

Shit We Don't Talk About Podcast
Episode 74 – Somatic Healing
Guest: Rebecca Bee Bromberg

SPEAKERS

Mia Voss, Rebecca Bee

Mia Voss 00:04

Hey, welcome to the latest episode of shit. We don't talk about the podcast that takes on topics that need more open and honest discussion, which means some of these topics are triggering. So please take care when listening. And I'll always give you a trigger warning. For instance, here's one. Every episode contains swear words, you've been warned. Make sure to check out the show notes which include an accessibility transcript of the podcast, and all of the links for our guests at shitwedonttalkaboutpodcast.com.

Mia Voss 00:45

it's episode 74. And my guest is Rebecca B Bromberg. She's a body mind healing coach. And we'll be talking about somatic healing. Don't know what that is? I didn't either. So let's learn about it together. Okay, tune in. Here we go. Rebecca Bee!

Rebecca Bee 01:08

Hello,

Mia Voss 01:09

how are you?

Rebecca Bee 01:10

I'm wonderful. I'm really, really happy to be connecting with you today on Somatics.

Mia Voss 01:15

Yes, as I said in the intro, what is that? Learn with me on this. And I'm so excited. I have to tell our listeners too. One of the reasons why we got connected was a group that that we both are in online. And then you saw that I was doing a lot of shows on healing modalities and thought, let me let me throw this in the mix. So I really appreciate you coming on board to talk about these different modalities to

Rebecca Bee 01:44

absolutely, yeah, when I saw that you were talking about plant medicine. I am not an expert in it. But I do know how well Somatics with it.

Mia Voss 01:54

like fine wine. .

Rebecca Bee 01:58

So yeah, I'm happy to be here. And so yeah, I can just define somatic healing and what it means. If that's helpful, I can start there. Yes, please. Okay, so somatic refers to the soma, the body. And it's using a connection between the body and the mind to heal unconscious material. So that's it really is that the unconscious is access to by body awareness. I always say the unconscious doesn't know what year it is. And so when you work in the present moment, with body awareness, you can move mountains that might take years of talk therapy in like one hour. So it's quite catalytic. So a word to, to help understand somatic is just body mind healing. That's how I often describe it, because nobody, nobody knows what somatic is still, I mean, it's beginning to grow. If you think you know, on social media, it's definitely starting to take some root and grow pretty significantly, but it's still very niche and not a lot of people understand what somatic means.

Mia Voss 03:03

And I'm gonna spell it for everybody, S O M A T I C and before we get too too far, I'm going to do our identifiers. For those of you want to know what these people look like that are talking right now. I'm Mia Voss, the host I have blonde hair today, I've got a little headband, because I have a massive Bedhead and blonde white woman in my 50s and wearing a little flower top. How about you, Rebecca?

Rebecca Bee 03:25

Oh, I love this. I am a white woman. I'm in my early 40s. I have brown curly hair medium to long that I cut myself and brown eyes. And I think that's all I have to describe myself. Yes.

Mia Voss 03:42

Yes, I've really I've really been working on that to make things a little more for everybody. Yeah, thank accessible. Exactly. And I have blue eyes by the way. So excellent. And your brown curly hair is gorgeous. Okay, so moving forward somatic. I love that. And it does feel like this sort of woowoo fancy word that's bandied about? Yeah.

Rebecca Bee 04:04

Go ahead was your question.

Mia Voss 04:05

And I wanted to say, I got goosebumps when you were describing the process of it too. Because as someone who's gone through childhood trauma, learning about C PTSD, complex PTSD or childhood PTSD, and then how talk therapy can be good or not good depending on who the person is. I shared with you offline my terrible experience with being ghosted by a therapist

Rebecca Bee 04:32

No bueno.

Mia Voss 04:34

Two thumbs down - massive. But I love the idea of it being this pretty sudden experience that you think you're just shackled with a lot of these things. But it also makes me think and I know you're going to talk about this to about the preparation of being ready for that work, right or the results of the work.

Rebecca Bee 04:55

Exactly, not even the results but the process of the work and it opens up a Pandora's Box, right. And so it is a handle with care kind of a thing, it's not necessarily the first thing you jump into, on your healing journey. And so I have this rule that I, my intuition just popped up with the 90/10 rule. So you've probably heard this statistic that somewhere between 90 to 95% of our thinking is unconscious. And so our thinking mind, we have access to about 10% of our conscious thoughts. And the other 90% is just kind of happening below the radar. And the unconscious is where we have beliefs that pop up and drive our thinking. So if we have a belief that we're not worthy, all of our conscious thoughts are going to be kind of mapping to that unconscious belief. So that's the 90/10 of our mind. 90% unconscious 10% conscious, the flip is that I have experienced in my own journey, and in you know, the journey of many healing clients, dozens of healing coach clients at this point, that the first 90% of our journey, we got to talk about our stuff, especially if you're healing from anything that has happened that has left an imprint on your body mind system, like PTSD, see PTSD, you want to talk about it first, for the majority of the journey, because our self concept needs to feel stable, and it needs to change in a slow sustainable way, in relationship with a trusted therapist. So dialogue is really beautiful for you to for anybody to kind of unpack, you know, take everything out that we've experienced, fold it up, decide what you want to put back in, and you know, put the rest away. And so it's really only the last 10% of your journey, where you've already done that self concept work, where it's appropriate for you to get into that catalytic moment of getting into the body where, you know, I've had clients say, like, I just feel like I went on a mushroom trip through my childhood. Right, like, you can't do that at the beginning, that is not safe.

Mia Voss 07:06

Sounds like Willy Wonka on crack.

Rebecca Bee 07:09

It's not always what somatic modalities I feel like. I've been a client of several of them, and I'm trained in one of them. And I'd love to dig into, you know, some modalities so people can do some research and maybe explore it themselves. If they've done at least a year or two of talk therapy, this is a great thing to jump into, at kind of like the finish line have to cap off this work that you've been doing for, you know, could be years and years. So somatic really, it changes the trajectory of your journey, it really helps put a punctuation mark on a lot of things that you've been talking about. Because the challenge is when you're clear, I could talk about this forever, so interrupt me at any point. But like when you're clear on the stuff that you're doing, like if you're a procrastinator, for example, the clarity can be so frustrating,

right? Because you're just watching yourself, do the thing over and over therapy can feel like you go to grant, you go to therapy, you talk about your problem, your therapist gives you some compassion, and they listen to you. And then that's it. Right? You kind of have to get sick of your shit before you get into Somatics. Right, like the pinnacle of the of the people that I work with. They're frustrated, right? They're like, in that place of seeing themselves. They've got the clarity, but they don't have the embodied access to why they're doing it so that they can transform it. Right. So it's really about getting into the body of like, what need is unmet that lives in the body that lives in the past that can be met now in the in the present moment because the unconscious doesn't know what year it is. I love that phrase. Yeah, so what is it that needs to happen in order to get past it? So that's why it's so catalytic and that's why it needs to be handled with safety and care and permission and support. Right? It's not for everybody right now.

Mia Voss 09:00

Gotcha. And I want to throw in a couple of things one it just sounds like with this this 90% And the again the that doesn't know what year it is like it's totally sort of amygdala lizard brain thinking. So if you're that that is what that makes sense. So because if you're just reacting from all this different stuff and then your your fight or flight freeze or fawn type of thing too and you're not directed in the right way that then does lead to and by the way I'm experiencing that procrastination of like I'm sick of my own shit

Rebecca Bee 09:30

little FYI you're not alone.

Mia Voss 09:33

Yes and I think this episode is pairing nicely with I just interviewed my friend Joanne Krall yesterday the episodes called Get your shit together because she's an organizer. Oh, I love it and I really feel like so we talked a lot about business home files, photos, clutter you know I have my my finely curated fun clutter behind me the things that just I adore. But I think this would pair nicely with it too, because that loops into obviously, your lifestyle, if you're procrastinating you, you do have shit everywhere you have Bills Unpaid or things you haven't focused on or given attention to. So I would think that that would be a result of that, as well as is a more organized life or a more satisfying life, because you finally kind of jumped over that too. So So let me ask you to kind of get into the, you know, dig deep into the actual process. Are you saying then that you feel like people should have at least a year of, of talk therapy before they do somatic Is that correct?

Rebecca Bee 10:33

There's no hard and fast rule. It's just what I've experienced in my own life and with my clients, that the people who are ready for somatic work and, and I should be really clear that I'm not a therapist, I don't pretend to be one, I do everything i've learned in therapy. But I recommend and in my program, actually recommend for some folks to find an EMDR therapist, and we'll get into what that is great complement to the skills that I teach alongside therapy. But I want to circle back your your question was helped me I just went Oh,

Mia Voss 11:10

no, it's fine. And I'm so glad you mentioned EMDR as well, because I am wildly lowgrade fascinated with that modality as well. So what I love about this episode is you're giving us recipe ingredients or ingredients to create a recipe for healing, which I think is amazing. And what I was asking is, and you said it's not a hard and fast rule about it being whether it's whether it's a you know, year or not, but I love that's a recommendation based on what you've seen of success, right? What's what's been working for people?

Rebecca Bee 11:43

Yeah, if it's like I tried therapy, but it didn't work. But I've been meditating for 20 years, okay, let's talk because if you've got body awareness that you've developed for, you know, many years, then you may be more ready than somebody who's done therapy. So it's definitely no hard and fast rule. It's really just, are you ready to change this stuff that you're sick of. So if you're frustrated with your stuff, it's a sign that you're ready to stop talking about it and actually start being about it.

Mia Voss 12:08

I love it. And what did you say if you have but you say bio empathy. When you mentioned about about if you've meditated for 20 years

Rebecca Bee 12:16

Body awareness

Mia Voss 12:18

Okay, gotcha. This Yeah, I love that. And I that's definitely something for myself of working on my spiritual journey and spirit guides, and then jettisoning my the grossness of organized religion that I was raised in, and then turning that into spirituality. Oof, that's been a fun journey to that too. One thing we talked about, before we hit the record button too was how the pandemic has brought awareness to people being okay of speaking about mental health and wellness and taking the shame out of it. And so people are kind of ready, but then they they're also just now dipping their toe into it, correct?

Rebecca Bee 12:59

Yeah. So, somatic work, body mind work, it goes slowly, because consciousness moves slowly. And similarly, COVID made us really slow the F down. And there were a lot of us who just weren't ready for that, because being busy allows us to avoid the stuff that we've been running from for many, many, many years. Maybe a whole life, right? And conversation really deserves a lot of compassion. Ill I mean, I myself experienced with the isolation, my own triggers from my own past, right of just like so much isolation because I lived alone. And we and so COVID a forced us to it held a mirror up to this stuff. So many divorces happened, moves happened, breakups and you know, changing of jobs, really catalytic stuff, because it forced us to slow down and look at ourselves. So I really think I wouldn't say oh, let's repeat COVID Again, or anything along those lines, but it was a healer in a in a disruptive way.

Mia Voss 14:00

Catalyst, catalyst to it, sort of like

Rebecca Bee 14:03

somatic therapy, it really forced us to change to make changes, because we just saw things so clearly. And so what somatic helps us do, it's like, I always say like, I'll never see my face, right? You'll never see your your own face other than in a mirror, or in a video, my eyes are in my head, I'll never see my own face. And so similarly, we'll never see our own unconscious. So it takes a skilled provider to look at us and say, I noticed that your shrugging whenever you say this one thing, I'm curious about what that means. So tracking body awareness, having like this compassionate, slow moving, curious conversation is so valuable to learn. The most amazing stuff like what I always say, with healing is the small stuff is the big stuff. So like I had a client the other day who I've chose, she interrupted a maelstrom of a panic attack cycle that she's been in the middle of For decades, and she did it herself just through my curriculum, like this wasn't even through coaching. And I was just like, oh my gosh, right. And she said, Yeah, I mean, it's just one thing. And I said, No, no, no, no, this is like, you throw a wrench in the works of something that's been in motion for your entire life. That's a big deal. And so, we need new tools and skills. So I am a huge fan of talk therapy as a complement to somatic therapy. I think we need both one as well without the other in my hairs

Mia Voss 15:30

nicely. By the way, the way you describe things are so melodic, oh my god, it's just it's just beautiful. And, and the image I just got just got as well to have your that that client throwing the spanner in the works of just like

Rebecca Bee 15:47

this. I'm a poet, I write poetry at the beginning of my own healing crisis. Everything came out in rhyme. So I still I really love metaphors to teach and just to thank you,

Mia Voss 15:58

my brain loves those two. So thank you for that. And anybody using the word maelstrom? I'm a big fan of. It's an underused word, m a e l s t r o m, I believe. I love spelling stuff. It cracks me up. But I love the idea to what you said, wow. And that was a that really made my brain go cool of that you've never you've never see your face. So you can't see your conscious either. I'm giggling at that, because it's just it's such a simple concepts that that you really don't think about. So you're right, that having somebody that it's a caring and slow process, which is the absolute opposite of how we work in this world. My God being being busy allows us to ignore stuff you're

Rebecca Bee 16:43

like, I just want to come in and kind of because I like self reliance is an American value. It's a value from white supremacist culture that we're about to like, pull yourself up by the bootstraps, which

Mia Voss 16:54

is such BS. Yeah, it's very colonist ik it's colony thinking, right? colonizer thinking,

Rebecca Bee 17:00

exactly. So you know, self healing is kind of a myth in the same way, right? You have to lead your healing process, of course, right, you have to take ownership of it. But that's different than doing it all yourself. Right? I always say that wounds that were made in connection, like in any relationship, problems, all caregiver, you know, sibling wounds that are made in those tender years between zero and seven, the wounds made a relationship can't be healed in isolation. It doesn't even make sense, right? So there's a channel of connection that's available to us, like, I'm pointing to my heart to your heart, like these channels that exist, that there's neuroscience to it as well, that we need this channel of connection in order to heal things. So you mentioned the sympathetic nervous system, the fight or flight response that happens when we're able to settle the nervous system, back down, and we're back in parasympathetic nervous system, which is the rest and digest and connect place, there's a piece of that parasympathetic nervous system called the ventral vagal. And that is where our heart is able to connect with others. So there's a social connection piece, and it gives us access to our smartest brain, our prefrontal cortex. And so when the prefrontal cortex is active, that's when healing can happen, because that's where our witness consciousness is active. You know, so we're able to understand all of the things that we've been procrastinating about, but also feel what needs to happen in order to move through it. Right? We don't, we don't procrastinate. Because of, you know, because we want to self sabotage, I actually don't think self sabotage exists, right?

Mia Voss 18:47

We thank you for saying that.

Rebecca Bee 18:49

We put we procrastinate to protect ourselves, right. And what we learned with somatic work is that there's just other better ways to protect ourselves. And so I'm trained to honor the defenses of why we do the things we do. So if anything needs unpacking, like I could just,

Mia Voss 19:12

ya know what? Well, first of all, I felt very, very seen uncomfortably so about the whole self reliance and self healing piece because that that really is again, that's such an easy thing to do you What did you say wounds cannot be healed? And isolation,

Rebecca Bee 19:28

was in a relationship can't be healed in isolation. I did a tech talk about it. And I got a lot of like, sort of like, yes. And then like, no, and we're just saying something to be controversial. I'm like, No, Montagues

Mia Voss 19:41

and Capulets. those are fighting words. Right. And, and that's the interesting thing, too. You mentioned in, in when we when you filled out the form for being on the podcast that somatic healing and give talking about what it is and why it's a great complement, if not an alt and an alternative to plant medicine. There's a lot of people that are so strong shout that and go back. And one of the people who

are not, by the way are the folks that I'm going to be visiting Mexico retreats. We did it. I did an episode episode on iOS, Kafka and pardon. I listened to part of that. Good. Yeah, I really, I'm very excited about the care that you can see them put into it. And again, as I said, In the beginning of this, I feel like this episode is you also giving us some other alternatives to pick from the ingredients, because there's just there's no find your own recipe, which I love as well, too. Let's talk about what somatic actually looks like when you do that. Is it something you can do through zoom? Is it a? Is it something you would do in person? I want to talk how you about how you got into it a little bit of your history and then we'll wrap it up with the finishing school which I love this is this is Rebecca's new baby child. For for folks. I love the title. I just can't get over it. Because it's such a such a new fun play on what was formerly known as the finishing school like super snooty for only a certain certain. Right, and I love that you took that way the fuck out? Yeah, taking those finishing school. Yes, you take that way to fuck into the good into the good space. So yeah, tell me about somatic how you got into it. And then we'll, we'll talk about finishing school.

Rebecca Bee 21:17

I do want to run through quickly. And I'll give you some links for the notes of the modalities. So giving us Yeah, oh, please. Yes, I'm trained in one modality I trained alongside therapists. And I mostly just teach about how to how to do it and what modalities to go get. So again, I'm more advising on it, than doing it. But the the modality I'm training is called hakomi. And it's a Hopi Indian word that stands for how will you stand them? It's these many realms. And so it's, it's studying how you relate to everything. And how do you spell that, by the way, HAKO MI, thank you. And that is sort of assisted self study, that's really the mirror that is held up. And so this is, you know, a seated exploration, it can be done over zoom, it can be done in person. And we just try little experiments of how do you respond to this. So if I were to like drop a pebble in a glass of water, and we just see how it ripples, that's how my trainer described it. And that's everything you learn so much. And you know, my trainer always said, All roads lead to Rome, meaning wherever we start, we're going to land where the healing needs to happen, you know, healing wants to happen, healing happens by itself. And all we're doing the somatic work is getting out of the way of it. There are other modalities that have been a client of or I've gotten some training in. I am a huge advocate of internal family systems, which is sort of a cousin of hakomi. And it works with like, what is the internalized family that you grew up with? What are the individual parts within you, because there are many, as many parts within us as there are stars in the sky, that's what ifs. practitioner told me, I love that. And so we just work collaboratively with those different parts. And part of the work is just understanding that one big, big, big emotion is just one part. Just knowing that can be the all the medicine we need in a difficult moment. So that's a coming ifs. I love EMDR. If you can find a therapist who has EMDR And ifs or hakomi. That's a great cocktail. We're talking about things going together like a fine wine, the pairing that we're doing on

Mia Voss 23:36

our menu, you tell me what that acronym stands for?

Rebecca Bee 23:39

Absolutely. I have it on my notes to give you eye movement, desensitization and reprocessing. And it's developed by Dr. Francine Shapiro, she was just walking and realized she was having a big emotion I think and looking and realizing that the eye movement was helping her feel the emotion be less intense. And so that's what EMDR does is it gives you a chance to kind of metabolize those big feelings. And so, so if you can find an EMDR licensed therapist, highly recommend that that is a life changing modality, it's starting to really grow in awareness so you might be able to find it. Somatic Experiencing was developed by one of the somatic fathers Peter, Dr. Peter Levine. I know the least about that. I did a couple of trainings in it, but it's it's the one where I'm just like go find it, go explore it yourself. It's about sort of taking memories and reassembling them back. So if you've got a really fractured traumatic memory, it is supportive in like putting all the pieces back together in a safe and integrated way. And the final one that almost nobody knows about is deep brain reorienting and that's by a Scottish Dr. Frank Corrigan and Dr. Jessica Christie Sands and it's I don't know To describe it except just to say Go study it. It's working with energy, the brain stem and just grounds big feelings really easily. So and then

Mia Voss 25:10

deep brain reorienting ABR deep

Rebecca Bee 25:13

brain reorienting oh my god, how I got into Somatics if you want me to just jump into that, unless you have us, please now that's perfect. Okay, so I got divorced, and I wasn't expecting it. It was eight years ago. 2014 Yeah, not the other eight years ago, I got the the words from my husband that nobody wants to hear I'm having an affair. And it is quite everything open at the same time. And I can say it in like a kind of calm way because I've just done so much processing and healing. But at the moment, I felt emotion so deeply in my body. And I realized as time went on that it wasn't just about the the betrayal that happened with the divorce, it was whole the old stuff that it mapped to in my childhood around abandonment. And I was blessedly starting a yoga teacher training around the same time as the divorce happened. It was like within less than three weeks, I started yoga, and I got really curious about how I could come in with a trigger how I could come in feeling like complete shit at this top of the grief wave, take a yoga class and feel 1000 times better. I'm like, What is going on with the body mind connection? That is so amazing, that I can feel this much better. So I followed my curiosity. I found a hakomi therapist, I was living in Newport, Rhode Island where it's like, you can't swing a mala necklace without hitting a therapist in training or a yoga teacher. And I was pointed to hakomi. And it changed my life. It changed my life. And I had three different people tell me that I had Comey training and introductory training was happening. And when three people tell you the same thing of you shouldn't you might like this.

Mia Voss 27:00

something random. And yeah, it's well known like Hakomi , you better you better listen.

Rebecca Bee 27:05

Yeah. And I lead somebody through a yoga, a one on one yoga session. And they, I found that I said the words that they needed to hear and they were able to move through something really challenging.

And I was like, I better go get some training in this, like, I better go get some trauma informed training, in what I just kind of naturally know how to do.

Mia Voss 27:25

So that's so responsible. And yeah, trauma informed

Rebecca Bee 27:27

training, your training, I think I've got about like 300 hours of training just in this somatic piece. And I trained alongside therapists, it was the most amazing journey, I held myself quite a bit through it. And now I teach the skills around how to reparent yourself, and how to rewire your unconscious to the extent that we can do the pieces on our own. So so that's that's finishing school, I found myself teaching my clients the same three skills of emotional regulation of how to settle the nervous system, and re parenting of how to work with those young inner child parts on your own. And of course, with the backstop of sometimes we just need a therapist. So that's always the thing that to do when it gets too much too big. But there's so many little things after the low hanging fruit of the big trauma stuff has been harvested and picked and taken care of and intended to, I'm really helping at the finish line of the cleanup work, right of why we procrastinate right, or why we never finished stuff. There's a reason it's called finishing school because I wasn't finishing shit. And once I got once I understood why I wasn't like, what my beliefs were underneath that and I used my own tools to rewire myself so I could finish things and take new action and finish new things. And just get that traction that we're missing when we don't feel secure in ourselves. Once I built that traction for myself, and was teaching the same three skills over and over to one on one clients, I was like I gotta make a curriculum, because I don't even want to waste my one on one time with clients. With this piece, I want to have dialogue with them so that they can see themselves and go make these changes. So the beginning of finishing school was like this is more efficient to teach it and now I have 40 students inside of this 12 week program, where we go from you know, being in that survival mode of these behaviors a holdest back into a mode of thriving and being settled and comfortable in your own skin. It has three components of the curriculum, the community which is so beautiful, and the coaching in a group setting of you know that dialogue so people can really see themselves dialogue is so valuable to see yourself and then using the body mind connection of how does it feel to say that is really helpful so that we bring that body and mind together. So that's really what I'm doing in that program. You you're muted.

Mia Voss 30:00

I got so excited, just muted myself. So you could go. And there was a guy on a motorcycle going by like, dude, I'm in an important conversation over here. That's the beauty of podcasting in your home, you said that we've mentioned this, before we started to that. It's all the things that that therapist wish people were doing. Which is so important. And I'm going to I'm going to finishing finishing school up with that, and any other things you want to say on that, because I think that's, that's the piece to that, again, pairs so nicely. Helping people have the be having people have these these extra tools as well, too, that they don't even realize that they need.

Rebecca Bee 30:41

Yeah, when we are only meditating or doing yoga, it's like playing whack a mole, right? Like, you have a big emotion. And then and you settle it, and it goes back down, and then boop pops up someplace else, right. It's just, you know, my, my aunt is a therapist, and she's like, our emotional pain is like a balloon, you can't stuff it, it's always gonna pop up somewhere else. It's such a good analogy. I love that, at some point when it's safe for us to do so when we're in a safe place in our lives. And we've, you know, feel okay, to get into this work. It's appropriate to do the body based stuff and do some repenting with ourselves of working with those inner child parts. And I've developed a belief unblock method of, you know, testing where the beliefs live in the body, figuring out what is unhealed underneath that, and then rewiring it so that you can create a belief system that's aligned with your goals so you can move forward in life. Because that's the thing is like, this isn't all about healing, it's about living in becoming an expression of what our soul chose to be. The healing work is just in the way of the bigger blueprint of what we're meant to become. Right. And when you have a felt experience of that blueprint, and we want to manifest that, right, the healing is just in the way of that. And that's why I'm so passionate about this work is not only because of the healing, but because of what the heck you get to do afterwards. That's the exciting part.

Mia Voss 32:06

Yeah. Yeah, putting that into play. Gosh, that's beautiful. I can't add to that, except to say, I have two more things. One, where do we find you? Okay, where do we find the finishing school? Tell us and this will be in all the show notes, including everything that we talked about. So please go take a look at that as well. But where should we

Rebecca Bee 32:24

Instagram is the best place to connect with me, RebeccaBeecoaching, and there's a link to finishing school and to chat with me do a free healing audit with me if you just want to get a sense of like, where are you in the healing journey, it's completely free with no obligation, I just want to get everybody on the right path. To the extent that I'm able to sew, or Rebecca be coaching.com. So you can learn about me, and that also has a link to finishing school.

Mia Voss 32:49

Awesome. One more question. Do you have a favorite swear word or swear? Swear phrase?

Rebecca Bee 32:54

Oh my gosh, can I show you it's like, across my room. It'll take me two seconds of that, because I had something made. So I have a very

Mia Voss 33:01

well describe it. But folks, when she shows up, this is an unusual response. And I'm excited I'm here.

Rebecca Bee 33:10

You're gonna die already.

Shit We Don't Talk About Podcast
Episode 74 – Somatic Healing
Guest: Rebecca Bee Bromberg

Mia Voss 33:11

Is it cross stitch, go fuck yourself.

Rebecca Bee 33:15

So for those of us who are listening, this is a beautiful embroidered circle that has flowers on the inside. And then in capital letters that kind of get smushed over. It's very much embroidered in a attitude of Go fuck yourself. In other words, go fuck yourself.

Mia Voss 33:32

I'm gonna take a picture of it. This is going to actually be on the podcast show notes, because I'm laughing really? Yeah, I

Rebecca Bee 33:41

actually asked somebody to make it for me, because she was doing these. And I was like, You know what I really, it was my favorite phrase at the moment. And it was me learning six years ago to really get good about setting boundaries. And it was a little defensive at first, but it was really fun and liberating. It's such a liberating thing to feel especially as women, right, we've been taught to just please everybody and please, and you know, please everybody but ourselves. And so learning that what I needed mattered. And being able to just mentally I never really said it, but I would think

Mia Voss 34:12

it a lot of how Yeah, nice bread or moderate lessons for me

Rebecca Bee 34:17

for \$5 apiece and go fuck yourself. No.

Mia Voss 34:22

I cannot think of a better response to this question. Thank you so much. All right, everyone. Thank you for joining. Rebecca. That was awesome. That was that was good for me. I'm so glad. Thank you. Oh, thank you, everyone. Thanks for tuning in. Hey, thanks for tuning in. You can check out the show notes and guests links at [shit we don't talk about podcast.com](http://shitwe dont talk about podcast.com) If you liked this episode, please subscribe and give it a like or leave a review, especially if it's a good one. See you next time. Bye.