

## **Episode 32 – Shit We Don't Talk About**

**Podcast Guest: Elizabeth Anne Hamilton**

**Topic: Autism Spectrum Disorder Diagnosis**

**Speaker: Mia 00:00**

Hey, welcome to *Shit We Don't Talk About*, powered by Helix Interactive. Today's topic, what happens when you're diagnosed with autism spectrum disorder as an adult? My guest, Elizabeth Anne Hamilton shares her experience of getting this news in her 40s and how things made so much more sense. Tune in, it gets good. Here we go.

**Speaker: Mia 00:27**

Hi, Elizabeth.

**Speaker: Elizabeth 00:30**

Hello, Mia.

**Speaker: Mia 00:33**

We put on lipstick and makeup for podcasts because that's what we do.

**Speaker: Elizabeth 00:38**

We did.

**Speaker: Mia 00:38**

So when I upload this to YouTube, you all better go look. I'm just saying.

**Speaker: Elizabeth 00:45**

Yeah, please.

**Speaker: Mia 00:45**

Let's, you know, give us a nod. Let's dive in here. I think this topic is so fascinating and I know you have a podcast that also addresses this as well. We're going to put links to that. So tell me your story.

**Speaker: Elizabeth 01:01**

Well, a long time ago in a galaxy, far, far away, I was a psycho and that - well, yeah. Anyway. So did I also - I forgot to tell you, I also have ADHD too. So I also have the rambling issue. So this will be fun, right?

**Speaker: Mia 01:19**

Well, then this could take a while because I definitely have the ramble issue too. And it's okay, follow the bouncing ball because it's good.

**Speaker: Elizabeth 01:27**

You can keep up with us, y'all. I promise. So my name is Elizabeth Ann Hamilton. I have spent most of my life thinking that I am totally broken. And just not person enough, not human enough, not whatever enough it is that people thought I was supposed to be. And I kept trying to be this like, you know, I couldn't understand why people would do the things they would do. I couldn't understand. You know, it's like, I'm still really bewildered by the concept of like, gender reveal parties, but that's another topic. *“Hey, look, it's my baby's genitals, come celebrate them.”*

**Speaker: Mia 02:13**

Let me blow some shit up and start some fires.

**Speaker: Elizabeth 02:17**

Exactly. My baby's dinky is worth setting fire to be California forest for. Okay, let's, yeah.

**Speaker: Mia 02:24**

This is another quandary.

**Speaker: Elizabeth 02:26**

But going through it, I've dealt with a lot of rejection, a lot of trying to fit in, a lot of being taken advantage of, a lot of getting abused by. And just spending my whole life wondering, just believing there is something wrong with me. This is the best that I deserve.

**Speaker: Mia** 02:47

Sure. That's a tough thought.

**Speaker: Elizabeth** 02:51

And you can see this in my personal relationships, my business relationships. Those are podcast on their own. We'll talk about this later. Friendships. And I knew that I was depressed. I've had a depression diagnosis since I was 10 years old. But all of this nothing was helping with that, because you're sad. But why are you sad? Yeah, maybe it's brain chemistry. But the brain chemistry drugs aren't making everything better, so what's going on? 2018, 2019, things really moved into a head. I made a couple suicide plans. Almost went through with one, but it was stopped because the grocery store did not have the kind of cupcake that I wanted for my last cupcake, which is actually kind of funny if you think about it. My aesthetic is such that I will not kill myself just because they did not have the fucking pink rose cupcake.

**Speaker: Mia** 04:00

Worried by a cupcake. I can see that too, like No, that's it.

**Speaker: Elizabeth** 04:05

This is not - no they are not going to find my body with like a pink sprinkled cupcake. This is what that -

**Speaker: Mia** 04:15

You have to see the irony of that too. The way that the brain works to which makes it impossible. And I want to point out as well, at this point, now you are in your late 30s, early 40s. This is a lifetime.

**Speaker: Elizabeth** 04:26

This has been going on for forever. So after that, I started getting help, making changes in my life. And then I went to see a therapist. Not just a therapist, but a psychologist who is specialized in depression, ADHD, and autism and adults. And over the past year or so, I'd kept seeing all these autism memes and

I'm like, "Oh, that's so relatable. That's so funny, huh? Well, that's just a coinkidink." I'm here to tell you that if somebody posts a mental health meme and it hits a little too hard,

**Speaker: Mia 05:12**

Yeah, look at that.

**Speaker: Elizabeth 05:15**

Yeah, get it, take a look at it. I went and I got my diagnosis, I went to see him. He gave me a diagnosis. It was interesting because, and I am rambling a little bit, so feel free to rein me in. So I went to see him. And I got, he gave me a battery test stuff to take home, stuff for Scott, my spousal unit to fill out. Just all sorts of things on behaviors, patterns, all this kind of stuff. And when he first gave me those to take home, he's like, "I'm pretty sure that you have autism." Well, he said in a much more professional language than you know, pretty sure but right. He is..

**Speaker: Mia 05:56**

Was that shocking?

**Speaker: Elizabeth 05:57**

Not really. I was like, Okay, I probably have like mild, like a little touch of autism like techy, spicy, mildly spicy. Taco Bell packet spicy. So all these things got filled out and took them back to him. He graded them and I was just below like being institutionalized.

**Speaker: Mia 06:26**

Wow. On this scale, how? Now that's the shocking part too. But did you feel really seen at least when they came back and said, Here's what's going on?

**Speaker: Elizabeth 06:38**

Yes. Because it was like it finally clicked in. I'm not broken. I've just different and I don't have to try to be this perfect, blonde cheerleader person who..., I mean, you know, the instant influencers, all that kind

of shit, you know, I don't because I literally cannot. And having that weight, it was kind of like when a penguin stops trying to fly and start swimming.

**Speaker: Mia 07:18**

That's the best analogy ever. Like I know, I've got wings. I know I breathe in and out like a human. But this is not the path I want to want to go. And let me read this to you real quick. I was doing some research before we jumped on here because what you're talking about the way to live life is this thing I looked at "*Neurodiversity paradigm, an alternative way of thinking about autism. It describes autism as a part of the range of natural variation in human neuro development. At its simplest, autism is a different way of thinking. Just like biodiversity helps to create a healthy and sustainable physical environment. No diversity can help to create a healthy and sustainable cognitive environment.*" Now, that to me was also just groundbreaking magic of not thinking that this is something that's broken. It's just a different way of thinking. So there's two things here. One is the stigma of autism. And then two is just this whole way that you spent your life of just thinking 'I don't fit in, I belong here. I know I've got a purpose, but I don't know how anybody else is gonna listen to it.'

**Speaker: Elizabeth 08:27**

It's and I have to say that that diagnosis, getting that, lifted so many things. I mean, I also got a couple other alphabet things off of that working with him too, like PTSD and anxiety. It's like Okay, great. Yes.

**Speaker: Mia 08:48**

Right. And you have ADHD

**Speaker: Elizabeth 08:50**

Yeah, but knowing that I no longer have to, it made it that much easier for me to get rid of the shitty business partner. It made it that easier for me to stop trying to understand why this particular person is so offended every time I talk to their husband, even though I've never been. It just changed everything. And I wish and this is part of the reason I started the podcast, it is as part of the reason then like here now is it's like, I want more people to have that experience. Because autism diagnosis is primarily based on how

kindergarten boys disrupt the classroom. Honestly speaking, that's what you can go the research, is all based on young white kids white boys and how they make things more difficult. Yeah.

**Speaker: Mia** 09:58

It's incredible to me that you said that the short sightedness and again in doing some research and even just getting on YouTube, specifically looking at women in autism, because it just becomes this very overall overarching thing. But what you just said is huge that research has not been based – first of all, research is basically based on how can we figure out how this cannot happen and make that person be normal? By the statistic I read, 7% of all the money that's raised for autism research. Now, this is data from Australia, but just in general, how can we help people with autism? Only 7% of the money spent on research is based on that. So think about how even that world of research is based on it being a problem.

**Speaker: Elizabeth** 10:48

What's interesting is, Autism Speaks and Next, which are two very prominent worldwide known charities, the majority of their efforts aren't focused on making things better for autistic people. They're focused on eugenics. If they want to it's like, it's really weird that that was another thing. And I wanted to be clear that I do not understand all the problems of all the people with different privileges than I do because obviously, I'm white. And you know, I have my own privileges. But to know that there is an entire segment of society out there who thinks that people like me should never have been born and are actively going forth? That kind of problem.

**Speaker: Mia** 11:42

Yeah, this is a problem. So we have all these different layers, because I had a guest on last week talk about her 19 year old son is neuro-divergent and black. And so we had a conversation about that as well of what she has gone through, especially now that he's 19. So think about that was pre internet. One thing that we talked about, we'll touch on this as well, because of the name of your podcast was also about the number of folks that are neuro-divergent and ASD that are underemployed because they don't fit into this model. She did this really great interview and was saying that she does work in Human Resources and she will say 'hey, I'm gonna send you some people but you have - like I know this person is a fit for you.' So please don't get caught up in you know, again what society says so yeah, that's a lot of different things on that. Tell us the name of your podcast again real quick because I mean, I love the title of it.

**Speaker: Elizabeth** 12:43

So it's called "[Weirdo: Adventures on business and autism](#)" and it's about how being autistic affects me in different ways in my life. And we both share the same Podcast Producer – Drew Linsalata of Helix Interactive. I love Drew. We love you, drew.

**Speaker: Mia** 13:02

We heart drew. That's a litmus test. If someone doesn't like Drew, then they're kind of an asshole. So whatever.

**Speaker: Elizabeth** 13:09

You know that, my ex business partner didn't like him.

**Speaker: Elizabeth** 13:12

Oh, and that's your sign which by the way, if you would like your own podcast, go to [helix-interactive.com](http://helix-interactive.com). There's your plug.

**Speaker: Elizabeth** 13:20

But Drew sent a couple back to me to redo one of which was called 'a day in a life' of talking about. So being autistic, I need order. I need rules, I need you know, if A happens, B will always happen, A B and C. You know, as long as I'm aware that's one of these two things can happen. The ADHD is like, 'oh God, rules? No, fuck you.' So what happens is I get overwhelmed very easily. And I get disoriented very easily. I'm talking about how one change in my drive to my co working space that was unexpected, and not on Google Maps. Set off this whole like 'I can't do this anymore' in my brain. And it took me a good hour to get back into a space where I can work. It's things like that, that people don't realize, especially if you're working with an autistic professional. I'm really good at looking like I have my shit together. And that's part of the reason I flew under the radar for diagnosis for so long. I guess it's called masking and masking is when the autistic person, basically what you do is you study people so much, you figure out what you're supposed to do in any situation even if you have no idea why. But this masking causes a lot of interior stress on you because you're basically acting all the time.

**Speaker: Elizabeth 15:22**

You are kind of like having two programs running.

**Speaker: Elizabeth 15:22**

Yeah. And you've got to listen to the one that is going to keep you from getting hurt. Because I mean, seriously, if I was going around in public meek meeting, which I do, I'm okay with that. I love the meek,

**Speaker: Mia 15:31**

I love the “Yum, yum, yum” thing <in your podcast>.

**Speaker: Elizabeth 15:33**

Yes. But if I did that in public, when I was younger and doing stuff like that I got made fun of and I got hurt.

**Speaker: Mia 15:38**

And it's absolutely an unsafe, I mean, take it to a serious level, it is keeping yourself safe, whether that be from derision, being made fun of, bullying, targeting the whole piece to it,

**Speaker: Elizabeth 15:55**

And rape and sexual abuse.

**Speaker: Mia 15:56**

Let's talk about that too, because that is something that I just realized again, and doing research on this for, especially girls in autism, because it is not diagnosed. There are a lot of ways that young girls' brains work that look normal to scientists, this is why there's a huge piece or huge part of people that are not diagnosed. So talk about that piece, the vulnerability piece to this two, based on how your brain works.

**Speaker: Elizabeth 16:22**

So I learned that we're talking about brain differences. One of the things I learned this week is that in autistic people, the amygdala is smaller. The amygdala is your lizard brain, your “fight or flight” or fight

response. You know, I mean that, the thing that tips you off and says 'blink, this is dangerous', it's your spider sense.

**Speaker: Elizabeth 16:46**

And while the article didn't didn't extrapolate that this far. But there is also known data that autistic people are far more likely to be taken advantage of. So it kind of makes sense. Small lizard brain. Big trust. Yeah. So what happens is...

**Speaker: Mia 17:05**

That totally makes sense that it's not popping off for you..

**Speaker: Elizabeth 17:10**

Yeah. Oh, my God. Wow. You mean none of your business partners have ever wanted to do business with you again? Oh, it's probably okay.

**Speaker: Mia 17:22**

Big Red Flag.

**Speaker: Elizabeth 17:23**

Yeah, I just take those and make those into bouquets.

**Speaker: Mia 17:32**

Because you are so creative. I love it. Oh, gosh, that makes a lot of sense though. There's just a correlation alone of that. And then the isolation of that, as well as the stigma that goes with that, and that the alienation and the kind of nation.

**Speaker: Elizabeth 17:43**

And you just want to be loved. You know, I mean, really, at the heart of it, everybody wants to be loved. So you get taken in into these abusive situations. I mean, not every - so I don't have the statistic off the top of my tongue. I can find it later. But there is a higher rate of sexual abuse for autistic girls. It happened to me twice. So then that sets off another thing because then not only do you have the autism, but you also

have the trauma from this happening to you when and yeah, like one of the things I realized earlier this week, is that because of what happened to me when I was a little girl, when I was introduced into purity culture, evangelical purity culture as a teenager. I subconsciously

**Speaker: Mia**

That's a whole other show.

**Speaker: Elizabeth**

Yeah, no, I subconsciously like, Oh, I'm already dirty.

**Speaker: Mia 18:41**

That is heavy.

**Speaker: Elizabeth 18:46**

Yeah. So there's like this whole like,

**Speaker: Mia 18:49**

And unprepared. The Purity culture, don't even fucking get me started on it.

**Speaker: Elizabeth 18:54**

Yeah. Let's not even talk about like, so another thing. I consider myself to be gender non-conforming, non-binary. There is a higher percentage of gender nonconformity, a trans non-binary in autistic people. And there's a couple different theories for that. One is that, because our brains are a little more liquid, so we're you know, gender roles are done. So let's not why do we need to do them? It's not fun to that hence why those gender reveal parties irritate the shit out of us, folks. Yes. And the other is that because the rules of gender the cultural rules of gender, not talking about uterus or anything, but like girls wear pink boys wear blue are so arbitrary, and so nuanced. That autistic people are just like, this is....

**Speaker: Mia 19:51**

Oh, my God, that makes sense. Wow!

**Speaker: Elizabeth 18:53**

So it's a lot of interesting theories floating around why our brains are like this and how it works in different ways. And just understanding and if that's the main thing I really want to like, if somebody listens to this, and you said this before we started recording, if somebody listens to this, and it's like, "Oh, wow, shit, maybe I'm autistic", and then they go, and they found out that they are, that is the most important thing that can happen to them. Because then it's like you've got, I mean, I didn't actually get an instruction manual in August. But at least I know now to stop reading the instruction manual for the other part.

**Speaker: Mia 20:35**

Let me be clear, we're recording this in mid-May of 2021. And Elizabeth, you were diagnosed in August of last year. So this is this newfound freedom. I'm just gonna say, I want to be really, really clear that we are not putting this information out there of this, 'look what you know, look at this diagnosis', but this is a freedom piece of understanding.

**Speaker: Elizabeth 20:57**

It's knowing because knowing is half the battle. No joke, but like, knowing that you're not broken, you're just on a different operating system, and you don't have to be. It's so important. Yeah. I mean, like, seriously, that was...

**Speaker: Mia 21:18**

Get a new manual. Or write your own. That's right, tear that one up. And I agree with that. And it's not a panacea, or that "Oh, all this is going to be easy", but and I've always, one thing I realized for myself was that if I could just pinpoint if there's something that was bothering me about a situation or a person, the relief that I felt in just knowing, 'oh, that's why that noise is happening. That's why the situation doesn't feel right', it's not that I got it fixed. But there is this flood of sweet relief when I go, "Okay, now I can at least understand that and I can either adjust and get the fuck out. I can get rid of that business partner, I can change that", there's just there's a sweet relief in it. And at least knowing that I can find a different way to operate and react to that.

**Speaker: Elizabeth 22:11**

I mean, it's relief, it's joy. I mean, it's very, I wish I could explain better but the way that I am now versus the way I was even like six like, August 10 months ago, it really has been like a light switch has flipped on.

**Speaker: Mia 22:38**

It sounds like in a lot of different ways. One, realizing the PTSD to go back to that real quickly, that obviously came from the sorts, which is just always just so hard to hear that because you know that there's so many of us that have experienced that too. And then it gets normalized in your head too. You don't even realize that low level of PTSD that's going on as well.

**Speaker: Elizabeth 23:04**

It's not normal that I get upset when people call me beautiful because my assaulter did that to me before he -yeah, that's not normal. Oh, I thought it was made in like modesty. No. Oh, fuck, yeah,

**Speaker: Mia 23:20**

I'm calling these things out too. I am all for the comfortable, uncomfortable situations of having these conversations saying exactly what you said, "This is what my assaulter did", so that people know what things are triggering, that there's normalizing of behavior, that purity culture - Sorry, I keep going back to that because it just gets in my last goddamnit

**Speaker: Elizabeth 23:39**

We can talk some more about that if you want because there's like a whole bunch of trauma that came from that.

**Speaker: Mia 23:45**

There isn't and I think especially when you're saying that to one of how women or women and girls are undiagnosed again, you didn't get diagnosed until the age of 10 or misdiagnosed. The misdiagnosis, I mean you've already said that you were diagnosed with depression at 10. So that got stigmatized, that got put on you. But not a lot of help for it as well. And then you're already put in a vulnerable position with

that warning and Christian with the religious right. Sorry, I get so sad. Because I grew up in it too. I grew up in a born again Christian cults, you something. It just yeah, Jesus and I have had a very complicated relationship. It's still a little sketchy.

**Speaker: Elizabeth 24:33**

You know, it's the funniest thing I am living in sin, which is nowhere near as entertaining as they made it out to be.

**Speaker: Mia 24:44**

I know right. I thought there were discounts and shit, you know,

**Speaker: Elizabeth 24:47**

I know we were the orgies. Where are they? I was told there would be orgies. But living in sin brought me to the point where I could understand that I am loved by God totally regardless of my actions. And that's not something that got as a part of the purity evangelical culture thing.

**Speaker: Mia 25:15**

Oh my goodness, it was so bastardized, this is a phrase I use frequently that Jesus is like, 'I never fucking said any of that', like, I swear to God, he's over there like 'y'all, Jesus Christ. Oh wait, that's my name.' One of my favorite memes is a picture, old school clock and Jesus is looking at goes "Jesus Christ! Look at the time!" I know you think it's funny at least I think *MY* Jesus thinks it is....

**Speaker: Elizabeth 25:41**

No, your Jesus is not a jackass. So I'm pretty sure he is cool with it.

**Speaker: Mia 25:49**

And that is a perfect storm of keeping women in a place of lack of information, lack of boundaries, lack of being able to speak up for themselves. And so then you add in this piece of autism or being on a spectrum, which I'm going to bounce around, now I get to bounce around on the eugenics piece. This past weekend, Elon Musk was on SNL, which caused quite a stir. But what was interesting and this is I learned

something new, was that he had said specifically that he has Asperger's. I did not realize the origin of the term Asperger's. Speak to me on that. Did you know that?

**Speaker: Elizabeth 26:35**

Oh, yeah. Yeah, great.

**Speaker: Mia 26:38**

What an actual fuckery? So tell me about it.

**Speaker: Elizabeth 26:39**

Right. So Hans Asperger was a Nazi scientist. Let's just call him what he is. He was a Nazi scientist. And he was looking at people who had autism, even though they did. So like, whenever you would hear stories about like, this poor, dumb, mute deaf shepherd boy, that's what they used to call autism back in the day, because they didn't have the words for it. So autism has always been around, we just had different words for it. Like, we threw the baby off a cliff or something. So what he was doing was, he was looking at people who fit that criteria and sorted them out, depending on their usefulness to the state as workers. Those with Asperger's. I always say Asperger and I don't mean to say As--, with that particular who were diagnosed by him as being useful, got named after him. And people use that because the thing of autism going back to the thing of the criteria being based on inconvenient little boys. So nobody want to say "Oh, I've got autism, I've got this Asperger's. You know, I'm not autistic."

**Speaker: Mia 27:58**

It's like "autism light"

**Speaker: Elizabeth 28:00**

Exactly. It's like Diet Coke Zero or whatever, I don't know. But yes, and so you have a whole lot of these autistic charities, they're focused on the parents experience, and ended up being, if not utterly eugenic based. I saw this one old ad for Autism Speaks. It had these parents talking about like, "and when it came, it took my child. I don't know what happened. Where did my baby go?" Blah, blah, blah, blah. Making it out like autism itself and the way it was shot is just horrific. Like if the playground swings, black and

white, when Autism is some type of big like horror movie monster, stigmatize much folks come on, and it's like, joke's on you, because I'm kind of into that.

**Speaker: Mia 28:57**

“How was that bad, folks? Is that bad, is this wrong?”

**Speaker: Elizabeth 29:04**

Is this really that bad, if I make you that uncomfortable?

**Speaker: Mia 29:07**

Yeah, that's been an interesting thing. And [Drew and I did a podcast on this](#). This was actually based on this whole Rachel Hollis thing, speaking of purity culture that she had gotten, (and don't want to get me started on that bitch) because I'm still “Is that that bitch? Yes, it is.” But talking about checking out who your leaders are, because this woman has just gone and she's been at the whole ‘mommy’ culture and the whole thing and super destructive, let alone talking about racial injustice and how - I can't even start with her. I love that the New York Times did a write up on her and was really outing her, poor and awful and fail forward behavior. But, you know

**Speaker: Elizabeth 29:52**

Okay, fail forward is a little positive. Let's not even fail forward that she's a fucking garbage fire.

**Speaker: Mia 30:00**

She's a dumpster

**Speaker: Elizabeth 30:02**

Floating down a flooded streets and the rats are trying to escape it, okay. This,

**Speaker: Mia 30:10**

I will go with that correction way. I will see you and raise you. She is just, and if you don't know why she's problematic, Google that shit, I will put [some links in the show notes](#) because I don't want you to go forward and think <she's ok>, because another thing that she's done, and I'm segueing, just for a second,

she's also done these half apologies but deleted everything that she did, so that anybody who sees it just like “you guys are being mean”. And this is not her first rodeo with this bullshit either. She just took it far enough this time, finally. But that was one of the things of why we did this particular show was, who are you seeing as your leader? And I'm bringing it back around. Here I go. When you talk about Autism Speaks, when you talk about these different, what would be, you know, just giving money to these different things, look this research. That's the biggest thing that I also saw from looking into this is that, a lot of this data and research is done by scientists who aren't even like involved in it. And again, the idea that the researcher is going towards it is just fixing it, as we spoke to people who are actually - this one girl that has a [TEDx talk](#), I'll post a link in here. She has autism, and also became a scientist so that she could lend her voice to it. So folks, please look at who you're giving your money to.

**Speaker: Elizabeth** 31:23

Yeah, I mean, it's interesting, because my point is, yes. It's interesting, because and I don't want to diminish, because it is a spectrum. There are so many different ways that people are affected by this.

**Speaker: Mia**

Yes, let's be real clear about that.

**Speaker: Elizabeth**

So I do want to be clear, and I do not want to diminish those people who have higher support needs than I do. Just to be very clear on that. But at the same time, so you will have these autism support groups for autistic people, and we're doing fine, we're doing our own thing of supporting each other ‘Yay, let's flap together.’ I get to say that because I'm autistic, okay. But then you have these parents of autistic children come in. And I get it, your life is hard. But they want us to sue them.

They want us to, like uplift them, they want us to make them out as martyrs. They want us to vilify their child for them. And I blame *Autism Speaks* and organizations like *Next* for that, because they have gone so deep into the idea that, this is a eugenics problem that needs to be fixed, as opposed to something where everyone gets the support that they need. So the parents get the support they need, the kid gets the support they need. This is not an either or, you know.

**Speaker: Mia** 33:05

Exactly. The girl that I was speaking of with the [TEDx, her name is Jac Den Houting](#). It was a TEDx Macquarie University. Again, I'll post the link. There's something that she talked about, as well as a bit that I really liked. *"It's a social model of disability, that you can be disabled by your environment, rather than that you have the disability"* and she, exactly, always so good. I like that. I did too. She used the example of shopping malls. So she's like "Shopping malls, bugged the shit out of me", my words, not hers. By the way. I'm paraphrasing.

**Speaker: Elizabeth**

I'm actually okay with shopping malls. We have different autism.

**Speaker: Mia**

Yeah, exactly. So that's the whole point. So they see that that what you just said is the whole point of it. So shopping malls for her are a problem. So what she's saying is that, *"Disability happens when a person's environment doesn't cater to them. They're actively being disabled by that environment or by the society around them as opposed to them being disabled."* I find so much freedom in that as well you find out what works for you. Same thing, like the freedom that you felt with your diagnosis. 'Okay, now I see how my brain works. I'm going to go in that direction.' And I appreciate you also outing these organizations that become problematic for it.

**Speaker: Elizabeth** 34:19

I also, so you bring up that thing about the disability and the environment. So COVID-19 sucked ass. Oh, it did sucked ass, but - plastic balls. Yeah, and went around the world and then got to hear that throat. But, but it was a blessing for people with disabilities. Because, all of these people and not physical disabilities, mental disabilities, they now had all these things open to them and available to them. One of the things I'm really happy about and one of the things why it's so important to speak your truth. I mean, that sounds like a little bullshit. But what however you want to say it, whatever it is you want to say it. So my church started an online church service. And like, well, a lot of other churches did. But now that we're coming back into face to face stuff there, a lot of churches are getting rid of it. Oh, I hope not - my church is not okay? Because they acknowledge that there is a disabled community out there that needs that outreach. All of these jobs that people were unwilling to make accommodations for all of these university courses,

you know, why the fuck do you need to be in school for every class, if you can watch it online? Now that we've kind of broken the seal on that, and shown that you can make things accommodating for everyone, and not fuck everybody else over. And that's a lot of things I think, when it comes to access is a lot of neuro-typical, non-disabled people think that, access is a pie, like a finite pie. And if we cut away the pie, or changed the pie in any way, shape, or form, they will have no pie. And it's not like that at all. It's not either, or it's end.

**Speaker: Mia 36:14**

Yes. And, that is something I've talked to several people about one of my, I guess in the past, my cousin Sheila spoke about that a lot of the beauty of that, the accessibility that a lot of people were told was not possible. Or when COVID showed up, guess what, it got real possible for a lot. So we were able to see, so you can't unring that bell. And I'm going to be speaking loudly on that as well of that going back quite frankly, as an ambivert. I really embraced my ambivert side so much more. And with got okay with it. Because as social as I am, I do enjoy the choices just as an able bodied person or however you want to say it of, of having these different choices, and then the ability to bring in people that I may not have seen. So I think as one of our parting thoughts for really everybody speaking up of keeping that accessibility going. I love that your church is gonna keep it to

**Speaker: Elizabeth 37:13**

It makes me. I have to say it's hard being vulnerable. But I've learned that the more vulnerable I am, the more I get what I want and that came out really wrong. But that's like being vulnerable and open with my clients about, 'Okay, so I have autism, I have these mental health issues. These are the - one of the things my doctor put me on was, I'm only supposed to work out five or six hours a day. Now I have been breaking that and like I broke that for like a two week stretch. And I could see why I'm only supposed to be, yes, this is why. Just being honest about what you need, and who you are, gives other people the opportunity to meet those needs. And one of the things that is really prevalent in the indoctrination of women, especially, is that we're not supposed to have needs. We are not supposed to. We're supposed to accommodate, we're supposed to - and especially in purity culture, and all that kind of deal. We were sort of obliging whatever you want, 'Oh, you want to do a two hour meeting that really just needs to be a five minute email'. You know, like I'm not doing it now.

**Speaker: Mia 38:34**

Like, get back on the damn zoom. That's right. So good. Hey, before we wrap up, so one of the things that I love that when you talked about work, so please go and listen to Elizabeth podcasts. Two of the things. One, I love that your diagnosis has now changed the way - and not changed, but you really need to set it, embrace how you do business, like colors that you're picking up like you're using the way that your brain works to serve your clients really well. That's fucking amazing.

**Speaker: Elizabeth 39:03**

It's love that. Beautiful. I fucking love it. It's like, and now that I have a thing for it. It's like, I've even started telling people who are like, potential clients. I don't know there's a box. So it's no problem for me to think outside of it.

**Speaker: Mia 39:17**

Yeah, there's just a huge whole world and then you also use the alien. What's the show? Resident Alien. Goddamn, I was like, Okay, I'm in on this. Listen to that episode as well. Because if you haven't seen Resident Alien first, what is going on with you? Please do because it's so brilliant. But it really does put into facial expressions how people feel of, "I'm in this normal looking body, but I don't know how this thing works and I'm not picking up on social cues." So I think it's actually very crazy and I never even put that together until you said that and then I'm like, "The fuck was I thinking?" That's brilliant. So it's one of my favorites.

I am going to end with one of my favorite questions which is, what is your favorite swear word or phrase?

**Speaker: Elizabeth 40:09**

Oh, okay. Fuck me, Ray Bradbury.

**Speaker: Mia 40:19**

Oh, do tell.

**Speaker: Elizabeth** 40:22

So that is a song by Rachel Broom. Okay that talks about her to love as a teenager for the sci-fi author, Ray Bradbury. The video is hilarious, but it works perfectly in so many different situations. “*Slam your hand on the counter, fuck me Ray Bradbury!*” See something amazing? Well, fuck me Ray Bradbury.

**Speaker: Mia** 40:45

I didn't see this coming.

**Speaker: Elizabeth** 40:47

You're welcome.

**Speaker: Mia** 40:50

Exactly, exactly. All right, where do we find you and we're going to wrap this up.

**Speaker: Elizabeth** 40:54

Alright, so I am rebuilding my business. And I'm actually really excited about that. [www.flyingcircusmediagroup.com](http://www.flyingcircusmediagroup.com), you can find me pretty much everywhere on any social network under @pookiegalore. And there's a whole name behind that if we've got like two minutes for me to tell the story of that.

**Speaker: Mia** 41:12

Is that kie or ky?

**Speaker: Elizabeth** 41:14

Kie.

**Speaker: Mia** 41:15

Okay, tell me the story.

**Speaker: Elizabeth** 41:17

So I had one of my favorite John bond girls was pussy galore. Obviously, it can't be pussy galore on the internet, so it's like, "Okay, my cat's name is Cookie. I'll be Cookie galore." So then I've got like, so pussy galore had a Flying Circus. That's why I have the Flying Circus Media Group. About 10 years ago, I was working a conformation retreat with a bunch of Filipino teenagers, they asked me for my Instagram handle because that you do that they did back in the day. I told them, they're like, "*Do you know what that means in Filipino? Pussy.*"

**Speaker: Elizabeth** 41:52

Little did you know, it also means fart in Israeli. So

**Speaker: Mia** 42:02

All the things?

**Speaker: Elizabeth** 42:03

You know what? I will live with this. I will embody it. Let's go with it.

**Speaker: Mia** 42:11

Why stop now? Thanks for being on the show. I appreciate you.

**Speaker: Elizabeth** 42:15

Thank you for having me. You are wonderful

**Speaker: Mia** 42:18

You are as well thank you for sharing that and listen, reach out to Elizabeth or me with any questions. Take care. I'm really grateful to Elizabeth for sharing her experience because I know someone out there really needed to hear that today. Make sure to check out the show notes for all kinds of helpful resources and information. If you liked this episode, please do other things. Like Share with your friends. Subscribe, and leave me a review especially if it's a good one. If you really liked the podcast and you want to show it, head on over to [www.shitwedonttalkaboutpodcast.com](http://www.shitwedonttalkaboutpodcast.com), click on the patrons button and become a full time supporter of the podcast. And if you want your very own podcast, but you don't know where to start,

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