

[00:00:00] INTRO

[00:00:50] Barb Patterson:

Hi, everybody. Welcome to the REAL WOMEN REAL LIVES Podcast. We're so glad to have you here. This is Barb,

[00:00:57] Melissa Palazzo-Hart: Melissa.

[00:00:59] Barb Patterson:

Yeah. So today, we're going to talk about what to do when we get triggered, you know, those moments when something happens unexpectedly, or we get a message.

Spoiler alert, spoiler alert.

So I'm going to turn it over to you, Melissa, to kick this off.

[00:01:18] Melissa Palazzo-Hart: Oh, thanks, Barb. It sounds so ominous. And I, I just have to say that I am standing in the most awkward position, trying to make sure that my microphone is working. So I'm so glad you all can't see me because it's quite the scene.

Oh, the message. So, you know, we do our best to share what's happening in our lives because that's why we are doing this podcast, beginning with, so that we can share it so everyone else feels free to know they can do the same. So that's how we get through it together as humans on this planet.

So this morning, I was having a delicious coffee of Nespresso; if any Nespresso sponsors are out there and interested in sponsoring our



podcast, I'm a huge fan of Nespresso, uh, Intenso for anyone that likes the Nespresso.

[00:02:10] Barb Patterson: Ooh, that's my favorite too.

[00:02:12] Melissa Palazzo-Hart: Of course, it is with the foam on top. I mean, it's, I wake up, and I'm just so excited about it.

So there I was doing my morning writing, checking on email and things of that nature, drinking my espresso, and my husband came in.

I don't know if anybody has this experience with other people in their lives, whether they live with you or they work with you, or they just come on in and say, "da, da, da, da, da, da, da" irrelevant of what you're doing at that moment.

So I looked at him and saw that he had a little bit of trouble on his face. And so instead of saying, "Uh, excuse. I'm doing something." I paused, looked at him, and said, "What's up?" And he's like, "I just got this very mysterious email from my client." And I said, "Well, what was it?" And he shared it with me, and to respect his privacy; I'll keep it there because he's not on this podcast.

And he shared it with me and said, "What do you think that means?";

"I'm sure it's great," is what I said, but I have no idea what it means. And so I did my best just to hear him and be with him. And then I went back to my Nespresso, and honestly, I didn't think about it until a little later in the day.

And what made me think about it was the outrageous disbelief that I did not freak the F out. I mean, freak the F out because this is a client; this is my husband's business. We are married. We have a child and, you know, all the things that we do in our grown-up lives and, the truth, we are not reliant on this one client.

However, what I wanted to talk about today is that there have been so many moments in my life where I've gotten that email—an account from an attorney, a friend, a text from a friend where it's not clear, but there's this like underlying thought or feeling that "Oh, no."

And where I've gone to in the past. And by the way, I still go there. I just didn't go there today. Thank goodness graciously. Right? So I'm grateful for that, but the stories that I've made up in my head about what this could or could not be conversations that I've had with the people that have sent that email or text in my head when they're not there, about the email or text that they've sent. The amount of time, strife and struggle and worry and anxiety about what something may or may not mean has taken minutes, hours, if not years off my life, frankly, and all very, very innocent because I was in my mind preparing for the worst, you know, what might it be so that I could be prepared.

Sometimes when I went into that conversation, I had an idea of what the conversation would be. So I didn't come into the conversation neutral. I came in guarded, defensive with a few of my dukes up, I guess? And so I couldn't sometimes actually hear what they were saying.

I remember being in busintalked and we talked about, you know, sometimes the message sent isn't the message received.

You know, and like communication basics 101, just to ensure we're rearing what the other person is saying. And so when I/we are in the unknown, I have to remind myself is only every second of my life. Some moments seem more unknown than others, but the truth is that every second is unknown.

How am I choosing to be in the unknown? And what I didn't realize before that today is that I have a choice. I can go down the thoughts of, "Oh no, this is going to be bad." And then everything that comes after that—the thought storm. Or can I acknowledge that it's an

unknown, and what's the next indicated action I'm going to take today?

And so that's how I'm doing it today. And it's only because I've done it the other way for so long, frankly, and it just hasn't been helpful that it's wonderful that I can see today that I have a choice. That we all have a choice. At that moment.

There was an expression that I heard years ago. It's like, "Am I going to pick up the rope or drop it?"

And today, I'm just dropping the rope. Not to be confused. The one around the elephant's neck. That's not the rope we're talking about. That was, that was another rope. Okay.

This rope is the one that's pulling me off the cliff. This is the cliff rope. So I'm dropping the rope.

And here's the other thing that I know to be true. And this is probably the key under all of it: where does my/our wellbeing come from? It comes from inside. It comes from a knowing, a deep knowing that everything is okay. And that at any moment in any situation, I/we will know what we need to do

[00:07:01]. Barb Patterson: Feel so calm. Reassured and calm. I'm like, "Yeah, yeah. That."

I remember getting a call from one of my mentors. And the message was, "B can you give me a call? Can you come over when you have a minute?"

Well, my imagination went to town at that moment. I was not peaceful. I...like my imagination took me down rabbit holes and journeys that were just nothing but bad news.

Finally, having the moment to call back. This was the question.

"When you made that chicken last week, how did you cook it?";

[00:07:52] Melissa Palazzo-Hart: Oh my goodness.

[00:07:53] Barb Patterson: You know, I just, you know, I think it just, it's such an example for me because—I made my mind for whatever reason at that moment went down much darker paths than how I cooked chicken, yet there have been other times when you get the call, “; I need you to call me,” and the news is not great.

But I love what you are sort of talking about. It's that in-between time, that place when we are in the unfamiliar, the unknown, yet our minds get activated. Right? Our imagination gets activated, you know, an insecure thought and imagination are having a party in our minds. Right.

[00:08:40] Melissa Palazzo-Hart: Mm-hmm.

[00:08:41] Barb Patterson: You know...

[00:08:41] Melissa Palazzo-Hart: Mm-hmm.

[00:08:42] Barb Patterson: and so in those moments, it is, yeah. I love it's like; where do we find just our psychological safety in those moments?

[00:08:52] Melissa Palazzo-Hart: Yeah.

[00:08:52] Barb Patterson: Because no amount of convincing myself. Like really hurts, like trying to replace fearful thinking with positive thinking, and you know, that feeling inside like, okay. Sometimes that kind of maybe helps a little bit, but ultimately what you're talking about is it's like, "Oh yeah. Do I know, first of all, that I'm? In my imagination?"

[00:09:13] Melissa Palazzo-Hart: Yes.

[00:09:14] Barb Patterson: That I am playing, you know, these scenarios in my mind. And as a result, my nervous system is triggered, and everything like, yes, that's how it works.

And then do I know where to go for that stability? Do I know where to go for that safety in this unknown? That stillness comes from within. That knowing we're okay no matter what that news is going to happen finally are talking to the person or opening the email or whatever that might be.

You know, I have a good friend whose mom was, they found cancer—cancer—and we were talking about it because of course the whole family is, you know, rallying.

But it's interesting to watch and experience how at any moment, it can go from, "We got this." to, "Oh my God, what's gonna happen?" You know, just to see that and look at that with compassion, and it's understandable, and yet not to take those states, that worry, that upset, the fearful thinking, to heart. It's just pointing us to what's going on inside of us. It's not going to truth, the future, or what's ultimately down the road. We're just, at that moment, in imagination. So knowing that allows us to have a right relationship with it. And then to know where to go, to find the safety, regardless of what is on the other end of that message or diagnosis.

[00:10:44] Melissa Palazzo-Hart: Yeah. So just hearing you, Barb, made me think about, you know, what to do in a situation where there's an email or a call. I love the chicken story, by the way; that is just fantastic.

The effectiveness of it, right? Because I'm a practical lady. And I like to, even though we're talking about where our wellbeing comes from, which is super deep, I also want to share why I think it's effective to

know this information.

When I am triggered (I love that word.) I went to a graduate school, and they always use that word. "There's an opportunity" is what they would say. There's an opportunity when triggered. So when I'm triggered, I get discombobulated a little bit. And so to come back to center before I have any conversation before taking action is effective, right?

If when my husband told me that, I started getting super nervous and saying things or doing things that would not have been helpful for anyone—truly. And then, of course, I wouldn't have felt good about any of that 20 minutes later. So like the effective piece, the practical piece for me is how can I be as effective in the world as possible?

And so for me, it's always asking myself, maybe not, that sounds very dramatic, but when I remember, where am I coming from in this conversation?

Something that you say, and I've seen your quotes on it, "Our being fuels are doing" how am I when I'm in the unknown? Which we said is pretty much every second of our lives, but when we're unknown, right.

When I got a diagnosis, or I remember when we were moving into our house, there was a situation with the closing. In California, the closings are so easy. It's for 30 days. Everything closes. Here, it's 60 days, and it's very, very complex. And my attorney called me up, and she said, "We might not make the close date."

And I asked her, "Well, then what happens?" And she started going on and on. And I realized the only question I needed to ask her was, "What can I do right now?" That's it. It doesn't matter what's going to happen, frankly. What can I do now to do my best, to help us meet the close?

And that's what I did. And it turned out fine. Whereas in the past, I might go into the imagination of all the things that could go wrong. Thinking that if I know all those things, I'll be able to solve them, as

opposed to where the power is, "What can I do right?"

Last week I was in Chicago with **Mara Olson**.

] I had never watched a talk she gave, but I think it's relevant now. The talk is about "What is our superpower?" Or we all have a superpower. And she gave it to a group of high school students. And because after I hung out with her, I became fascinated with her, I listened to the talk on the superpower, and it was so poignant for me because there's that place where we get to make a choice.

And I recommended The Superpower Talk to all of you here because that's what I'm talking about right here. I'm talking about our choice, and we all have the superpower to do that, to choose at the moment, to know where our safety frankly comes from. It's not from the outside. It's not from how we made the chicken dinner. Although I do probably want that recipe. It sounds like.

That's the reminder for today.

[00:13:51] Barb Patterson: Yeah. I think that in my imagination, I'm building strategies for fantasy. You know, I'm building a strategy against my thinking at that moment, and something I'm, that's not even happening. And somehow, our minds, like that, look like a good idea in those moments.

Right? But we're really saying, come back to the here and now. Listen from that deeper intelligence and what is there to do now. And often, you'll hear things like "Nothing." You know, "Go back to that great coffee." "Go for a walk." Or maybe there will be something else to do other than those things. But it's only in real time that we can ultimately be responsive.

Otherwise, all we're we are doing is playing with our minds. We're just, again, in imagination, playing and strategizing and responding to

imagination versus real-time.

[00:14:45] Melissa Palazzo-Hart: And it's pervasive sense. Isn't it? What we're talking about. It's just

[00:14:48] Barb Patterson: Yeah.

[00:14:48] Melissa Palazzo-Hart: When I get stirred up, I forget the common sense of it. It's convenient what we're pointing to here.

[00:14:54] Barb Patterson: Yeah.

[00:14:55] Melissa Palazzo-Hart: And so, it feels better. But it's also super practical in coming up with strategies for the next steps, whether in our personal or work lives or any of our lives.

[00:15:07] Barb Patterson: Yeah. And I think that there are potential things that, you know, might happen. Like Shade, a client a couple of weeks ago was saying, "You know, I might lose my main clients,t," and we did, as you're saying, we're like, "Okay, well, what is there to do about that now?" Nothing. Nothing. And so she just kept showing up to her job and engaging. And I'll say she got the news a couple of days ago. She got the news. That job is going away.

Now, what's interesting is that holding that thought for two weeks would've given her nothing. Right? There's nothing that is trying to strategize and figure out like, you know, when she finally said, "Okay, now, now that it's here, ideas are coming through of what to do."

There are real things I can respond to versus allowing the imagination to go off for a couple of weeks. And so she was saying just what you're saying, Melissa, like, oh yeah, it's nice to know that in those two weeks, I had my moments of worry about it in fear, but in general, that fear wasn't living inside of me that whole time.

And she was just saying how grateful she was for that.

[00:16:24] Melissa Palazzo-Hart: Yeah. I mean, because so much of life is unknown. Right? And s,o how much values I/we get from living in worry.

[00:16:33] Barb Patterson: Yeah.

[00:16:33] Melissa Palazzo-Hart: And sometimes I still do, but I just recognize there's not much value.

[00:16:39] Barb Patterson: That's right. And that all worry is, is imagination.

That's it? Like, do were creating a picture in our minds that is impacting our feeling understand that we're creating a picture in our minds that is impacting our feeling? Do we understand that we and our nervous system?

[00:16:55] Melissa Palazzo-Hart: Mm.

[00:16:55] Barb Patterson: That's what's happening.

[00:16:57] Melissa Palazzo-Hart: Yeah.

[00:16:57] Barb Patterson: The thing we're imagining isn't happening.

[00:17:01] Melissa Palazzo-Hart: Yeah. Those conversations I'm having with those people in my head are not happening.

[00:17:07] Barb Patterson: Yeah, right. Yeah.

[00:17:11] Melissa Palazzo-Hart: Yeah. And I'm sure; I'm sure you've all had those conversations with other people that aren't there in your car, right. Or maybe on your walk or even in a bathroom stall. We've all

done it.

[00:17:22] Barb Patterson: Yeah. Yeah. And to your point, a colleague said they didn't hear back from a bid they put in for about ten days.

And before that, there had been all this connection, conversation, and good energy. And then the bid, the proposal went in, and it went silent. And we were just laughing about where her mind would take her. "Did I offend them? Did I get it wrong?" "I told them one day, but then I left a message saying I would like to take a little more time. Did that make them mad?"

You know, like all that stuff and then to come and find out when they do reach out eventually they're like, "Yeah, life got busy." You know, and again, it just to see, do we know when we're in imagination? Do we know when we're triggered? Do we take the trigger as like good information, right?

Or do we see it for what it is? And then, as a result, we can return to the here and now. We can find our safety in this unknown.

[00:18:24] Melissa Palazzo-Hart: Barb, are you saying that worry is never useful?

[00:18:27] Barb Patterson: I am.

[00:18:28] Melissa Palazzo-Hart: Oh, wow.

[00:18:29] Barb Patterson: I know. So bold.

[00:18:31] Melissa Palazzo-Hart: That is bold!

[00:18:32] Barb Patterson: Listen, worry, I think it is a habit. I think worry sometimes is a conditioned way we've learned to deal with life.

[00:18:40] Melissa Palazzo-Hart: Mm-hmm .

[00:18:41] Barb Patterson: I think it's understandable and human. In a way, letting our worry has become a coping mechanism for many of f f f f f f us.

[00:18:50] Melissa Palazzo-Hart: Yes.

[00:18:51] Barb Patterson: We feel unsettled in the unknown. So our minds go, well, let's figure it out. Figuring it out or worrying is how we're trying to regulate ourselves. Regulate our nervous system.

We don't need our minds to regulate. We don't need our minds to find well-being. That resides somewhere else. And yes, in its very simplest way. Worry is imagination.

[00:19:15] Melissa Palazzo-Hart: Yeah, that's so clear.

So folks that are listening right now, if you are in your imagination like I do regularly, I just have to recognize I'm in my imagination.

And then I'm reminded of where I am. And there's no one there that I'm talking with and that we'll be guided in the moment of choice when action needs to be taken. I'll be guided. You'll be guided. That's what we're here to talk about today.

[00:19:44] Barb Patterson: Just wanna add one more punch to that, that our safety isn't in the known. That we can find that safety, our equilibrium. We can regulate our nervous system regardless of what's happening around us.

[00:19:57] Melissa Palazzo-Hart: I've had direct experiences with that. So that is the truth with the capital T.

Well, we are so grateful that you hung out with us a little bit. We love

that you're with us and engaging with us. And if this resonates with you or a friend of yours, please share it.

We'd love to be able to support as many people as possible. And if you're enjoying it, please go on Spotify and give us a rating. Give us a review. You can email us. Barb will give us the email because I don't know it. I believe it's **realwomenrealivespodcast@gmail.com**.

Well, look at that at the moment. We would love to know what you want to hear and what you would like some perspective on from Barb and Melissa.

So go on over, send us one.

[00:20:41] Barb Patterson: Yeah. Thank you, everybody,