32:06

Yeah. So I will say, you know, people like to talk about superpowers. I think that that is something that I do well, and I will happily accept that. I do that well. And at the same time, sometimes it causes me extreme anxiety and makes other people uncomfortable.



Molly Hicks 32:23

I just am ironically, laughing that you package and wrap everything up with a bow, like a gift,



Angela Locashio 32:30

like a gift. And now and I give it to people without their consent. Always like it. And it's why I spent years learning how to communicate properly so that I wasn't always doing that.



Molly Hicks 32:42

I just found it kind of ironic. Anyway,



Angela Locashio 32:46

Hey, guy, nobody's perfect. Okay.



Molly Hicks 32:50

Oh, I totally know that. I know that right here. Right here.



Angela Locashio 32:54

Oh my God, my heater just turned out and I'm dying.



Molly Hicks 32:59

In California.



33:00

Yeah, it's like 40 degrees outside.



Molly Hicks 33:04

Oh, well, I'll give it to you. That's called. Um, moving on, or rolling along? To the wheel consent.



Angela Locashio 33:16

The wheel of consent. Okay.



Molly Hicks 33:17

Every so often I gotta sideline because I'm a nerd. Every time I go to say the wheel of consent, I

think we'll have time. Okay, fair



Angela Locashio 33:25

enough. It is a big long journey.



Molly Hicks 33:30

Yes. Anyway, moving on.



Angela Locashio 33:32

It's epic. It's epic. Okay. For anybody who's actually read the series truly epic. It takes forever to get through. That's true. I started it way, way, way back when and refused to read any more until it was done. That didn't last that allows. I couldn't I couldn't I had to. I had, but yes. Epic yell. Okay, so the wheel of consent. Is this is this is a book and a concept by Dr. Betty Martin. Dr. Betty Martin is the founder of the School of consent. And the author of the book, The Art of receiving and giving, which was published in 2021. Although she's been having talks, and, and workshops and things on this for quite a bit longer than that before she wrote the book. She is a former chiropractor. So high touch right. She is a certified sex illogical body worker, a certified surrogate partner, and a somatic sex educator.



Molly Hicks 34:50

What the Fuck is somatic sex?



Angela Locashio 34:53

Is that like body stuff somatic body? Yeah, okay. Yeah. And, yes, we could have episodes on all of these. I was surprised. Yeah, I was actually surprised that you didn't say our surrogate?



Molly Hicks 35:07

No, no, I do know that I know.



Angela Locashio 35:13

Anyway, she is brilliant. Absolutely brilliant. And I have not studied with her personally. However, I am heavily influenced and inspired by the wheel of consent, it is a beautiful model that makes a lot of sense. And she has great resources and materials to support the education of that. So, we will drop that information in there for anybody who wants more of that. But it is important to me to say that she has not taught me explicitly the information that I am sharing

is learned and interpreted by myself. I have not been taught by her how to talk about this. Okay. With that said, You introduced us and said that I was going to talk about this, do you have anything that you want to say about this, before I launch into some of the specifics.



Molly Hicks 36:21

So one of the things that I love about this model is how graphic it is. Because I am a graphic person, like when I am trying if it's really, really complex for me to learn something, I have to write down the things that I'm learning, but I have to see a visual representation of the information. And this showed me both sides of the coin, like if you do this, this other thing is going to be off balance. And it helped me relate things that I thought were not relatable. And so for me, and I'll let you get into it a little bit more. And then I might like, my head might be like, Oh, storytime, um, I think for for me, if you are also a person that like struggles to like, figure out how to, like concepts make sense, independently, but like you don't know how to relate them in everyday life, that this model will probably be the one that you want to use, because it is so specific. And then you can like visually be like, Okay, if I feel this, then that means this. And it's just, I don't know how to explain it without you explaining it.



Angela Locashio 37:38

Right. So we will, we will provide a will provide a graphic for people to use. And I will say that going through this and looking at it yourself. You might have questions. And if you do send them in, like we have that ask us anything form, send them in so that we can talk about it. Because I have a feeling that consent is going to be one of those things that comes up often. And I would even invite somebody to message us and say, Can I come on and be like, Oh, get through the process?



Molly Hicks 38:12

That would be so fun.



Angela Locashio 38:13

I know, wouldn't it be fun?



Molly Hicks 38:16

I invite all of you. I was also thinking certain ones we could take to tick tock or Instagram reels if that's exactly wanted, where it would be easily digestible small chunks of information. So those Absolutely,



Angela Locashio 38:30

absolutely. So the wheel of consent is if anything that happens, okay, this is my thing. This

isn't. Again, I want to caveat, not all of this is from the book, I haven't pulled pieces from the book and I'm not teaching the wheel of consent. I'm talking about my what I believe consent is and how I work with it. And I'm using the wheel as a support piece. Okay? When you are within your zone of consent, okay, and in this case, we're using the wheel as an example. When you are inside of that zone. You feel fulfilled, joyful, confident, and other emotions that result from feeling



39:20

seen and heard.



Angela Locashio 39:23

It feels good



39:26

when you are outside



Angela Locashio 39:29

of the zone of consent. So if you are outside of your wheel we become resentful, angry, depressed, or other emotions that result from frustration or feeling unseen or unheard. So, Dr. Martin puts this into four quadrants and identifies some feelings within each of those quadrant. Since, for example, one of the quadrants is



40:08

serving. If you are serving



Angela Locashio 40:15

with in the zone of consent, it feels good. You're like, this feels really good, I enjoy this, I'm willing to do it, I'm happy to do it, it brings me joy. If you are serving outside of the zone of consent, then you are murdering. Maybe you feel like people treat you like a slave, you feel like you always have to rescue or people might even call you the rescuer. We've all had these feelings, we know the difference of service that feels good. And service that feels like shit. If you are doing service that feels like shit, you are outside of the zone. So you want to work your way back in and figure out how you can do the service that you want to do within a space of consent instead of outside of it. So that's a quick little example of how the wheel works. But the point of it is that within our consent, within doing the things that make us feel good, so that we don't get those feelings of, of being violated feelings of being a doormat of being a victim of being privileged or entitled. Because we're, you know, picking things that don't belong to us and that sort of thing. We don't want that. We want to feel good, joyful, fulfilled, happy. Okay,

because that's what consent feels like. So, that's where we come back to that enthusiastic piece. Okay, I'm doing the dishes. I'm not giving an enthusiastic friggin yes to doing the dishes. I don't like doing the dishes. Okay, cool. You don't want to do the dishes. Doing the dishes does not bring you joy. It is not your first choice. Right? This is not something you're like, oh, I don't want to. But it can be within your zone of consent. And it can come without those feelings of resentment and anger. When you genuinely don't mind doing it. You have a reason for doing it. If the reason is your own reason, and you're like I hate having a dirty ass kitchen. I don't want to wake up. Yeah, I don't want to wake up to a dirty ass kitchen in the morning. Then that is your reason you own it. That does mean that you want to do it. So even though you're like, Oh, I really hate doing the dishes. But I hate worse having a dirty ass kitchen first thing in the morning when I come downstairs and make my coffee then you can reframe that and say but I actually do want to do this. This does bring me joy. Indirectly Yes, indirectly it does. Because I wake up in the morning and I see a clean kitchen. And that makes me joyful.



Molly Hicks 43:34

It's so great. That was literally me last week. So I had like six bad days in a row so the dishes piled up and piled up and for those six days I was not cleaned going to do the dishes. Because it did not bring me joy couch potato life was the thing and couch potato life brought me joy. But then I was like having a better day. It was not a great day, but it was a better day. And I was like I want a pretty kitchen because pretty kitchens make my brain not foggy. And I will be able to function slightly better. Not a lot better, but slightly. And so I sat there and I cleaned the frickin kitchen. And I didn't resent that I cleaned the kitchen. I did resent that I sat on the couch. But that was beside the point. Because I knew that I was feeling better in that moment but this is this is the model that that Angela had taught me. Oh God was it almost two years ago Angela because before



Angela Locashio 44:40

years ago,



Molly Hicks 44:41

at least Gosh time has flown anyway and I literally in my head now go if I accept this request that this person is making Am I gonna resent doing it for them? You Even if the person is myself, even if the person is myself, I'm like, because I am a non touchy person and I live with too touchy people. So a lot of the times, it's, I just need you to grab my back. They probably don't actually ask it like that, but that's how I hear it. And I'm, sometimes I'm like, okay, whatever, I'm just sitting here, I'll rub their back. And I don't care. Because it's not taking anything away from me, I have all the spoons right now. And in other days, I am like, you rub your own fucking back, because I am not touching. I'm not sitting next to you. I'm not touching you, I love you, but from afar at the moment. And so, again, it's that, like, if we go back to fries, it's specific to that instant, it doesn't mean that I don't love that person. It just means that in that moment, I cannot do the thing that they need. And I am respecting myself and saying no. And I do not consent to that action. So





Angela Locashio 46:00

and if you did consent to that action, because it's not something that you want to do. You are not going, Oh, I have a reason to do this, because it's something that I want to do. If your reason is that other person, yes, then you are willing to do it.



Molly Hicks 46:19

And there are times that that is the case. And there are many times that it's when you have a five year old. And you're you're trying to teach a five year old consent out, obviously appropriate consent conditions. But you're also trying to teach by example, right? There are times where you need to get the I'm willing to do that, because you're five and obviously, right, you need a cuddle. And regardless of how I feel at the moment, you need that more than I need to not. So yes, I will be willing to do that. But then there are other times where I'm just honest. And I say mommy can't do that right now. Mommy's body is not okay. And Mommy needs to be by herself. And you are okay. And I am right here in the same room with you. You know, like, I think that that is a big component that we might not have seen as kids. Like, I don't care what generation you might talk about, but any of the previous ones where we were not shown examples of consent. And therefore we are learning by reading books, and watching other people who have somehow figured it out. And we're like, it's like learning how to ride a bicycle or learning how to read for the first time like, these are all things that are new and not going to come easy at first and, but are going to be very rewarding to learn. I mean, not everybody might think riding a bike is rewarding, but



Angela Locashio 47:58

but consent is understanding consent. Understanding consent, and being able to put that understanding into practice is important. And it does feel good. And it takes a little bit of time to adjust and to help the people around you adjust to you having some boundaries and being firm on those. And taking a minute to say, Do I want this? Am I willing to do this? Do I not want this? Am I not willing to do this and then communicating that and negotiating it's a whole process. Right consent is a process. So this is a little rundown and I highly encourage anybody to to get Dr. Betty Martin's book to look her up. At wheel of consent book.com You can find Dr. Betty Martin at wheel of consent book.com You can also just Google Dr. Betty Martin wheel of consent and you will find her information. She's done lots of videos and talked about this. She also gives workshops there are practitioners and areas that give workshops as well. If you're wanting to do this call us message us. Anything if you want more information on this as well we can provide that. The point of it is consent is like gift giving. You're giving a gift you're receiving a gift. Okay, if you are doing an action and you are giving a gift you are serving. A gift that you are giving is your action If somebody else is doing something



50:10

you're giving a gift. It's for them.



Angela Locashio 50:15

Okay, they are doing the action, but it's for them, then the gift you give is access to you to your time, to your attention, or to your things



50:32

you are allowing.



Angela Locashio 50:38

And you can allow within consent. And then we have the doing. And it's for me, I am the receiver of the gift, the gift that I am receiving is the access to what I want. And then there is the somebody else's doing. And it's for me, the gift that I receive is their action. And so now that we have made it a very simple yet difficult thing, because that seems it is very simple. It really is very simple. But it takes a lot to get your head around it. Because it's so far away from how we have seen things before, even though it is how it is. And understanding those four things that I just said.



51:39

It is life changing. Absolutely



Angela Locashio 51:41

no hyperbole. It is life changing. It strengthens all of the foundations that you work upon. And it allows you to communicate your needs, wants and desires. And to experience your needs, wants and desires in all aspects of your life.



Molly Hicks 52:10

Oh, I just looked at the time. I think that will probably roll back around to this eventually. How many wilpons Do you think I can come up with? Um, but so we'll circle back. Yes. Um, but I am so excited to hear how everybody which which model of consent resonates with with people and how this affects and changes your life. And just remember, starting with baby steps is usually the easiest for most people. So, you know, just absorb and try and see how it works and report back because we really want to hear how it goes. So anyway, I think that's all we got for that for today.



Angela Locashio 53:10

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