

Episode 15 Stardate 76568.5 Mollys Neurodivergent Queer Sque...

Tue, Feb 07, 2023 8:14AM 49:40

SUMMARY KEYWORDS

people, day, feel, cheerios, conversations, molly, meltdowns, talk, literally, disney, cinderella, bipolar, listening, child, crying, story, realizing, drudgery, angela, piano

SPEAKERS

Molly Hicks, Angela Locashio



Molly Hicks 00:00

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



Angela Locashio 00:07

At least that's what everyone's telling us.



Molly Hicks 00:09

You're right,



Angela Locashio 00:10

Per usual...Hey, I'm Angela. Bringing sense to the conversation. From here on my soapbox, I shed light on the thing society doesn't want you to talk about, you know, the real shit that matters. Intersectional thinking, Sexuality, Queerness, Neurodiversity, Consent, and the fact that Self-care is Bullshit. For me, it's all about community, and how we can care for each other.



Molly Hicks 00:37

And I'm Molly giving a big Fork you to Cookie-Cutter Solutions I help burnt out busy as Fuck neurodivergent and queer entrepreneurs make shit happen by providing out of the box solutions and sustainable systems to grow your biz. For me, it's all about doing what makes sense for your brain.



Angela Locashio 00:54

Enough the chitchat, let's get to it.



Molly Hicks 00:57

Keep listening. And Together, we'll explore the drudgery, dreams, and all that shit in between. Get ready to call bullshit on what everyone's saying you should be doing



Angela Locashio 01:07

as we navigate the spectrum between what really matters to you, and the shit keeping you from it.



Molly Hicks 01:12

Hey, ready? Oh, no. Hello. Okay, so it is weird sort of introducing this episode. But everybody should know. Angela's stim toy is lost and we might have an extra jittery, not jittery. That's the wrong word. But like, frustrated Angela today. But



Angela Locashio 01:46

only because you've heard me complaining for the last 30 minutes. Yes, about everything because I just can't regulate today. But I get to focus on you. And that will totally. Yeah, it'll be good. It'll be good.



Molly Hicks 02:01

Just wanted to mention it. Because I feel like a lot of times we don't talk about like, I mean, we do. But not people in general, don't talk about the days where like, you are so dysregulated that you want to scream. And so I just wanted to normalize talking about that a little bit before we got started. And not calling it out. Sorry.



Angela Locashio 02:23

Yeah, like legitimate tears and frustration and upset because this thing that I have really come to depend on is not here. And I don't know where it is. And that just adds to the



Molly Hicks 02:39

Yes. So I didn't mean to restart you. I just wanted to make sure that I



Angela Locashio 02:43

just want me to cry again.



Molly Hicks 02:44

I didn't mean to make it cry again. I just wanted everyone listening to feel like, oh, it's not just me. Because I feel like that is a lot of every one of our story is Oh, you mean I'm not the only person feeling like their skin is about to crawl off their body? To know, good to know.



Angela Locashio 03:07

Yeah. Yes. All right. Yes, that's all. But today, we get to talk about you last week that you facilitated the conversation as you always do. And brought out my Wonderland story. And this week, we get to bring out your story.



Molly Hicks 03:34

Yes. My Velociraptor story.



Angela Locashio 03:37

Exactly the Velociraptor story, like What the hell's going on? And there are so many things to talk about. And I hope that I'm able to grab on to all of the things but let's, let's start. Let do you want to start with diagnosis, or do you want to start with so looking back as a child this happened?



Molly Hicks 04:07

Um, I don't. We can start with as a child this happened.



Angela Locashio 04:11

Okay, cool. Okay, cool. So, so Cinderella. Yeah, tell me about the Aqua marker.



Molly Hicks 04:22

So my parents have a video of me and I was too. I've always been told I was too I don't know. I don't remember. Um, that is me coloring with my dad. And me going. "You want an aqua marker daddy?" And I'm like looking at the moment. Nobody was like, That's very strange for a two year old to know all their colors and to be like, here's this very obscure color of blue and

green mix together in a very specific way for you to understand that. That's all aqua and so looking back, I'm like, okay, like, I'll just put that under this column, you know, like, like, little check mark. And like, as I continue to look for it, there are very distinct. There's a lot of memories that are good, bad, indifferent. But a lot of those that stick out are the ones where I did something that was obviously neurodivergent. And nobody thought about it. Like, we'll get to the Cinderella in a minute. Same house Cinderella, and this happened in the same house. We moved a lot when I was little. So memories stick to specific locations. I made my mom create a card catalog and Dewey Decimal system, our entire collection of books, which to me felt like a lot. I don't know if there was like 30 or 300. It just felt like a lot. But I remember writing, we wrote on the little pieces of paper and we tape them to the bugs. And I have been to my mom's house, my parents house, like in the past 10 years and still Oh, doing stickers on books.



Angela Locashio 06:16

So Molly of you, honestly!



Molly Hicks 06:20

wanting to like I went to school I learned about this thing. Obviously, all books are supposed to be categorized by alphabetical order or like in a specific way. And I did not do it correctly. Like I wasn't necessarily doing it like I didn't research everything about the Dewey Decimal System and then you know, do it in a proper way. But I was intentionally organizing and segmenting and like creating it sounds



Angela Locashio 06:46

to me like you created your own system in formed by



Molly Hicks 06:52

Oh which just reminds me of another story to get to high school. That's my linguist tendencies came out. But that same house, I would wake up in the morning and reenact the opening scene like the scene to Cinderella. Cinderella is like wake up. And like the little birdies are waking Cinderella. I evidently really wanted to be Cinderella. And I like had a apron that I would tie around my waist. And like slipper shoes, like I put my shoes on just like Cinderella. And that would pretend to take a shower like very distinct memory. I feel like I did this way more than once. Because it's so vivid. And just like all of these different things that happen. And so yeah, I totally was Cinderella for a good long time. And like, I feel like those are all things you tick off like, it's one thing to be like Cinderella is cool. And I'm going to pretend to be Cinderella. But taking it to that next level where you're literally reenacting a scene to start your day because that seemed so wonderful for have her to have that routine and want a routine so significant, that you're reenacting one to give yourself that, like that is where I really see that and looking back and go, okay. Like my kiddo does that too. Like, we have to play bluey exactly the way blue happens. Like, I can't No, Mom, the next line is, you're supposed to say, oh, okay, you know, my bad. And yes, anyway, next question.



Angela Locashio 08:45

Yes, but this is a lifelong love that you have with Disney. Right? Like, this isn't something that has ever gone away. It just, it grew. And it continued. And not in the same way that a lot of people are like, Oh, I love Disney. You're like, Disney and Disney World. And it has to happen this many times a year and in this fashion



Molly Hicks 09:11

Not that many times, I swear! Yeah, no, I we have a serious love for Disney in this house. Um I mean, obviously my first crush was on Disney Princess like Hello. Belle and Megara



Angela Locashio 09:31

I was gonna say let's let's hear about this because we've got a whole queer story to tell right along. And these stories so,



Molly Hicks 09:39

um, and I don't remember ever talking about the fact that I loved the princesses unlike my peers. They loved it for one reason, and I love them for another reason. And I don't think I truly understood because I didn't grow up in a household where like, that wasn't it normalised. Um, and yeah, so but I remember so I feel like this is a weird story to out on the internet. There was a family friend who I'm going to try and be vague so that if anybody's listening, they don't feel called out. There was a family friend who was very present for a long time, until they weren't. And it was because of drama that I don't know the full story on. But it did relate to being queer. And I always thought that that was the case, like in my brain, like, that just made sense. Because this person is like that. And it was never a bad thing. Like nothing bad ever happened. And with regards to me in that scenario, that was an adult thing that was happening that I have no actual clue what happened. I just know they disappeared. Not because they're dead. Just I mean, like, they just friendships were gone. But that was a person I connected with a lot. Why am I crying Jesus? Um, anyway. So Disney princesses. I just always, I always knew things. Like, I guess I just was like, oh, that's, that's how I feel. So everybody feels that way too. And it's normal. I didn't actually think it was weird or different. I just, I don't know. Um, so Belle and Megara. Let's see. I was not an aurora person. But I think that's because Megara and Belle were very strong individuals that took care of themselves. And not all the other princesses did that so I always not only wanted to be that person, but I wanted to be with that person. You know what I mean? So, um, and that love for Disney, like continues to grow. And yes, we've been several times. Yes, my child has been twice. And like Disney's love, like, the first time we went to Disney World, I cried, because I got to meet Marie from Aristocats. And that was the first character I interacted with. And I literally felt like a four year old like so yes, I ran up to a very fuzzy large white cat and acted like a child. And that's my most likely



Angela Locashio 12:58

squeaky velociraptor.



Molly Hicks 13:01

Oh, there was so much squeaking and velociraptor because I have Tourettes. And like, I like would shake like my husband was like, What have I done? Because the love for Disney was not as intense. So yes. Yeah. Explain that. So we go hardcore. It's just me there's like a schedule that there are things we're getting done.



Angela Locashio 13:31

This is a it's a long process, right? Like for you it's a long process of preparation and all of it is part of the beauty of the experience. And yes,



Molly Hicks 13:42

yes. And we work with a travel agent now Courtney from to Mickey and beyond. And she is like you're the easiest to work with because you give me a literal spreadsheet list of your priorities and how to rank them so that I know what to schedule for you so I can get you those things. And I'm like well, doesn't everybody know like no they do not know they just expect me to do it all I'm like oh but yeah, we literally will take hours and like go through the restaurants and the different adventures and go How will I respond to this? Is this going to be allowed area is this the you know, what about their food? We don't see any say foods on their menu like and rack and stack like it is a process? Right process



Angela Locashio 14:25

people? Yes, it's a process and it's conversations and frustrations and excitement. And I'm gonna move us into the next I'm gonna I'm gonna segue from frustrations into meltdowns. So not knowing your NDness as a child, yet being a human being who experienced meltdowns.



Molly Hicks 14:57

Yeah, ah, is known for my at the time called tantrums.



Angela Locashio 15:04

Because and let's just say we like the term meltdowns, we've talked about it we, for what it feels like inside of our body, if we're doing the nuclear reactor metaphor, like, for us, it feels like everything is getting, you know, hot and blowing up and literally melting down and having to be completely rebuilt.



Molly Hicks 15:05



MOLLY HICKS 15:25

Right? Yeah, I actually see it as like an ice cube. I feel like I am Ice Cube. Normally, we're all the things are in its place. And molecularly I can stay together. And then somehow, I can't and like it just like, rapid melts and melt. I'm Olaf with no magic. In summer, I should specify Olaf, in summer, with no magic. Anyway, yes. So I just remember as a kid getting frustrated, like, like, when I tick I tick because there is a physical feeling of like, I have to tense my muscles or do things in a very specific way. Otherwise, I'm going to lose my shit. And I would, because I didn't understand that I needed to do those things. And a lot of times, I was being told, Hey, you can't do that here. Or don't do that, or whatever. And I remember that. And I don't it was never ill intended at the time. Like it was never. Not saying it wasn't significantly traumatic to me.



Angela Locashio 16:43

Nobody was purposefully trying to cause you harm. Yes, no.



Molly Hicks 16:48

But like to this day, like if I think about certain situations, I still get tense, like right now. Like, if I think about certain moments where I would melt down, I like start. See like that. And there are certain activities that I can do to help that, but it's not appropriate in public. Um, and as a child who didn't know a what I was doing, why I was doing it or whatever, like, you're just like, don't they? They're just like, don't do that in here. And you're like, okay, and there was also just lots of crying lots of emotions. I was very much a sensitive kid.



Angela Locashio 17:32

Air quotes on sensitive y'all,.



Molly Hicks 17:35

So I will explain this scenario. This is this is a classic example of Molly's lost her mind. I haven't really I'm fine. I'm mostly anyway. So we're at my grandma's grandparents house. And it was at a time when everybody lived there. Like we were all there. And there's and when I say all I there's must have been like 20 of us at Grandma's house. And my aunt came into the kitchen and my aunt loved watching Emeril Lagasse. Now, if you did not watch the Food Network in the 90s, you would not necessarily know who Emeril gassy is. But his catchphrase was being really loud while he threw herbs into a pan. I don't remember the scenario and why that was the call to action. That moment for my aunt. But she did. And it was loud. And it was unexpected. And this is before the concept of misophonia or startling anything like that was a thought in my mind because I might have been like seven, seven or nine like somewhere in that zone. And I screamed, jumped and then proceeded to ball for several like an hour. Like uncontrollably because it was so loud and so unexpected that it hurt. And it like nobody was like everybody's like why are you crying? She just like, like they didn't understand. Like, they didn't understand why I was doing that and crying. And obviously looking back it's like, well, no shit Sherlock like Jesus, and things like that happened a lot like we are a loud boisterous family on all varieties. So it Yes, so to this day, yes. And oh, okay, that has nothing to do with Well, yes, this does have

to do with meltdowns. When I was five. I was doing my hair at the breakfast table and I was eating Cheerios, which up to this point was a safe food. And I've had a pretty broad for the most part safe foods list my life but then there are none then there are some that are not. So I was eating Cheerios with milk, which I have an issue with milk. Milk is gross. It is gross. So she's blow drying my hair and to be as silly as adults do with children, she blows on my Cheerios which proceeds to air quote again, burn my Cheerios. Like I tasted a significant difference between when the Cheerios had not been blown on by hot air from an aircon, whatever hairdryer and when they did, and I can taste it to this day. To this day, I do not eat Cheerios. I can't. But one time, I was at my opposite family grandparents house, and they only had Cheerios to eat for breakfast. And I was like, Fine, I will kick them in sugar and all will be well. Well, this story still continues to be told till this day because my grandma has a bowl of sugar in a bowl of salt.



Angela Locashio 21:10

Oh shit.



Molly Hicks 21:14

If you could see my face right now is not good. I put about seven spoons of what I thought to be sugar on those Cheerios because I wanted to be able to somehow consume food. It was salt. Okay. And my uncle watched me do it. And was just like, cuz I went yeah, no. So we'll just add that to the list.



Angela Locashio 21:47

Right? Okay, I continuing on meltdowns. Yes. Um, we met in 2020. And,



Molly Hicks 22:00

oh, my God, it's been that long. I mean, it's been that short, but long and like, Okay,



Angela Locashio 22:04

I know. It's so weird. It feels like we've known each other like for our whole lives. But it's Yeah. Okay. Okay, so when we met, I would say for the first almost year that we were colleagues, acquaintances, then colleagues, slash friends. Both of us, masked



Molly Hicks 22:38

heavily significantly. Yeah.



Angela Locashio 22:41



Angela Locasno 22:41

I had no idea that you had Tourettes. Because you worked really hard. Spent a lot of energy to not ever let that show up in any of our meetings, anytime you were in the professional capacity. So it wasn't until you and I really started having the one on one conversations that that came out and then proceeded to come out as us talking about lots of different things. And then we have the same, you know, right, like the same issue with me of not being of being heavily masked. So you were meltdowns looked a little bit different. And one of my big memories of you is, you will be fine. You will be fine. You will be fine. You'll be fine. And then you would be really fucking sick. Yeah. As in your throat, your ears. Everything full. I can't talk. Three weeks. I'm out. I'm done.



Molly Hicks 23:52

On routine cycle. Yes, so I now know that I'm bipolar. I didn't know that then. I had been diagnosed in my early 20s with Tourette's Schizoaffective Disorder, Panic Disorder, orders of all sorts. And I was had an I had not been medicated since before. My kiddo was born in 2017. Well, since before I got pregnant in 2016. And I had learned from being in the military that squeaking like a velociraptor either results in getting names, which I didn't mind the name. It was I was Sergeant squeaks. It wasn't like it was fine. But that people don't like at giant heads of command meetings for their sergeants to squeak in the middle of a meeting or shake or whatever. And so it's years of school and not realizing that it was Tourette's and me just wanting to fit in and not be different. I learned to tense my legs under the table and keep my hands under there and like squeeze my legs. And I would hold in whatever, I could have the verbal portion of the tics, because if you didn't notice, Tourette's is a verbal and physical, uncontrolled vocalization and movement the same time, which I mean, they're kind of asynchronous sometimes. But, um, and that is not a clinical definition, because I am not a doctor, or have ever read the DSM. I just know what people have told me.



Molly Hicks 25:45

And your experience, right?



Molly Hicks 25:48

Right. Yeah, just wanted to be clear, that was not clear. So I had been going against what I felt and what I knew to actually be true. That sounds like some religious statement. And like I didn't, I was going against the advice that I knew would actually get me somewhere and I was doing the things that I was being told would get me somewhere, even though I kept seeing sign after sign after sign that there was bullshit. And like, this is where my philosophy on cookie cutters don't work well, except for sugar cookies. And I was masking heavily, because I would literally be falling apart and crying before a session. And then I would somehow bring myself together, and like, do these coaching sessions and strategy sessions, and I would do them. But I was also pretending to not be me and give the advice of someone else would want to hear instead of the advice that I knew needed to be said, which that slowly that slowly chipped away after time, as I realized what was actually the problem. And at the time I was working at one of my clients was a shaman. And one of the other clients was an energy worker. And the Shaman was an energy worker, too. But both of them were like, you, you need to stop. Like you, you

you are having like a spiritual metaphysical, like, issue like you're making yourself sick. And at first, I was like, wow. Like, yeah. And then like, the more I worked with them, and the more I read their stuff, and I read, like, oh, there is this type of like connection, like this mind body connection where your mind can do amazing, ridiculous things to protect itself. And, I mean, I was getting like, I have asthma, don't get me wrong, but like, I was getting bronchitis so bad that I couldn't function. And it was like, eventually realizing it was pairing with my bipolar episodes as well. Like, I just, there's so many cycles involved in like things like menstrual cycles, adding to all of those other things. And then



Angela Locashio 28:19

right, because you have PCOS too, right? Like there's some hormone imbalance and discomfort that happens and you know, infertility, like,



Molly Hicks 28:30

yes, there's so much to the story, right? I'm a normal person till I start talking.



Angela Locashio 28:38

You and I had a conversation, like, I was like, "Molly, let's talk." And



Molly Hicks 28:43

conversations with Angela, where she starts like that never end without you cry.



Angela Locashio 28:49

Not in a bad way. Not in a bad way. But, but it was "Molly, I'm seeing a cycle." And I'm seeing this thing happen. And I'm watching your reaction to this thing. Because you are not able to respond. Because you are so frustrated about this thing. And yet you continue to allow this thing? Yes, without speaking about it without saying no, this is how I need to respond to this, or this is what I need. And then your work would suffer. You would start to get disorganized, which is definitely not a Molly trait. And like there was this very serious progression. And I said, you're making yourself sick, not on purpose. But by walking through the world in a way that is not authentic to you, and it's actually harming you and That was before we started having conversations of, hey, you know, maybe you're not just ADHD. So quickly this conversation turned right back around. But I think that was right. That was the beginning of our, like, legitimate, loving co regulation, friendship that we have today.



Molly Hicks 30:24

Right? I would agree. It, it was a our stories were so different, but like coated in the same color, like similar diagnoses, similar, you know, symptoms, similar things. And it's funny because we

actually have slightly different,



Angela Locashio 30:43

very different nerve references. Yeah, yes.



Molly Hicks 30:47

But there were so many overlaps. That felt familiar. And that's kind of how we, we figured it out. Like, we need to do something. And that's where it was like, oh, because I think you pointed out like, you do really well, with neurodivergent people like you, you were like, This is really your strong suit. And I was like, Yeah, I do enjoy working with them, rather than working with neurotypical people. Mostly because they like symptoms more, and they want to know, like, global thing, like, not always, everybody's different, but like, and it just helped push me into going Fuck this and ripping off the mask, which was not necessarily the best tactic. But like, I'm all for unmasking. Maybe don't rip it off. Unless you feel ready for like, a completely like waterfall of 300 million things you didn't realize you weren't addressing.



Angela Locashio 31:47

We need to have an entire episode on that of like, what happens after diagnosis and why support for adults who get diagnosed late, are need supports that are absolutely not there. Because like that year after diagnosis, is so full of wonderful emotions of oh my gosh, here's this community and these people who understand me, as well as grief for this entire life, as well as learning stuff and getting hyper focused on learning and trying to figure out who you are. And yeah, it's a process.



Molly Hicks 32:22

And I think that I was lucky enough to have already realized I was ND, if I didn't know that word, necessarily. I knew the concept of like, my brain is completely different than the average person. Like, and I was doing all the work with my nd kiddo. My NB nd kiddo. Hmm. And. And so I was doing a lot of research and understanding and going to therapy and OT, and like realizing all these things that I did not learn as a human. And so then I started, like putting those things into practice with my spouse. And you and me talking about BDSM and how that relates to relationships, and sensory stuff, like all of those things, and, Are things perfect? No fucking way. But we are significantly in a different better place because of all of that. And to your point about like diagnosis and change in grief. So I was only diagnosed bipolar in the past three months, four months. Uh huh. Right before Thanksgiving, US Thanksgiving, because evidently, Canada's is in October. So us thanksgiving in November. And it was fucking hard. Not the diagnosis. I felt like I had suggested that 10 years ago and nobody listened. And I should have just pushed it because it was like no, like, I know three people with bipolar two. Like this is tote I feel like I'm having the same things like so there was that grief and the the aspect of like, I just wish people would fucking listen. Like I wish providers will listen. And this is probably

magnified by the fact that like, the mama got on a lot of things for the kiddo. And the fact that I have been able to help so many people recognize which neurodivergent category they fall under, or which flavor of spice spice flavor they are.



Angela Locashio 34:27

Yeah, what is their spicy mix?



Molly Hicks 34:29

Yes. Which packet of neuro spicy flavor do you want?



Angela Locashio 34:34

Because there are a lot of packets. It takes up an entire shelving system in a grocery store.



Molly Hicks 34:40

And like a lot of people I talked to where I'm like my first inclination is your bla bla bla bla bla, but I would just go in and be like, What am I go to the doctor every time almost every time it's come back. Molly, you were right. You sent me in the right thing. I mean, the other day I sent one of my friends to the urgent care I was like I'm pretty sure you have pneumonia. by her talking to me and just looking at her, and she comes back, she's like, Ah, so they think I'm on the road to pneumonia. Thanks for sending me to the urgent care. So like, this is some like mystical magic superpower I have, I don't know, somehow I've picked up on pattern recognition, because that's the real that's all that really is. Anyway, I don't know how I got on that very specific tangent. Um, oh, so I was grieving. The loss time, the stability, the loss of time in stable emotional state. If I had been stable, would I have been able to stay in the military? If I had been XYZ? Would that have meant whatever here? Like, so there was just a lot of what felt like loss, which, and it's very similar to when you go from being infertile to being a mom, because now you're not part of either community, because you've experienced both sides. Yeah. And so it was that very, like, you're not saying you regret not being infertile, like you're like, but you don't feel like you're part of that community anymore. But the mom community talks about other things in your life. But that's not the story for everybody. And you're like, somewhere in the middle,



Angela Locashio 36:16

and us not my experience at all. Right.



Molly Hicks 36:19

And not to mention, I'm the I have, I was not a love at first sight with my baby kind of mom. So there's, that just adds to the other side of the coin, where I'm just like,



Angela Locashio 36:31

well, and the sensory, like, your sensory thing as a parent. So as a parent who doesn't like certain kinds of touches, or who gets touched out, which is a very normal thing to happen, but gets shamed and shunned in public, if you even talk about that, or refer to that, which is a shame, I think, because that conversation needs to needs to be normalized.



Molly Hicks 36:57

And I somehow your



Angela Locashio 36:58

child very, very much without wanting your child to be touching you all of the time,



Molly Hicks 37:03

right? And I somehow made it. So I have like, touch aversion. If you're going to touch me, I need you to like, touch me. And it needs to be for short periods of time. Like I can't handle a lot. And somehow I made it through 18 months of breastfeeding. But it took everything. Like it was the right decision for us. But it took everything from me to do it. And now I am I am now completely in touch with version. But I have a five year old so that doesn't happen. Right? So yes. Okay.



Angela Locashio 37:46

Okay, so I'm gonna bring us back a little bit before babies and things, piano and voice school and the experience there of not knowing that you are in D, however, recognizing that all of the people who you love and appreciate being around and participating in this with have similar traits as you. Okay,



Molly Hicks 38:12

talk about that. So I went to Duke Ellington School of the Arts in DC, for the first two years of high school when we lived in DC, obviously, when we lived in DC, okay. And so it's literally art school, like it's many college, college level, like music and dance and theater and museum studies and all this stuff. And it's a great, great school. And they have so you do like half a day of normal academics. And then the second half of your day is all of your majors.



Angela Locashio 38:54

This person right here, this human being is leaving for work and was biting me to say goodbye.

Sorry.



Molly Hicks 39:01

Totally fine. I mean, that's just normal. I'm not being sarcastic. I'm correct. So



Angela Locashio 39:14

half of the day, the other half of the day. So



Molly Hicks 39:17

first half of the day is academics. The other half of the day was your whatever your major and minors were. And everybody there is exceptional at what they do. Like, let's talk about special interests. Okay. So these people are exceptional. And most of these people want to do this professionally, and not all of them when they go out into the world, like people go Broadway and become movie stars. And literally, like literally, right. Like, in the like, entrance to the theater. We had Stevie Wonder's piano like this kind of facilities. And I say that just because like the caliber of people like that you're talking about are people who are highly dedicated and have been dedicated for years to get to this point. And so everybody there is a little bit not typical in that regard. And I say that



Angela Locashio 40:23

because everybody there truly does have, whether there is any kind of neurological condition, there's definitely special interest, which leads to the exception, the exceptional work that has been done by each and every one of the individuals in this school made for people like that.



Molly Hicks 40:44

Right. And so I just remember, it has been a long fucking time. It's been, what, 18 years? Yeah, 18 years. So everybody wanted to be there and worked really hard. But everybody there was themselves, there was minimal, like masking. Because even before I knew these things, were things like I am things that may not be like public things, right. Um, we had transgender students, and we had non binary students and students with green hair. And, you know, all the colors, actually,



Angela Locashio 41:39

you know, the quote, unquote, quirky art people.



Molly Hicks 41:42

Absolutely. The whole school was that. And yes, you know, a lot of people who were identifying as gay or lesbian, and that was normal, like, every, like, it was just assumed everybody was, to an extent, LGBTQ in some way or fashion. And if you weren't, you were absolutely an ally, like, so you were still a part of the community. And I remember we went to, like, a club, and I just remember there being lots of alphabet letters at the time, and it made sense that it was like, a group thing. And looking back on it loud. I'm like, oh, okay, that makes like, hello. But we went because the group that I was with, like, I had not come out, but I was definitely by but everybody else was by or gay, you know, like, there was right like, so it was just like, we went and that was normal. And my crew, which if they're listening, hi. One like One wrote exquisite stories, and she would tell us them like, they were like, full colors with significantly advanced storylines, and characters and all of these things that just like for me, who has a super vivid memory, or visual processing, like it was like watching a movie. Another kid could draw. So well, like anything, and was really into superheroes and like, we all picked an X Men, and just different things. And so, I think that that whole bit is a significant point of my story and my ability to advocate eventually, and be so like, cool. About a lot.



Angela Locashio 43:37

I was just the conversations that we're having now. We're being had that.



Molly Hicks 43:43

Right? I we would, I think we both be different humans at this point. And there's just looking back, it was stressful and hard. And that's where I had my first major depressive episode, which is what led to them being able to diagnose me with bipolar so easily recently, is because they were like, well, when was the first time and I was like, I didn't go to school for three weeks. And they had to give me an elevator past because it couldn't climb the stairs. She was like, Oh, okay. No, like, so. There were things that were significant, but there's also really amazing core memories from that. Like if you've watched inside out, you should



Angela Locashio 44:35

his love for memories are very important.



Molly Hicks 44:39

But that is yes. So that was a very big part of and it's funny because it feels like a completely different person or lifetime because I don't do most of those things anymore.



Angela Locashio 44:51

But you do play piano and it is a regulative activity that you do.



Molly Hicks 44:56



Molly Hicks 44:58

Yes, but I don't hours a day.



Angela Locashio 44:59

Right when you put I get to do it. Sometimes being steered back to go spend some time at the piano is something that is a beautiful tool for you to to do. Okay, so last bits and pieces that you would like to share about your story that you want people to know, before we sign off.



Molly Hicks 45:26

Oh, God, um, I don't know. There's so much we only got through, like half the life. But



Angela Locashio 45:35

I know that's how I felt last week. It's like, Yeah, this is just, you know, all those iceberg pictures like, yeah, you're not even you haven't even hit the water yet. You were just the very tip.



Molly Hicks 45:46

I think that I think a, it's very interesting to reflect on like, the high high points and the super low points and skipping the middle part. Because I feel like that's kind of what we've done today a little bit is just skipping that the middle part where you know, it's hard all the time, but like, and then



Angela Locashio 46:12

help we get to talk about that all the time and all of our other episodes, right?



Molly Hicks 46:16

So taking a moment to look at your own life through those high points, and just those low points and trying to see, like, what are significant motivating factors in your own life? Because if some of those low points aren't resolved, then something needs to change.



Angela Locashio 46:38

Right? And then we continue the pattern, right, that can lead to destruction,



Molly Hicks 46:43

right? So, right, and if you're perpetually getting sick, and you just need to be like, am I sick,

because I'm burnt out, like, please message us like, we're here for those kinds of conversations and can like help you find resources. Because we don't want anybody to be struggling because they feel like they can't talk to somebody. That's the whole point of our podcasts in the first place, is that you should not have to and do not need to struggle, that there are other neurodivergent humans who are going to understand what's happening, that can help you move to the next step, because there's because all that matters right now is your next step. Not right and like just



Angela Locashio 47:29

and part of our success, and what helps us through those really difficult moments that we have, like me not having my stim toy, like part of ours is that we have each other, that we recognize how important co regulation is that we validate each other in our feelings, and it's the community that is, is so important, which I am so very, very grateful for you for being that person. For me, I have, I have several people in my life who are supportive. And I appreciate every single one for what they do. And yours is being like seriously on this journey with me. And I know at three o'clock in the morning, I can send you a Marco Polo. And even though we're not going to talk about it until the next day, I can feel better. Because I know that I have been seen and heard



Molly Hicks 48:27

feels the same way because the other day when I was struggling, I was like where's my Marco Polo? I gotta find you. I did not speak to you and you you fixed it. Just by listening and talk, right?



Angela Locashio 48:41

Sometimes you just have to say it. Sometimes you just have to say it or type it on those days where I'm like, I can't speak right now. But I can type it. Yeah, yeah. All right. Okay. All right. Cool. last thoughts, Molly, because I'm gonna sign us off. No, okay. Ah.



Angela Locashio 49:02

Thanks for listening to drudgery dreams and in between a weekly live podcast coming to you every Tuesday at 9am Central 7am Pacific. If you're catching this live on YouTube, be sure to subscribe to our channel for updates when we're back here next week. For all your podcast geeks, subscribe on your favorite podcast app. We're on them all. 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 and dreams.com](https://drudgeryanddreams.com) and follow us on your favorite social media platforms at [drudgery and dreams](https://drudgeryanddreams.com). Thanks again. See you next time.



Molly Hicks 49:38

See ya

