

[00:00:00.170] - Matt

Are you struggling to look for work after finishing your education? Or maybe you're in a relationship you're unsure about? Are you having a quarterlife existential crisis? Are you in your twenties and don't know what the heck to do with your life? You've come to the right place. Hi, you're listening to A Cup of Growth, the drink for trying-to-be-adults. This podcast is brought to you by Mags and Cass, where the girls talk about how to confidently navigate your twenties. Let's ride the struggle together.

[00:00:29.430] - Cass

Hallo!

[00:00:30.340] - Mags

Hey, everybody!

[00:00:32.630] - Cass

Welcome back to another episode of A Cup of Growth.

[00:00:37.150] - Mags

It is us back again!

[00:00:39.220] - Cass

On the mic, spitting bars.

[00:00:42.650] - Mags

I do not think so...

[00:00:45.770] - Cass

But yeah. Welcome back, everyone. We are on episode four.

[00:00:55.790] - Mags

Yas!

[00:00:55.790] - Cass

Cuatro.

[00:00:55.790] - Mags

Quatre.

[00:00:55.790] - Cass

I was waiting for you to follow the vibe. You passed the test-

[00:00:58.750] - Mags

You gave me a side eye, as was like oh yeah it's my turn isn't it?

[00:01:04.290] - Cass

Anyways, today we're going to be talking about relationship.

[00:01:10.850] - Mags

Oh la la.

[00:01:12.190] - Cass

Now, it was funny because we didn't know how to approach this in a way- we wanted to approach this in a way that wasn't like causing drama and everything. I feel like that's what you usually hear on socials or other podcasts, as well as- well, we wanted to just give you some, I guess, overview of how we are in relationships, what we've learned in relationships and how that- how that reflects on yourself and your journey growing up and learning and stuff like that in your life. And then just the tips and-

[00:01:54.400] - Both [Mags and Cass]

Tips and tricks!

[00:01:58.450] - Cass

I guess it's just like tips more for yourself and things that you can apply to yourself when you're in a relationship, but not only-

[00:02:07.160] - Mags

Also, in general.

[00:02:07.930] - Cass

Yeah, that's what I was getting at, Maga.

[00:02:10.930] - Mags

Sorry, sorry!

[00:02:12.380] - Cass

So, not only in a romantic relationship, but in a platonic relationship and obviously in a relationship with yourself and you know friends, family, all that kind of good stuff. Also, I know I'm having a very long intro, but this episode is not only for a specific target audience. This is for everyone. We've all dated. We are probably dating someone, maybe not Maga.

[00:02:40.430] - Mags

Wow! Low blow, low blow!

[00:02:46.130] - Cass

But you can- whether you're single or in a relationship or you've been in a relationship, there's something to learn from experience and stuff. Well, it's a podcast. And not only a podcast, this is something that we do as friends, and we share with you because you're our little family friends. And I'm trying to make this wholesome because I feel like the topic of relationship is a bit cringe when you talk about podcasts and stuff. So I'm trying to make it wholesome. But yeah, I'm going to shut up and let Maga start it because I just feel like I'm just yeah being-

[00:03:26.450] - Mags

Okay, I guess-

[00:03:27.310] - Cass

Increasing the cringe. But yeah-

[00:03:29.470] - Mags

Yeah, you are. I'm joking! But I guess we can start off with discussing sort of a brief history of our own dating life, let's say. We won't get too personal, but just sort of- I guess for me, I had a lot of

secondary school and sixth form boyfriends. Like I went from relationship to relationship, but the first couple weren't serious at all. They're just your typical high school relationships. And then in sixth form, it was my first serious relationship. And then at uni, I had another serious relationship. But yeah, and I don't have like any- I'm not the type to do one-night stands or things like that or just, like, have flings. I'm a serious relationship kind of person. And now I have been willingly single for the past couple of years, and I intend it to remain that way for a long time.

[00:04:45.830] - Cass

Willingly single. I chose this lifestyle. This lifestyle chose me. Yeah, I guess from my experience, I guess I've always been- never mind, that.

[00:05:07.470] - Mags

Cass is technically working, but no one say anything.

[00:05:11.470] - Cass

I'm just going to close my computer and put my phone on 'do not disturb'. Don't out me, guys okay? If anyone from my co-workers are listening, I'm so sorry-

[00:05:24.770] - Mags

We're busy.

[00:05:26.630] - Cass

I promise it was the end of the day-

[00:05:32.070] - Mags

That's true.

[00:05:32.070] - Cass

I guess, in my experience, like I was saying, I've always been a flirty person. I've- kind of part of my charm. I've just been very flirty. But I love very openly. I haven't been like I don't- I've had flirty moments and flirted with a lot of people, I guess. But I think that my first, what I could consider mature well mature, 'mature', serious- definitely serious relationship is the one that I started at uni and continues up to now. And yeah, I guess, yeah now we've been together for five years. So, yeah a lot of growing in that relationship personally and collectively. But yeah, that's kind of where Mags and I are at relationship wise, if you were wondering.

[00:06:43.610] - Mags

If wanted some tea, some gossip. Nothing like a little bit of gossip.

[00:06:48.470] - Cass

Yeah. But I guess before we start diving into what the actual- how we actually are in relationships and stuff, I think a lot of the trends nowadays and the way of meeting people nowadays is through dating apps. What do you think of those Maga?

[00:07:14.420] - Mags

I mean, I don't have much of an opinion because, as I said, I'm not like- I like to meet people organically. I know that sounds really cringe, and I might get you know-

[00:07:24.730] - Cass

Organically, like you grow it-

[00:07:31.370] - Mags

Yeah, I wish! No, but I just- it's just because I just have seen maybe too many true crime documentaries that have sort of related to meeting people online and they don't turn out good-

[00:07:47.250] - Cass

The Tinder Swindler.

[00:07:48.490] - Mags

Yeah, things like that, it's just- I think I watched them during my teenage years quite a lot, which means I was very influenced, and I think it just put me off ever meeting people online romantically or even platonically, like whatever way. So, I've never been on dating apps, so I don't have any experience and none of my- oh I had a few former friends that had it, and they met I think some of them met long term boyfriends on there. But personally, I don't have much to say on this because I'm just clueless, so I don't know about you, Cass, but do you have anything to add?

[00:08:37.170] - Cass

I have come first hand with dating apps. Not necessarily that I've used them, but I'm not going to out him, but I am going to out him. He's my best friend. I get the chance to do it. My best friend, Johnny. My best friend Johnny has a lot of experience with dating apps. I am the type of best friend that if you have a dating app, I'll definitely get your phone and check and swipe whatever person I think would be cool to talk to or just swipe for a laugh. I've definitely- I think you were there. We had a

party at one of our former friend's house, and one of my girlfriends and I created this fake- no, I lie! We got one of our friend's phone and changed her profile, her Tinder profile, to a fake picture of this other girlfriend and I, as if we were a lesbian couple or something. And we started just swiping and stuff on people. And then our former friend, she was very drunk and then she woke up the next day, and she was like, what the heck happened with my Tinder? Yeah, I think I'm more of the type of person that helps with the Tinder bios and helps swipe and stuff like that.

[00:10:04.510] - Mags

But you yourself have never really done anything on them.

[00:10:07.280] - Cass

I mean, not seriously. I remember before I started dating my boyfriend, I did have it just to- because I remember a friend from one of my other jobs had Tinder, and she was in a serious relationship, but she was just on it for laughs basically with her partner. And I started going into it because I was like, oh we're at uni and let's see what type of people are in here, especially in the area we were and just had it for a laugh basically. And obviously then I started dating, and I was like, yeah-

[00:10:45.870] - Mags

That's it!

[00:10:47.610] - Cass

I don't need my boyfriend to think this is weird. But yeah, I- definitely through my best friend Johnny, I've had a lot of experience of all types of different dating apps and what they do and how you go on with them and the type of people that you find in there, which is cringe. I mean, you might have seen definitely through social media, people making lots of different types of profiles and bios that people write about themselves.

[00:11:20.230] - Mags

They can be very funny.

[00:11:21.550] - Cass

Yeah. I will just say that if you're single and you're- you might feel like you want to give dating apps a try or if you're like Maga obviously- I'm not saying that I'm not the same way because I'm like Maga as well. I like to grow my boyfriends from a farm. I like to meet the people in person and feel the connection personally. Yeah, I was going to say physically, but that turned out very bad in my head, I'm like yeah that doesn't sound like I wanted to-

[00:12:00.950] - Mags

I see what you mean!

[00:12:02.450] - Cass

But basically if you would like to give dating apps a try while single, I would say that don't think that you have to feel pressured on the amount of swipes that you have to do, like oh you'll find the perfect someone on Tinder. Maybe not. And I know a lot of people that have actually found their long-term partners as well through dating apps and then now they have kids, and it's great. And if you have that luck, amazing for you!

[00:12:39.280] - Mags

Props to you!

[00:12:39.280] - Cass

Yeah, definitely. It sounds better when you said props. I was looking for that word, and it just sounded really sarcastic when I said it.

[00:12:48.190] - Mags

Good for you.

[00:12:49.280] - Cass

Yeah, good for you girl. No, but obviously the whole system of it, of like choosing your best pictures and writing this bio that has to summarize you and the whole trying to find a connection through a chat and stuff like that. Honestly, you have to act as if it was a person in face-to-face and definitely draw the line at the creepy lines or very cheesy/sexual approaches that people may try to have with you as an 'icebreaker'. Because I know- I think I've told you about this, but there was one time when I was on Johnny's Tinder- I'm so sorry babe, I'm so sorry, but I have to tell the experience. I was on Johnny's Tinder, and there was this one person that texted him with a pickup line, and it was the cringiest thing, I just couldn't stop laughing. And it was- what was the pickup line? It was, 'Are you ice cream? Because I don't know if I want to spoon you or lick you'.

[00:14:01.390] - Mags

That is gross! This podcast is PG. Anyway, what I think she was saying is if there's anything that makes you uncomfortable as well-

[00:14:12.320] - Cass

Draw the boundary and draw the line okay? Don't basically have a little respect for yourself, first of all, don't- if you are looking for a one-night stand or you're looking for-

[00:14:28.930] - Mags

Permanent, I guess-

[00:14:30.610] - Cass

More like if you just want to have fun and stuff, do whatever you want to do, but if you're actually in it to look for something that will last, don't feel like I don't want to sound mean, but don't be desperate as to settle. Do you know what I mean? So, that sounded kind of harsh, but you know what I mean.

[00:14:52.400] - Mags

A bit of tough love sometimes is necessary.

[00:14:56.970] - Cass

Yes! Do you have any advice on the Tinder thing?

[00:15:01.130] - Mags

No because I'm a noob with these things-

[00:15:04.910] - Cass

Would you try it?

[00:15:06.400] - Mags

Never. Honestly, the whole aspect of having to put pictures of myself and write in a bio and all that stuff to me, it's just so abstract of a concept that just- I cannot grasp when I just don't= I don't know, it's just not my thing.

[00:15:23.910] - Cass

What would you write for your bio if you actually had to do it?

[00:15:28.630] - Mags

Do leave me alone.

[00:15:32.390] - Cass

Introverted. French/English, introverted. I scare easily.

[00:15:39.380] - Mags

Twice the word- twice the word introverted just to make sure it's in there!

[00:15:45.770] - Cass

Highlighted and in bold! I remember-

[00:15:48.800] - Mags

I will constantly quote memes to you.

[00:15:50.780] - Cass

Literally. I remember I had this joke with Johnny that if I ever had a Tinder, I would say that I was half Spanish with a bit of Asian spice just to portray that I am in love with food and that will always be my first love. But anyways, putting tinder aside, another Bumbles and- Bumble. Is that the other?

[00:16:18.100] - Mags

Bumble? Yeah. Hinge.

[00:16:19.930] - Cass

Oh yeah, Unhinged. They should make another one that's called Cringe.

[00:16:27.190] - Mags

Oh funny!

[00:16:27.190] - Cass

I am so funny! I guess on the same circle connected to Tinder and dating apps is the whole social media influence on relationships. Now, Mags, do you have anything else to say about that?

[00:16:44.370] - Mags

Let me drink my coffee.

[00:16:46.990] - Cass

Okay. I'm just going to put it out there okay, before Maga tells me off. So whenever we record, yeah, we always have a drink next to us because lubricate the throat, okay? I'm so sorry, I said the word, and it's going to stay in the podcast. And also I smoke my vape. So, if you hear like [makes vaping noise] in the background, that's me-

[00:17:08.550] - Mags

Cass killing her lungs!

[00:17:10.870] - Cass

Because Maga is always telling me off for vaping, and I have to do this like silent inhale throughout the process.

[00:17:17.990] - Mags

Just let us know whether it bothers you or not. If it doesn't, then I'm fine with it. I just want to make- don't do that! Not right in the microphone! It's going all over the computer, oh my God. Anyways, getting side-tracked, let's come back. Serious face.

[00:17:33.040] - Cass

I just wanted to put it out there, so I can vape freely.

[00:17:36.370] - Mags

We'll get their opinion, and then they will be the judge of that. Okay, do let us know. This is the debate.

[00:17:43.090] - Cass

This is what happens in your relationships as well. Okay, disagree to- no agree to disagree.

[00:17:49.310] - Mags

That's it.

[00:17:50.530] - Cass

Anyways, Maga, carry on.

[00:17:52.280] - Mags

Okay, so yeah, we are going to now swerve into talking about social media's influence on relationships. And I have a lot to say about this. So I feel like there's so much- so many people out there that just post stuff on, especially TikTok, yes because we are a lot on TikTok. Don't judge. Where people do all like, you know these sort of 'red flag/green flags' in a relationship, how to tell that he/she is cheating on you or things like that. And they set like a sort of standardised procedure for relationships that make you feel like you should follow it because like people advocate for these things publicly, so you feel like it's the norm, and you feel pressured to you know- it's weird if you come out and say, well actually I don't do that. And people are like 'have some self-respect'. People can be mean on social media. But I think like relationships are a lot more nuanced and kind of personal to you and how you feel about the relationship and how the person feels about the relationship as well. So, the example I like to use is the serial cheater versus 'the one time I really messed up, will never do it again' cheater. Because some people I have seen will tell you, oh 'if they cheat on you, move on'. 'Have some self-respect, they literally cheated on you'. 'They had their attention on someone else and you know all of that'. So, for serial cheaters, I'd be like, yes absolutely, leave them. They've done it multiple times. They obviously have no respect for you or the relationship. It sounds like they're going to continuously do it. They lack empathy for you, and they only see you as a comfort almost like, this is my relationship, but I can go and sleep with other people if I want some excitement. And relationships aren't always exciting. So, and then you got the type of person that I don't know, maybe I know drinking is not really an excuse, but it can happen that you get drunk and maybe you share a kiss with someone or things like that. I think there's a fine- between the one-time cheater, I think there's a fine line. If they actually slept with them, I'd be like, no okay. I don't know- I think they were-

[00:20:41.110] - Cass

They crossed the line,

[00:20:42.090] - Mags

They cross the line, they crossed a boundary. This is my opinion, but I think when it goes to the next stage, if it's just kissing and then they were like, 'oh really shouldn't have done that', it was kind of in the moment type of thing. But then if they then decided to go in bed with that other person and did the deed, I guess I think that- and also just in terms of health as well, you don't want to risk anything. And in that situation, I would say I would advise to also leave a person. But if it's like a one-time kiss that they did drunk at a party or a similar situation like that where it didn't go beyond, I would say a kiss or maybe, I guess anything similar, that's up to you and the person in a relationship to discuss whether there is- the trust has been so broken, that there is no hope for reconciliation and that you think you can fix it with the other person. And sometimes these things sometimes happen to people. Like one person will cheat and then they will want to work on it, on their actual relationship, and

then it might actually be even more fruitful than it was before because you've had this sort of vulnerability and you've recognised this intense love for each other that is far beyond anything that you could work through it, and as long as they never repeat the cheating, and it was just a one-time silly mistake, then I think it's fine if you want to get back with the other person like that's- there's you know that you you'd still have some self-respect because at least you've spoken about it and you've communicated about it and you've been able to sort of you know- I guess work it out. What do you think on that aspect?

[00:23:03.350] - Cass

It depends how long you've been in the relationship. I think with the one-off kiss and stuff like that, when you're in a relationship that just started, like it's a fresh relationship and stuff, obviously you'll be in a honeymoon phase and stuff, but I mean, you're still fresh into the relationship. Maybe it was a bit of a mistake. Especially if you're at uni or you're in a party situation when you're at a club, it's packed, it happens, right? And it can be an accident. The responsibility of this person that has accidentally or not so accidentally kissed another person in whatever environment they're in, has the responsibility of stopping it and be like, 'shoot I shouldn't have done that', and then come to you as a partner and be like, 'okay so this happened, I'm so sorry, blah, blah'. That's when you say, okay that's- I would actually excuse that, like Magali said. However, if you're in a long-term relationship, I wouldn't let it slide. You're- and to be fair for me, it's a very very fine line, and it depends a lot on the actual situation. Because whether you're in a very fresh relationship or you're in a long-term relationship, whether you're drunk, whether whatever environment you're in, you shouldn't be stupid enough to lose control of your actions. You're still in control of yourself in some capacity. You're still making the decisions. Unless someone actually throws themselves at you and you couldn't stop it. Do you know what I mean? It's very different to actually doing it yourself.

[00:24:59.310] - Mags

Can I ask you something? What for you counts as long term relationship, what sort of time frame would you give it?

[00:25:07.100] - Cass

I guess from the six months. From the six months, one year.

[00:25:11.060] - Mags

Oh, really?

[00:25:12.060] - Cass

Because that's when the three first months of the relationship is honeymoon phase.

[00:25:16.180] - Mags

Yeah.

[00:25:16.640] - Cass

And then if you survive the honeymoon phase and things start to settle down and stuff, then that means that it's getting serious.

[00:25:24.390] - Mags

Okay.

[00:25:27.430] - Cass

Obviously, it depends on you as a person and the other person you're dating and your relationship. It depends on the situation, all of that. But I think it's very much like I said, the other person you're dating or whatever imaginary scenario we're in right now, this person is still in control of their actions. You- like Maga said and I say as well, alcohol or drugs, the environment, whatever, is not an excuse to do something if you are aware of it. Like I said, if it's an accident, actually someone throws themselves at you or this other person, you are still in control of saying, 'no excuse me, I have a partner, don't do that'. Like set boundaries for yourself because as well it's your personal space. Have some respect for your personal space, the way that people approach you, what people can do to your body and basically, just if you wouldn't do it in a relationship, why would you allow your partner to do it?

[00:26:41.230] - Mags

Yeah.

[00:26:41.860] - Cass

So it's a fine line. For me, it's a very fine line. If it's fresh in the relationship, maybe I mean, you're still figuring things out. If you're secure and sure of the relationship, and it's been going for a long time, not even a kiss like you're out the door for me. Do you know what I mean?

[00:26:59.720] - Mags

Yeah. I also think because coming back to sort of the social media topic, there is a lot of temptation now with cheating because social media. Like it's so easy to slide into someone's DMs, I hate that phrase, but it's the only way I can phrase it, that I feel like it makes it even more normalised to cheat or to just message other people with ill-intentions.

[00:27:27.780] - Cass

Yeah.

[00:27:28.600] - Mags

So, I guess yeah. I think be aware of and maybe have that conversation with your partner of you know talking to someone on social media that they shouldn't really be doing. You know, communicate about that.

[00:27:46.210] - Cass

Yeah. On that same topic as well, I have two pointers for the topic of social media as well that I wanted to discuss. One is basically plastering your relationship on social media as a way of control and marking your territory. You don't need to do that. If you do that, you want attention and you want to mark your territory. Your relationship should be a private thing for yourself, whether you're an adult or a teenager. Your life doesn't have to be on social media. And also you don't have to prove yourself or your relationship to anyone else. That's one. Second of all, with what Mags said about sliding into DMs and stuff like that, that leads us into checking your partner's phone. Now, you do whatever you want to do with your partner about your phones' situation. If you go onto your partner's phone unknowingly, that's a boundary crossed, okay? Their personal space is their personal space. Just like you wouldn't want your partner to go into your phone unknowingly of you, like you not knowing that they're going through your phone. If you don't like that, don't do it to your partner. Right? You cannot use the excuse of, 'oh I think you're cheating on me' to go through another person's phone. That's privacy, that's boundary. If you have that thought in your head, that instinct that that person is cheating on you, have the conversation, ask 'who are you talking to?' And blah, blah. And just do it like an adult. Because the problem is with going into someone else's phone, I'm so sorry, but I'm going to say it, it fucks with your head. Okay? Because then it's going to be a constant temptation of 'I have to go through his phone', 'I have to check his messages or her messages', 'I have to see her social media, his social media' and stuff like that. And it's pressure on you and a stress added to you and your relationship that you don't want. If you have trust issues, if you don't trust a person, then that's your sign to get out.

[00:30:05.660] - Mags

Yeah.

[00:30:06.210] - Cass

Because there's no relationship without trust, and that's not even romantically, that's with everything. So, if you have trust issues, work on your trust issues. Don't be with someone you cannot trust. If that person that you're dating when being confronted by you bringing up the conversation of, 'oh I have this feeling I want to discuss this with you' and blah blah gets defensive, that's a sign. Body language, tone of your voice and everything says a lot about this situation and the relationship and the person. So, also, when you bring up the conversation, I know that you may be scared or nervous or angry even, depends on what situation you're in, but do not let your emotions take over,

because then that's where the conversation will go down the drain. You want to be calm about it. Have the conversation as an adult. Talk about it calmly, get to the conclusion in a safe, and for your mental health, safely basically, and just have the conversation with your boundaries in place, respecting the other person's message that they want to put across, and also just have a respect for yourself. So, that's what I have to say.

[00:31:32.150] - Mags

To be fair, I want to bounce back on the point you made about- I've lost my train of thought for a minute- on looking through your partner's phone and stuff, because I was guilty of that when I was younger. I think it was, I had seen something and the person let me access their phone like I could. And I just- I saw one thing and then it was like a vicious circle of like every time I see something I don't recognise, I'd get worried. And so I'd check their phone and- bear in mind, they also had access to mine. So, it was kind of like this almost unhealthy thing where we both had access to each other's phone at any time, and we could check things behind people's back. And I hate to admit it because it was such a stupid thing to do, but you live and learn. And now I know that's something I would never do again. I feel like, you know with your gut when someone's being unfaithful or lying to you, you don't need to look for evidence. And also there's this thing as well of like you're convinced that your partner's cheating on you, and then you go through their phone just to find something-

[00:32:49.090] - Cass

Yeah, proof.

[00:32:50.010] - Mags

To try and find that they are, and then you find that they're not, and then it just makes you overthink and worry about things. It's like you're trying to prove to yourself more than to them that they're cheating, when it might not even be the case, so-

[00:33:05.430] - Cass

That relates back to trust issues.

[00:33:07.380] - Mags

Yeah, exactly. So that's something to look within yourself. Like, if you don't trust people, then maybe you have to look within yourself or maybe you've been betrayed once really badly, and it's kind of stuck with you. And you need to start trusting people again. Obviously, slowly but surely. Don't look through a partner's phone coming from someone who used to do it. It is not worth it. You are worrying yourself. Plus, it feels awful violating someone's boundaries and privacy, like it- I felt very uncomfortable doing it, but it's like it was bigger than me. I couldn't control myself. But now we've matured and we've grown.

[00:33:50.070] - Cass

I wanted to add on this bit as well, just generally. Be aware, which I'm pretty sure you are, if you're sane, people have secrets okay? Now, you cannot make someone confess things to you that they don't want. You have to create a conversation where the person is safe to admit whatever they have to admit, whether it relates to cheating or just something that they're holding onto that is mental health or something that's happened to them or something like that. People are allowed to have secrets, to keep things for themselves, to work on things on themselves and stuff like that. Do not force anyone to come up with all of these things just because they're in a relationship with you. That's not how it works. Now, also with the whole like phone thing, you are obviously trusting of each other and stuff, but like I'm aware that Maga knows now, it just doesn't help anybody, and it doesn't help you, it doesn't help the other person, it doesn't help the relationship. It's just a snowball of things that will go wrong. So, you have to take a step back for a minute, think about what you want to do, how you want to bring up a conversation and stuff like that, but don't do things unknowingly to your partner. Don't make your own conclusions about things like that. If you have an instinct or a gut feeling and stuff like that, which we all do, bring the conversation up because you might just be projecting on your fears or on your anxieties or things that have happened in the past. And that's another thing I wanted to say that you mentioned before about things that have happened in the past, don't generalise people on something that someone else has done to you, because not everyone is the same.

[00:35:54.990] - Mags

Yeah, don't jump to conclusions.

[00:35:56.410] - Cass

Precisely. So, on that note, Maga, what do you think is cheating for you?

[00:36:03.950] - Mags

Oh my God. Do I admit- I'm going to admit. I'm going to confess.

[00:36:13.050] - Cass

This is a very transparent conversation. We can all say, I've admitted that I smoke. I've said an F word that means I'm Spanish, and I swear a lot. Maga has openly admitted to go through someone else's phone. She goes through my phone all the time, just so you know.

[00:36:28.410] - Mags

Yeah, because I think Cass cheating on me guys. I think she's like, trying to do a podcast with someone else. I'm joking. Nah I only go through yours when I need to- when you're like, 'hey could you do this for me?'

[00:36:44.750] - Cass

Yeah!

[00:36:46.910] - Mags

Yes but- so I am going to admit something that might make you hate me and honestly, I don't really care. But this podcast, as you said, is all about being honest. So in terms of cheating, I've been both the person who has been cheated on and who has cheated! Oooh drama!

[00:37:10.770] - Cass

Bombastic side eye!

[00:37:11.830] - Mags

Criminally offensive! So in both instances, it was awful. Honestly, either way, I felt shitty about it.

[00:37:25.240] - Cass

Do not recommend.

[00:37:26.460] - Mags

Do not recommend either.

[00:37:29.060] - Cass

Zero stars on Trivago.

[00:37:31.290] - Mags

Literally, is trivago just like a European thing, though? I hope it's British. I hope you get the reference. I think so.

[00:37:38.770] - Cass

What's the other place where you, like rate the-

[00:37:41.550] - Mags

TripAdvisor?

[00:37:42.690] - Cass

That one!

[00:37:43.580] - Mags

That's the one you were trying-

[00:37:46.950] - Mags

Zero points on Tip- no. Zero stars on TripAdvisor!

[00:37:57.030] - Mags

Whatever. So, I can tell you basically, that having been on both sides is not worth it. So, I was when in one of my high school relationships, I was cheated on. It was in the same relationships multiple times, but I was 16, and I was a bit angry at the world, so when it happened, I was like I kind of regretted my reaction. I kind of wish I just left the relationship, never came back to it, didn't really complain about it as well to people- I felt like I was annoyingly complaining about it to everyone. But the thing I think that stuck with me, though, is the self-esteem issues. Like, you think 'why am I not good enough?' 'Why did they do this to me behind my back?' 'What is it about me that they didn't like?' 'Was I not attractive enough?' 'Was I not interesting enough?' 'Was I not nice enough?' And it makes you doubt yourself constantly. And honestly, I've learned over the years that it's not about you, it's about the person wanting to do that, and it has nothing to do with you a lot of the time. And then on the other side, having cheated on someone. Yeah, that's the right phrase. Yeah, it felt awful as well. And that's when I actually learned that it's not about the person, it's not about yourself, it's about the person, rather because the person I cheated on, I still loved and I still loved who they were and everything, and I knew it was me that was the problem, and I shouldn't have done what I did. And I think- this is the thing, I think people give you a lot of criticism and judgement for having do it, but it's not like, as I said, I'm not like a serial cheater. It was my first time doing it, and it was kind of because I was infatuated with someone else, and it just sort of happened. But then I broke off that relationship pretty much straight away because I felt so guilty. And I said to them, you deserve better and you shouldn't be with someone who you feel you can't trust. But at the same time, it's like this thing of, yeah just- I know I will never do it again. Because I hated how I felt, and I hated how I made the other person feel, and it was just not a great way to start my other relationship after that, and as well, because I jumped from one relationship to the other because of the cheating, I didn't have time to process the person I had lost before that, which I think brought up- and also I projected my feelings of having cheated on someone to the next person and that was not healthy at all. So, all in all, I fucked up. But we're human, that's what we're for. I was a lot younger than I am now when it happened, so I didn't have as good a judgement and stuff, and I was very influenced by other people about what I should do and stuff. But, yeah I do not recommend if you feel like you're attracted to someone else and you want to explore that relationship a bit more, just break up, like end things with the other person. It will save you a lot of hurt, and it will save them a lot of hurt. And

even if you stay- you cheat because you're scared that with the new person, it's not going to work out, so you want to come back to that stability, that stable relationship is ruined, so it's probably not going to last anyways. Unfortunately, it's life. We're going to lose people. People are temporary.

[00:42:00.910] - Cass

Thanks.

[00:42:02.290] - Mags

Not you, though, but most people, I think are temporary, and especially in sort of high school, uni relationships, you know- some of them last, but a lot of them don't. And, yeah just be sensible, be more mature than I was about it, but at the same time, I've learned to forgive myself because I know that I've made a mistake. But there's no point having resentment for yourself because you're the only one feeling that resentment. The other person's probably moved on and has found someone else that suits them and makes them happy. So, at the end of the day, you've got to learn to forgive yourself. It's a huge step because obviously some people like to play the martyr because it makes them feel better about the mistake they've done, but I think it's actually better to own up to it and just be like, 'yeah I fucked up', but I've learned from this experience, I'm not going to make the mistake again. And, yeah there you go. I've just admitted to a big secret, so please keep it safe and take care of it because I'm very stressed.

[00:43:13.350] - Cass

Adding to what you said Maga, about acting like the martyr. Also, there are a lot of people who like to act like the victim when they've been cheated on. That's not a role you should take in any situation of acting like the victim for attention or pity. That just says you need a little bit more of self-love.

[00:43:33.920] - Mags

Yeah.

[00:43:36.050] - Cass

Now, moving on to me.

[00:43:38.930] - Mags

Hello, you.

[00:43:40.450] - Cass

Hello, you. Insert-

[00:43:44.709] - Mags

Penn Badgley's 'Hello, you'.

[00:43:45.410] - Cass

Yeah literally. I have been on the cheated spectrum of it, mostly with flings that I had when I was younger. And unlike Maga, I acted out of anger. I basically broke someone's arm. But honestly, I just acted out of anger. I basically was angry at the world for it. And I just thought, 'oh everyone hates me and nobody loves me'. But you kind of get over it after the anger has subsided. And then I think this is something that Maga and I talk a lot, is you don't miss the situationship, you miss what- the situation I mean. You don't miss the situation, you miss what could have been.

[00:44:51.550] - Mags

Yeah.

[00:44:52.170] - Cass

And that's what happens with a lot of breakups as well, where sometimes you have already moved on from the person in the relationship, but you hang on to it because you're in the constant 'what ifs', what could have been- are you seriously taking off your nail colours-

[00:45:13.490] - Mags

Yeah because some of them came off. Me and my fidgeting habits, don't judge.

[00:45:21.330] - Cass

Side-tracked. That's it. I think in my perspective of what is cheating to me, it changes the more that you mature and the more you are in different relationships. I am lucky enough that in the relationship I am now, although not perfect, I am able to talk very freely with my partner about our boundaries. And I know that let's just say my boyfriend is very transparent, and he's not able to keep a secret okay? So, my boyfriend even if he does the smallest thing wrong, he'll come to me being very very guilty, and you know when you know that a person could never cheat on you? That's basically my relationship. I'm lucky enough to believe that if I ever break up with my partner now, it won't be because of cheating. But I guess there's a lot of boundaries that I have had with well that I have openly spoken about with my boyfriend, about finding someone else attractive or kissing at a party or, I don't know, like flirty conversations and stuff like that. Because there's- when you mature and you grow up, you realise that there are more harder things that could break the relationship than just finding someone else attractive. Everyone finds everyone attractive. I can see a girl down the street or a boy down the street and think, 'damn'. I can see someone on TV and be like 'damn',

that doesn't mean I'm going to sleep with them. I can appreciate beauty at a distance, which my partner can do as well. The thing that I wouldn't do, I'm sorry Maga for putting you on the spot, is being in a relationship with someone that will actively tell you that someone else is attractive for ulterior motives. Basically, you can obviously be with your partner and look at people in the street and be like 'dang attractive', but you wouldn't move past that. Do you know what I mean? You can make a comment that's for banter or just like an opinion and stuff like that. And if you're confident enough in your relationship and your partner doesn't have trust issues and is not insecure, then they won't make anything about it. And neither should you if you don't have the same issue. Now, same with anything else. Maga can tell you I have a lot of celebrity crushes, a lot of book boyfriends, and my boyfriend knows that Harry Styles over anything else, so he knows that if I had a chance, I would run away with Harry Styles, but he knows it won't happen and therefore, I ain't leaving the relationship. So, like I said, banter is one thing and actually doing something for ulterior motives is something else entirely. So, in terms of cheating and stuff, again it's- I cannot really say what would be for me, obviously, sleeping with someone else, big thing. Having a relationship behind your back, big thing. I don't know.

[00:48:52.450] - Mags

It's so nuanced-

[00:48:52.450] - Cass

Yeah, because I can't really say- I think it would be a very, very childish thing to say that my partner couldn't speak with other girls. Most of my friends are boys. My partner doesn't care. My best friend is a boy. When I go and stay over at his house, he has the one room. I stay with him. My boyfriend doesn't care because he knows that I've known my best friend for, like almost 20 years. He's my brother, okay? There's no problem. And this comes down to communication and knowing your partners and your boundaries and just being very open and transparent about what you expect of the relationship and what you expect in each other's behaviour. So, I cannot say what should be cheating for you. I cannot tell you the red and green flags. You have to figure that out for yourself because everything is different for everyone else. So, you have to find out what triggers you and what doesn't, what you're okay with, what you're comfortable with, what you're safe with, and then move from there and just communicate your needs and expectations to your partner. If they cannot meet that, tell them 'there's the door, walk away'. And you shouldn't stay with someone that doesn't accept your boundaries or wants to cross them. That happens, you walk away. So, yeah, that's me and cheating basically.

[00:50:26.690] - Mags

I guess- wow because this episode is coming to nearly an hour, we obviously are very passionate about this subject. So, I think a good way to finish it off would be just maybe summarising each of us five things, five quick little liners of what we've learned from our relationships that we would like to pass on to you.

[00:50:46.090] - Cass

Do you want to start? Because I've been talking for the last 30 minutes.

[00:50:48.840] - Mags

Okay, I will start. Okay, number one: never lose yourself in a relationship. Always remain true to yourself. Don't change for someone else. All that jazz. Number two: work on your insecurities if you know you have some before going into a relationship, so then those don't translate into your relationship, and basically these sort of things can cause relationships to break down. For example, when you have trust issues or self-esteem issues, so work on that. Number three: communication is key in a relationship

[00:51:26.900] - Cass

And with anything else.

[00:51:27.990] - Mags

And with anything else, but especially in relationships. Discuss everything and also work on learning how you best communicate with each other because it might be different for every relationship. But as long as you're both comfortable and you are happy with how you communicate, then that's great. Number four: if a partner makes you feel guilty about how you feel towards something, no matter how big or small, and provided you also aren't in the wrong, or you know you haven't done anything wrong, it's a huge indicator of disrespect. Basically, gaslighting is that what it is? Gaslighting is a massive red flag, and you should walk away because these sort of people that constantly make things like that they've done wrong and then turn it against you and make you feel like you're the only one that feels that way and that you're weird for feeling that way, then they will do this pretty much continuously throughout the relationship, so no gaslighting. And the last one for me is it is quite good, in my personal experience, I've done this, but to develop a friendship before you enter into a relationship can be a plus. I guess this is like a plus if you can because I feel like it just enables you to learn about the person more like who they are just as a person and what their interests are and then maybe taking things romantically if you feel like you're right for each other, then that's great. But what about you, Cass, what would be your five little tips?

[00:53:01.190] - Cass

I guess to add on to what you said and about what we've talked throughout this episode. Don't use social media or even dating apps to find validation. That some work that you have to do on yourself if what you're lacking is self-love, which is absolutely normal. I'm not here to attack you or anything like that as well, but just know that obviously everything is a learning curve, and it's okay to not have everything figured out and feeling a little lost, but don't expect the answers to be in someone else, which connects very much to what Mags said about never losing yourself, and not only in a relationship. It's fine to feel a bit lost, but you don't want to portray that into anybody else. Also don't- with that, I also want to say like I said earlier, don't portray your relationship on social media for attention or validation because no one cares. Okay? No one cares. Do your own thing. As well I would say if you have broken up with someone, don't use the next person as a bandage. That

doesn't work even if you're like dating other people and looking for other people, these dates and these people that you're going out with, they're not bandages, they won't solve the problem. And if ever you'll do them more harm because you'll be portraying your harm- like you're hurt onto them. I'm trying to remember what you said because in terms of boundaries, be very transparent. Basically, when you get into a relationship that doesn't stop you from being yourself. You continue to be yourself throughout the relationship, so don't change who you are or anything that you do because your partner doesn't like it. If he doesn't like it or she doesn't like it, there's the door okay? If not, I'll go and tell them to where's the door. Okay? But yeah, also , don't- like Maga said, don't let your partner make you feel guilty about anything or gaslight you into anything. And with that, whatever excuse they want to use in an argument, whether it be that they had a drink or their mental health or blah, blah, blah, it's not an excuse okay? If it crosses a boundary, it crosses a boundary, and you have to say either you work on it or you're out. And not even him, you're out. Okay? You get out of there. Communication, of course, as if we haven't mentioned that enough on this episode. But mostly, just stay true to yourself, take care of yourself, work on yourself. A partner is not- I'm going to say something because I think I should say this. We've grown up with Disney princesses and all of these romantic films where the guy is always saving the protagonist, which is the girl. You don't need anyone to save you, okay? You're not broken. You're not a damsel in distress. I was thinking, if that was the right word. You're not a victim okay? Whether you're a boy or a girl or a they or whatever, you don't need anybody to fix you, to save you or anything. You do that for yourself because if you cannot do that for yourself when that person goes, then what happens right? So, you have to work on yourself, on your Insecurities like Maga said. You have to un-programme your brain on this whole thing of needing to be saved and this whole romanticising of, 'oh I need a Prince Charming' or whatever. You don't need one because, guess what, they don't exist okay? You're a very independent and powerful person. Do not diminish your light just because you want to settle with someone else okay? A person that you're dating is supposed to walk the path with you, not support you during your path okay? You're not piggybacking on anyone okay?

[00:58:00.820] - Mags

Mic drop.

[00:58:02.090] - Cass

Literally. Like we said, this is an episode just to make you aware that there's a lot of things about relationships that are said on social media and are portrayed in the media that are not true. Everything seems very pink and sparkly on your phone or on TV. Guess what? Real life is not like that. It's a bit darker, and it's grey. It's a scale of greys okay? 50 Shades of Grey. And also on that note because I just said 50 Shades of Grey, if a person is forcing you to do something you don't want to do physically, get out. You know what I mean?

[00:58:52.260] - Mags

That's assault and harassment. We don't want any of that.

[00:58:54.680] - Cass

We don't condone that. Red flag, all the way okay?

[00:58:59.850] - Mags

That's one thing we all agree on in relationships.

[00:59:02.730] - Cass

Yes! No, if you're being mind-fucked or physically as well, do not. Abort mission. Okay? Get out of there. But, yeah just like Maga said, work on yourself, work on your insecurities. Don't diminish yourself or settle for something that probably won't last, and you should be growing together. It's not a race. You should support each other. You're a team. It's not a one-way thing, it's a two way thing, and everything should be equal in the relationship. Respect, communication, trust, love. If it's not like that, get out.

[00:59:47.940] - Mags

Yeah, everything must be reciprocated. You mustn't gain- the ratio between gaining and giving should be equal. If you give too much and the other person doesn't, then that's going to fail. If you gain too much but you're not giving enough, that's also going to fail. So, you got to learn how to balance basically everything. Yeah, but anyways, we've been speaking for like an hour. We're very passionate about this subject because I feel like it's something so universal. Everyone is going to have some sort of experience in the dating/relationship world, and as Cass said before, this can be applied to platonic relationships, domestic relationships, so your family etc. And, yeah we just love a bit of gossip as well, but obviously we're not trying to cause any drama, it's just our experience, and we wanted to be as vulnerable, I guess and as transparent as we could with this topic because I think it's important. There's no point embellishing these things. It's not going to make you a better person or anything. Like we're all human at the end of the day, we all want to do good, but sometimes things happen. We make mistakes, we are stupid and that's fine as long as you can recognise that I think it's- and be self-aware is the most important. But anyways.

[01:01:17.750] - Cass

I think Maga is going to make a blog post more into relationships for next week, but you can check that on our website which is-

[01:01:32.560] - Mags

acupofgrowth.co.uk, and while you're there, sign up to our newsletter so you don't miss anything.

[01:01:36.890] - Cass

If you want to share your goss about your relationship as well or your opinions on relationships and what you think is cheating, or your experience with dating apps, or social media and relationships

and stuff like that, or any suggestions or tips for other listeners, share them with us on social media. Instagram is @acupofgrowthpodcast and TikTok and Twitter is @acupofgrowth. And hashtag your post with #AdultingsFavDrink or AdultingsFavouriteDrink, so we can check more easily within the algorithm where your opinions lie.

[01:02:16.190] - Mags

The internet is so vast and big.

[01:02:19.930] - Cass

But, yeah we're going to finish our coffees and get working. But, yeah just a lot of encouragement to you. Also, I wanted to say before we finish off, I think this just has just come to me. I'm so sorry. It should have been in my other tips, but if you think you're in an abusive relationship, call for help.

[01:02:47.990] - Mags

Yes, please!

[01:02:48.850] - Cass

Talk to your friends and family, please. And I repeat, please do not stay in that relationship. If you are being harmed mentally or physically, find a way to get out. And if you cannot get out by yourself, call for help or look for help. Okay?

[01:03:06.390] - Mags

There will always be someone there for you.

[01:03:08.420] - Cass

Yes.

[01:03:08.900] - Mags

So, just get the help you need. And in these types of relationships, it never stops. It's not going to be a one off. And I know people tell you that all the time and they're like, 'yeah but when you love the other person, it's really hard'. They don't love you. The moment they abuse of you mentally or physically, you have to go because that is not love, that is violence and that's harm against yourself-

[01:03:29.760] - Cass

And that's possession as well. You stop being a person, you become a possession. Okay? So, Maga will put some support and helplines on the blog post as well, so if you're listening to this and this is your situation, please check that blog post. And if you're in a very urgent situation, please if you cannot- if you don't have friends or family, Google the number. Just go to the police or something, go to a neighbour, I don't know, but get out of that situation.

[01:04:00.020] - Mags

Absolutely, yeah. We'll put the links in the description of this episode as well, if it's easier for you to reach. But yeah, I think we've covered pretty much everything. So, we will love you and leave you!

[01:04:11.920] - Cass

Yes! So, we'll see you in the next episode. Get in touch if you want to share your opinions, but until next time-

[01:24:32.510] - Both [Mags and Cass]

Bye!