

[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.

[00:00:24.890] - Both [Mags and Cass]

Hello!

[00:00:27.370] - Cass

Welcome back to another episode of A Cup of Growth with yours girls, Cass and Maga!

[00:00:37.710] - Mags

Hello!

[00:00:39.630] - Cass

We're using, as an update to everyone, we're using a new platform to record our podcast and which means that I don't know if I'll be using these clips for social media, but if you get lucky, you'll probably see what we're talking about.

[00:00:58.370] - Mags

Yeah, what was I going to say? Because we're not together today, so we have to record so far away!

[00:01:04.970] - Cass

I know! Maga decided to abandon me. This is what happens.

[00:01:12.230] - Mags

Excuse me, you're the one that's busy all the time, and I can't come round. Jesus!

[00:01:19.050] - Cass

Don't attack me! But anyways, today's episode is on-

[00:01:23.930] - Mags

Imposter Syndrome.

[00:01:25.200] - Cass

Yes. And we're going to see how that affects us, obviously, what imposter syndrome actually is and how it can affect us in our twenties. But obviously a lot of people get imposter syndrome in some type of way throughout their lives, but we're just going to see how it affects us and what experience we have with it, basically. So, yeah. I don't know. Mags if you want to say something else in this introduction.

[00:02:04.170] - Mags

I guess a good little point to put in this introduction is actually define what imposter syndrome is because I don't know if everybody knows what it is, because I think it's quite a new term.

[00:02:11.590] - Cass

Yeah.

[00:02:12.300] - Mags

So, I have it written down for quality purposes. So, imposter syndrome is the persistent inability to believe that one's success is deserved or has been legitimately, I can't really say that word, achieved as a result of one's own effort or skill. So, it's basically doubting your achievements, your success, the things you deserve and being like 'I suck, and I don't deserve this'. Even if you've worked hard for it, you've taken aligned action towards your goal, you're still like 'I don't really deserve it'.

[00:02:46.870] - Cass

Yeah.

[00:02:47.690] - Mags

So, I think where we could start off is maybe discuss our own experience of imposter syndrome, so like, for example, Cass when have you experienced imposter syndrome in your life? Is there a particular time, a particular occasion?

[00:03:04.490] - Cass

I would say I think I felt it even when I was a kid, but in different- it's funny because for me, it started with my identity. Plug into our latest episode. But yeah, I felt like it's- obviously, because I'm mixed, and I was living in a very predominantly white country, I didn't fit in. I was like, I'm supposed to be

Spanish, I'm supposed to be white as well, but I don't feel like I am. And it started pretty much when I was a kid, realising that I didn't fit in certain categories. And that was how it started. But then when I started growing up, it started going to you know like- apart from belonging, it's just like the things that I could do and the things that I was supposed to do because of who I was and what I look like. So, we won't get into the math conversation, but I've said times before in this podcast because I look Asian, people thought that I was very good in math and science and blah blah. And funnily enough, I was very good at science, just not at math. Like physics. That girl was- I ate her up, do you know what I mean? Like I was good at that shit, but I wasn't good at math. And so that started like those different qualities that I was supposed to be good at and then I was not. And then, it especially started when I was supposed to get a job or even when I was at university writing stuff. And not even because I started writing when I was in high school. And then it was like I would be in all of these writer groups and stuff, and I would hear people's work, and I was like 'why should I read my bit? Because I don't feel like it's as good as theirs', right? And it started- it really hit through my creativity. That's where I felt the most, taking everything else out of the equation, that's where- because I feel like I'm a very creative person. I pride myself in thinking that I am very creative and that I can do loads of things, but then in different situations, especially when you're doing group work, and I think that's when me being an introvert started kicking in, because I was like 'I prefer doing it all by myself and taking all the credit because I know that I'm going to do it good'. But if I'm in a group, not necessarily like those type of groups where you are doing everything and nobody else is doing anything, but when you're actually in a group of people that are capable of doing this stuff, you kind of like- the comparison starts and you're like 'am I as good as I thought I was?' And I think that kind of started making me isolate myself from a lot of opportunities just because I was like 'I don't want to put myself in that situation'. But I think that's the most like the highlighted part of my experience where I felt imposter syndrome. But I'm wondering about you because we had this conversation before where we were talking about making this episode about imposter syndrome, and you were like "I don't know if I actually believe in imposter syndrome", so I want to know your experience.

[00:07:06.860] - Mags

Yeah, I think bizarrely now that you've actually mentioned about creativity and writing and stuff like I've had that as well, where I've read other people's stuff, and I'm like 'shit, I'm not good enough. Bro, my writing sucks'. Or like another way I've kind of felt it is with just like hobbies because I am the type to have so many different fucking hobbies, but then I never get good at any of them because I've got too many. For example, like piano. I took lessons when I was a kid, and then I moved to the UK, and then I couldn't be bothered because here they have the stupid grading system which just puts pressure on what should be just something you do in your- you know as a hobby. And so I was like, I just self-taught from then on and then just learnt pieces by myself and improve myself and stuff. But at the same time, and then I look at other people, like professionals or really good people on YouTube or whatever, and I'm like 'bro, I suck. I've been playing piano for like nearly 20 years, but I suck'.

[00:08:17.470] - Cass

Obviously, because we've been friends for a long time. One of the first things that you told me when we first started being friends was that you played piano. And for everyone listening, I always make Maga play me something on the piano just because I love hearing her play. And she will always say

"oh, I'm not good". I'm like "bitch, no one else can do shit like that like you do". Do you know what I mean? "Like, why are you doubting yourself? You're so good". And she doesn't give herself enough credit. And now that you mentioned that, you constantly say that every single time I make you play, but I make you play so you can-

[00:08:55.930] - Mags

Yeah it's like a disclaimer.

[00:09:01.390] - Cass

Yeah

[00:09:01.710] - Mags

I think as well when I play in front of people, I get nervous, so then I tend to maybe mess up once or twice, but then it's not because I'm not good, it's because I'm nervous. But I trick myself into thinking it's because I'm not good. And then that's why I disclaim before I play to people. I'm like 'oh, by the way, I've really just learnt this, or I'm not very good'. And then it's like, well when I play on my own, I'm- I'm actually all right like you know. Well I'm not professional level because I haven't been like trained professionally, obviously. But yeah, I don't know. And I think- thing is with imposter syndrome, I don't know if it's just like an embellished term for just low self-esteem and self-doubt, and it's just like another word we've put on top of something. That's why I'm like I prefer just using it as instead of using the term imposter syndrome, I prefer using being insecure, being like- doubting yourself or like having low self-esteem because I think that's where imposter syndrome itself comes from. So, it's not really not believing in the concept, it's more like the actual term. But I guess that's just me getting a bit, I don't know, annoying with words. Anyways, rambling. But I think another time, another time I've had I guess imposter syndrome is job searching because it's like, when you get rejected a lot of times and stuff, you're like 'well is suck, like obviously I'm not good enough for anything'. Even I can't even get a job in fucking retail without them rejecting me. But then when I look back on it, it's probably because I have a university degree and they know that job would only be temporary and that I'd actually be looking for something else. And then when you see everyone like, for example on LinkedIn and stuff, like being like " I found my new job, or like oh, I really love my job" and stuff, and it's like 'am I really that inadequate and unskilled that I can't get a job?' And then it just spirals into insecurities and self-doubt and then that altogether just lowers your self- esteem because you're like 'well, I can't get a job. This is embarrassing'.

[00:11:28.570] - Cass

I was going to ask you when was the first time that the term like imposter syndrome came into your consciousness? Like, have you always known that term or was it like a recent thing?

[00:11:41.390] - Mags

No, I think- hold on, I'm trying to remember. I think the first time I heard about it was either on a YouTube video or a podcast of some sort because I was like- I saw the term somewhere, and I think it was either YouTube or podcast. And it was like saying something about imposter syndrome. So, then I looked it up, and/or I watched the video or listened to the episode, I can't remember. And it was saying like "oh yeah, it's like where you believe you don't" like- actually you know, I think I remember now. I think it was the Lavendaire Lifestyle podcast. I'm sure she did an episode on imposter syndrome. Shout out to our queen. Even though I know she wouldn't be listening because she's fucking- we're not on the same level.

[00:12:35.490] - Cass

Not yet. Not yet anyways.

[00:12:39.810] - Mags

Manifesting! And then I was like, imposter syndrome. And I thought it actually meant like, you're an imposter, a bit like in Among Us. But then it makes sense in the sense that you feel like you don't belong because you feel like your success or your achievements are not reflective of who you are. You're an imposter. You don't deserve what you have and stuff. What about you? When was the first time you heard about-?

[00:13:12.590] - Cass

I, funnily enough, didn't know about this term until very very recently. And by saying very recently, I would say last year. Because when I was doing my Masters during our first day like the induction before all the classes and stuff, that was one point that was talked about in the presentation of the course. So for anyone that doesn't know I don't know if I've mentioned this before, but I did my Masters in Journalism and Social Media, and my course director on the first day, we were talking about the benefits of doing journalism and what it's all about and stuff. But that one thing he touched on was like self-care for when you're writing, which I thought was very interesting. And I was like 'why didn't I have this in my degree?' I needed this to know my self-care when I'm writing. But it was about like- because obviously being a journalist, first off, it's a very competitive industry, right? You have different types of journalists and stuff. And especially in my Masters, it was touching on different types of broadcasts, different types of mediums, social media and stuff. And obviously loads of other journalists are using social media now to bring news to people, especially young people, because that's what they use on a daily basis. So, for a lot of young people, seeing those slides on Instagram or watching a TikTok and stuff is their way of watching the news, right? And so, he was mentioning that a lot of one of the things that he most as- being a journalist was having imposter syndrome. Because you're in a competitive industry and because you're supposed to see what's on the market, see how your story can be better than someone else, how you can get there before someone else to tell the story first and all of that. And how you tell your story can be very draining. And obviously the comparison of how your style compares to somebody else's might trigger your mental health and make you doubt your capabilities. And so, he was explaining all of this, and I was like 'oh, my god, that makes so much sense'. But I've never heard the term. I think I might have heard it before, like you said, through different YouTube videos or podcasts and stuff, but it wasn't like- I feel like a lot of the times, with these terms, with these new terms that come about, you hear them a

lot as part of the conversation, like any other term in your vocabulary. But for someone to sit you down and be like "this is what happens in this situation of what you want to do", and especially if it's in terms of studies or work, especially with journalism. My Masters was so focused on the industry, on not exactly not necessarily the theory, but it's like how you use it on a day to day as a job. Do you know what I mean? For me, it was very interesting how he applied it to how you actually live it and how that looks like and the different examples of that. And that made me think of all these other times that I've probably had this imposter syndrome, and I didn't realise because I didn't know what it was. I just thought, like you said, it was self-doubt, low self-esteem, insecurities and all of that. I didn't know there was a term to express all of this. And so, that was when it was first brought to my attention really. Yeah.

[00:17:14.970] - Mags

That's really interesting. Actually I didn't realise you didn't know about it sooner because I thought you did. But I guess not.

[00:17:24.320] - Cass

To be fair, guys I just came to the UK five years ago. All of these vocabulary terms are still coming into my radar, even though I've been in the UK for five years. I went to a bilingual school and all of this, right? But I don't know, I was also surprised by the fact that I hadn't really learned about the concept until it was literally lectured to me. But I feel a lot of what you said about the job part of it, especially when you're in your twenties and you're either leaving school and going into jobs, like you said, even when you're job searching, you're in interviews, it can kick in very hard. And then, especially if you're starting the job, like the first days of you starting a job, it's pressure because one, it's your first impressions to your co-workers, and then you actually get to do the job that you applied for. And it's like sometimes it's hard because even though you know you're a first starter in the actual role, you still compare your abilities to the ones that have been there long. Like years and years. And for some reason you put yourself in that situation of I'm not good enough because I don't have all of this experience. But the experience comes the more you do it. But we somehow don't give ourselves that space of realisation, of reflection, and we just go into worst case scenario being like "oh we're shit" type of thing.

[00:19:13.320] - Mags

Yeah, that's why I think comparison is such a killer because it's like people have just either been doing the thing longer, or they've just practise more or whatever, and that's literally all it is. It's like you get better at things by doing more of it and getting more practise, having more experience, etc, etc. So, if you start something, or if you're just starting something, there's no point beating yourself saying like 'oh, I don't deserve this' and stuff. It's like, you're at the beginning of the journey of whatever you're doing, so you've still got a long way you can go. So, I guess the next question we can ask is do you struggle with imposter syndrome often or do you only experience it in occasional circumstances?

[00:20:06.770] - Cass

I wouldn't say often. Well, it depends now that I say that, it depends. It depends on- because obviously, as many of us know now, I have mental health struggles, and so it kicks the most if I'm in a depressive episode. Queens of mental health! When you're in a depressive episode, it kicks the most because when you're in a depressive episode, you're either too numb to feel anything or your anxiety kicks in and you question everything. There are two scenarios, at least for me. I don't know about anybody else, but that's the most that happens to me. It's either I'm numb or anxiety kicks in, and we both have anxiety, and so we can vouch for these things. But I would say- I would say more often than not, it's occasional, especially when I'm doing something creative, like I said, especially because I've been getting more into my craft of writing poetry and writing plays and all of these things. And sometimes when I think, especially in the events that I've taken you with me, I always have this moment before the show starts where I'm just like 'right, I'm going for a smoke. I'm going to have a glass of wine because I'm pissing myself with nerves because I'm surrounded by all of these people that know what they're doing, and I'm just here like yeah, I'm just vibing. And I gave my work to present', but I don't know how that's going to go. I think that's the most that, especially that you've seen me have imposter syndrome, but I don't think I've had it, especially since I finished uni. I don't think I've had it.

[00:22:18.410] - Mags

Yeah.

[00:22:19.950] - Cass

Do you know what I mean? I think as well, when you're at uni, and this is the bad thing, not even at uni, just when you're in education, right? There are all of these kids right that- we can vouch for this. There are these kids that put the less amount of work and that get the best grades, and then you do all the work and get a lower grade than them, and then you're like 'what the fuck?'

[00:22:45.340] - Mags

Yeah.

[00:22:46.170] - Cass

Do you know what I mean?

[00:22:47.300] - Mags

Yeah.

[00:22:47.980] - Cass

You're like 'how is it that all the effort I've put in gets less rewarded? Is it because I've done something wrong? Why is it that I fail to do?' Blah blah, and it starts kicking in. And I feel, like you

said before, this whole comparison game it just- we always compare ourselves even from when we are kids, and especially in school. I don't know what your experience is, but in Spain at least, it was a competition of who gets the best grades and stuff. And that pressure of trying to be better than anybody else kind of gets engraved into you from a young age. And I think that's where most people start experiencing like low self-esteem and imposter syndrome because it's the constant need of trying to prove yourself. But then when it doesn't go to plan, it's like 'so is it because I'm a failure?' type of thing. So that's my reflection, but I've just kind of gone into some other place and totally deviated probably from the question.

[00:23:56.970] - Mags

No, I see what you mean.

[00:23:58.910] - Cass

To you now, Maga?

[00:24:03.150] - Mags

I think- I don't think I've I think similar to you, like I only experienced imposter syndrome like maybe in school because like I craved academic validation, lol. But I also enjoy learning, so I don't know. Anyways, but I think similar to Spain, I know France is very competitive with school. Like, it's all about like you know like who's got the best grade in the class and if they do, then they get praised for it and everyone else gets pushed to the side. But similarly, in England, you have the whole set system, which is like, for each year you'll put in a different set. So, I think it goes from like set one to maybe five or six. And set one is like basically the best people in the year, and then let's set five or six is like people who struggle with academics, basically. And I think there's always this competitive thing of trying to reach the next set, trying to get higher and higher in the sort of hierarchy and stuff. And I think that puts a lot of pressure, and I think, as you said, like people who feel like they're working hard, but then they're getting no fruits from their labour is like- it can put them down and really make them doubt themselves and then imposter syndrome kicks in and stuff. So, I know that's what I struggled with because I was in pretty high sets for most subjects except for Maths.

[00:25:44.350] - Cass

Same girl!

[00:25:45.950] - Mags

And so like yeah, I felt like I was trying so hard, but for me, Maths just wasn't clicking. And it could just be just because I don't have a logical brain. I'm better at maybe thinking- problem-solving creatively rather than logically. You know what I mean? But then I'd still put myself down, being like 'oh, I don't know what else I can do. I'm trying my hardest and nothing's working'. 'Maybe I just suck at Maths, and that's fucking embarrassing'. And then when people ask me really simple things, I have

to use a calculator because I'm just useless at Maths. And then I think, at the moment, I think I'm experiencing it more now that I'm unemployed because obviously with the whole comparison seeing everyone on LinkedIn and everything having jobs, going to work and stuff, getting rejected by so many- so many companies and stuff and positions I apply for, even though I feel like I've got enough qualifications for it. But unfortunately, in the working world, they don't really care that much about qualifications, it's more about experience. And I know that, but still, I can't help but sort of beat myself down about it. But then I'm like, I mustn't beat myself down about it because otherwise they'll discourage me from job searching, and then I will never get a job if I don't work hard. But I think at the moment, it's the sort of period where I've experienced it the most, because I think at school afterwards I was good in other subjects, so it kind of compartmentalised all that. But then now it's like, this is all I'm focusing on and that's all I'm thinking about. So, I think I always experience it when it comes more to work and stuff because I think as much as I say I'd love to not have to work and live in the countryside and just grow vegetables and stuff. I think I actually like working because it gives me a goal to work towards, and it makes me feel like I'm contributing to something that's bigger than myself, let's say. And so, when I don't get that, I think I can really start doubting myself and my abilities and skills and stuff. Now is the moment where I've experienced it the most.

[00:28:16.270] - Cass

Yeah, I think it's funny what you said about how employers now look more for experience than qualifications because that wasn't the case before. People would be looking at what qualifications you had to know that you had the knowledge to do stuff. But I think that we've had a switch in the last couple of years where it's more important to be able to do the tasks on hand than actually the theoretical side of it. And I think that's very- something that switched a lot because I remember a lot of people before, and most of the things that I think we've touched upon on our first episode was if you get like an undergrad, if you get a degree, and you get a Masters, you get the best jobs. But you might have a degree and you might have a Masters. And you might be working in retail or working in a warehouse or being unemployed. And the standards of work have changed so much from what we grew up believing. And so that also adds the pressure of then everything that I've learned and everything that I know, how does that count now towards what I want to do? And I think as well, because you were talking about academic validation and stuff, it made me think as well that it's not only that you seek that well, not you necessarily, but a lot of people don't seek necessarily academic validation from peers and the school, but they seek the validation from when they get the results and bring them home. And they can show people, especially family, especially parents that 'I'm smart. I can do this'. And if you don't get that validation from the people that you crave that from, then that makes you doubt yourself more and makes you think well 'am I doing the right stuff or not? Am I doing what I need to do? And am I good at what I thought I was good at?' And especially because something else that you mentioned was that when you grow up, you know what you're good at, right? When you start studying from a young age, you don't get the chance to decide where you're like know where you're good at and concentrate on that because that's what you want to do. Because from a young age, you're supposed to be good at everything. And it's not until you're around GCSEs/A Level age where you can start actually picking what you want to do that you actually move that motivation into your passions. Because before it's like, you have to have good grades if you want to be considered smart like in that hierarchy in school of you're with the smart people right, and you're not at the bottom with people that don't know how to do stuff. And it's like your- you being intellectual and your experience on how to study and how to achieve all of this validation and all of these qualifications pushes you more than your actual passion for doing stuff. And I think

it's very interesting how that's the base for us to start growing upon us than just be passionate about what you do. Just motivate yourself to do what you want to do. And that's only given to you when you're a teenager almost going into university or not even. And so, I think that's why a lot of young people, especially teenagers, when they have to have this choice of what you want to do, they don't know what to choose because they don't know what they're good at. They're supposed to be good at everything. And so, I think, for us especially growing up, that doesn't motivate us to find our purpose because it's like if I'm supposed to be good at everything, then everything should be my purpose, right? And so not having that guidance or that encouragement to focus on your own growth and your own passions and stuff creates more doubts and insecurities because you're supposed to be in a general. You're not supposed to have your own niche and have your own thing to do. You're just supposed to be everything at the same time. And in a way, that kind of adds to the societal pressure and all of these standards that we have now in society to just be good at everything better than the older generations and stuff. Because you're supposed to be the future, but you being the future adds to the imposter syndrome of 'but I'm not good enough'. So how can I have this pressure on me when I don't know what I want to do, I don't know where I want to go. And it's that lack of guidance from when you're young- because obviously a lot of people say it's all about like, and I believe this it's all about upbringing and how your safety net is like- your environment is around you because you get all of that to support your growth, right? But for people that lack a functional family, for people that don't have friends, for people that have grown in a toxic environment and that goes into their toxic relationship with education or with authoritative figures, they don't have a base of guidance or encouragement. Do you know what I mean?

[00:34:36.000] - Mags

Yeah.

[00:34:36.440] - Cass

And so it creates more and more pressure of 'I'm lost. I don't have anyone to bounce off of, but I'm supposed to be this to then get here and here'. And this is like the path that society has said "this is how you have to go about your life". But if I don't have the base, then how do I do it? And so the pressure of it affects your self-esteem, affects your mental health, affects all of your insecurities and then what you're left with is just a person that's an empty vessel because- you just expect them for them to be full of everything when they don't have anything to fill themselves with. Do you know what I mean? And I've gone on a rampage of philosophical knowledge, and yeah sorry, I've gone off. Maga do you want to add to everything that I've said? And see, this is the thing: I bounce off of things that you say, and it just makes me think, and I'm just like 'I'm going to start running until I find where I have to set off to'. You trigger me to do it, so.

[00:35:48.110] - Mags

Yeah, but it's like your ranting is good though. You have good opinions, you've got good things to say, so it's fine. What was I going to say? Yeah, I think that's why if you've got a hobby from when you're like a child, it's really beneficial because I think it's something that you can carry on throughout your life. If you're passionate about something since you were small, you're more inclined to know what you want to do or you're more inclined to know what sort of things bring you joy, if that makes

sense. But I guess to move on from that, how do you cope with imposter syndrome Cass? Like, what are some things you do or things you remind yourself of when you struggle with feelings of self-doubt and self-esteem?

[00:36:49.790] - Cass

Well, whenever I feel like shit like that I usually either talk with my mum or with you, and that helps me cope. But I think what really helps me cope that emanates from my conversations with you or with my mum or with my boyfriend and stuff, is words of affirmation.

[00:37:09.660] - Mags

Yeah.

[00:37:10.250] - Cass

So, it's reminding myself of 'I am myself. I cannot compare my experience to somebody else's because they have their own life, they are their own person, and I am mine'. And I am in this stage of my life where I am supposed to figure out where I'm going right, and figure things out on my own. And that experience will form my opinions and form my judgement and form who I am, in a sense. And so, it's very easy, and we both know it's very easy to fall into the spit of negativity and thinking- and the minor inconvenience is like 'I'm shit, I cannot do this, I'm done'. Like the amount of times per week that we tell each other that we're done with something because it's a minor inconvenience. It's so easy to fall into that, especially with young people. It's so easy for something to go wrong, and you being like 'I'm done. I don't want to do it'. Because it's so easy to feel demotivated in this day and age. It's so easy. The minor drama at the office, drama at the office, drama at home, drama with your partner. Like all of these little things that are negative in your environment in some way or another hit you in some way, and it can either hit your mental health, how you think of yourself or how you think about others, right? Normally, it's the three things at once. And so it's having a moment of stepping back from it all, having someone to talk to or just even a moment to yourself and think 'right, what is happening? Why am I thinking like this? Why am I feeling like this? What triggered it?' So, if you find the root of this and stuff- because obviously, between you and me, we know this, because the structure of our conversations when I'm triggered by something is always the same. You always ask me "what happened?"

[00:39:25.730] - Mags

Yeah.

[00:39:26.690] - Cass

It's always that question. You always ask yourself that question 'what happened?' And so, by me telling you what happened, it's not like- it goes both ways. So, I tell you of all the thousand examples that I could give you that we have on a day to day basis, it's like I don't know, I'm going to throw him

under the bus, but I'll send a message to Maga, and I'll be like "I'm so done with my boyfriend. Like, I'm so done" right? And Maga will immediately be like "what happened? What happened? What did he do?" And then me saying what happened, one makes me think, re-evaluate on the situation, and Maga having an objective side of it can pinpoint, knowing me and my behaviours and how I process things, can pinpoint to me where I've gone wrong or what have I done right or what I shouldn't have done or whatever. And by me saying it, it makes me think of actually you know you're rethinking this situation, and you're reflecting on it and you're like 'oh, actually shit. Maybe I shouldn't have done this'. But it's also being able to have someone to fall back on that actually knows you and has an objective perspective of the experience to tell you "right, first off, maybe don't do this the next time. Second of all, you're still a bad bitch, so don't worry yourself about it" right? So, it goes both ways, so you kind of reflect on it yourself, but then you have someone else that helps you with that reflection. In these situations, Maga is objective, but at the same time, the opinion is biased because Maga is always going to root for me in these situations, right? So, if I say I'm done, it's going to be "yeah, we're done together" right? It's done, like we're both done, but at the same time, she's going to be "as much as I support you, this is what I think, and this is knowing you, how you should react to the situation". And then I'll be like well 'she's the person that knows me best, apart from my family' right? So, I'm like 'well, she knows what triggers me, she knows I have a short fuse' so, she knows I shouldn't have done this, so that's why she tells me. And the thing that you have someone that you trust enough for them to tell you your fault. It's not that you impose yourself the imposter syndrome more because you trust that that person is looking out for you. So, you don't have the guilt of being like 'oh, I dumped all my shit on this person and now they're telling me I'm shit as well like everybody else and like how I think myself'. No, it's a moment of- what's the term for good criticism?

[00:42:37.410] - Mags

Like constructive criticism.

[00:42:40.830] - Cass

That's it. There you go. Yeah so, that's how I hope. Basically I just go on my phone, I send Maga like a 14-minute voice note if I'm feeling nice and not too anxious or upset about the situation. And then Maga will send me a 3-minute voice note being like "girl, sort your shit out, you've done it wrong, but I support you and love you". That's it. And that makes my day. And then when I get home, I can tell my mama like "so, this happened, tell me your mama objective of it". And most of the time what my mum say was probably the same thing that Maga would have told me like 3 hours before, you know what I mean? So, it's like you can bounce off of people that you trust to make you realise that your mind is going in a place that it shouldn't. But at the same time, it's your own responsibility as well to take care of your own self and have a moment of breathe. Check again the situation like 'what's happening, like what's triggered it'. Right. But always words of affirmation, take care of your mind as well. Do you know what I mean?

[00:43:55.510] - Mags

Absolutely.

[00:43:56.550] - Cass

What about you, Mags?

[00:43:57.810] - Mags

Yeah, I agree. Always be gentle on yourself and always ask anyone you trust in your sort of support system to kind of, I guess, not really rant, but share your feelings basically about, and as Cass said, they can give you constructive feedback based on like 'I understand how you feel and everything', but yeah, relying on other people in your support system. And as you said Cass, sort of getting constructive feedback, like letting the person validate how you feel, but also they can give you advice if you request it being like "well, this is what you should do next. Then if you think that you're not going to do well next time, this is what I advise". But I think as well, it's really important that you know that failures are not like- and mistakes are just there to teach you that you'll do better next time. Maybe this time it didn't work, but it'll motivate you to do better next time. So, don't take it as final. I always see this thing that's like 'rejection is redirection', so don't take your failures as 'well, that's it, I'm shit. I can't do anything. I'm useless'. It's like 'no, I didn't do well this time, so how am I going to sort of plan the next steps to get better?' So, I think for me that's like the number one thing. And then maybe also working on your insecurities deep down like why every time you get something negative, do you react that way? Why do you immediately go to doubting yourself to maybe 'well, I probably didn't work enough this time, or maybe there was some external circumstances that meant that something else out of my control was getting in the way' and sort of analyse why the feelings come up, where they come from. Do a bit of reflective journaling, whatever. Maybe talk to a friend. Or even if you want to go professional and talk to a therapist about it. Just like, reflect on the things that deep down trigger you when you don't succeed at something. Or when you do succeed at something, why do you self-sabotage into thinking that you don't deserve it? Basically, yeah. So, that's my advice.

[00:46:34.670] - Cass

I was going to add as well from what you said because you said something there about coping mechanisms, and I feel as well that a lot of people, like you said, automatically self-sabotage as a way of coping. From the get-go, it's like 'I'm not good enough'. But also a lot of people use blaming others than themselves to-

[00:47:05.700] - Mags

Denial.

[00:47:06.570] - Cass

Yeah. And so, like Maga said, you have to identify not only what triggers you and what types of insecurities you have, but also how you cope with it and how are healthy ways that you can start coping with different things. Like, for example, me. If something bad happens, my healthy way of coping is talking with Maga, right. Sending her like a rant voice note on WhatsApp. My unhealthy way of coping with stuff is immediately dropping everything, having a short fuse and going for a smoke

and blaming somebody else or being like 'oh, it's because this person didn't do this and now it's falling on me', or blah, blah. There are certain situations like that. I don't necessarily blame people, but I definitely go out for a smoke if I'm not coping properly. Sometimes, for me at least, I've noticed that I do that. And so, if I'm having a moment, I'll be like 'right, I'm going to step out of it, and I'm going for a smoke'. But when I'm going for a smoke, I'm going to send Maga a message, and I'm going to be like "I'm upset, this is what happened, and this and that". And also I'm going to add something that happened this week, right. I had a moment of ranting like two days ago, and Maga sent me a voice note, obviously saying advice. And then she sent me a message being like "I don't know if I was supposed to say this advice because it might be that you don't want it, but I'm sorry for sending it to you". And that's one thing when you know you have a good support system. For me, sending me a message is like "I need you to tell me what I'm doing wrong because I cannot pinpoint it, right?" I need your opinion on this. But someone being able to say, you might not want to hear this or you might not want to know this, but this is what it is. That's something healthy, and you have to keep that. And I think we've talked about this in our last episode where Talya was talking about this, about how she gives advice to her sister, right? And it's the wordings that you use. Words have such a big power over how you talk to yourself or how you talk about others, or how you talk aloud, or how you think, but it also impacts how someone gives you advice or how you give advice. And so, it's so important to know all of these things and how you can work on these things not only for yourself, but the people you love, right? And so, for me, having Maga send me that I was like "bitch, what you talking about?" Do you know what I mean? I'm like 'what you talking about? I need that advice. I need to know what your opinion on this is because if I don't have a second outside opinion, I'm going to go crazy thinking that I'm going crazy" right? And that's another negative way of coping is just blaming it on yourself. That's the worst bit. It's not only self-sabotaging, but in that self-sabotage is like putting yourself even more down by your own thought of yourself. And so, like Maga said, is identifying how your coping mechanisms work and how you use them. And obviously, apart from talking to someone, do some work on yourself. And like Maga said, reflective journalism, journalism-journaling, or just putting your words on paper. Even for myself, my reflective journaling is just sending Maga messages or just put- just hear myself say the stuff is reflective, right. And so, this is kind of the advice that we want to give to you in a very loving way. You can either leave it or take it, but it's being mindful, right? That's the word, mindful of how you treat your situation, how you deal with them. So yeah, that's me bouncing off of Maga again.

[00:51:43.130] - Mags

Wow. I think that's a good point to end on. I think that's like the sage advice, the wisdom we can finish on. Unless you have anything else to add, Cass. I don't know-

[00:51:54.190] - Cass

No, don't trigger me into saying something else because the episode is going to go forever.

[00:51:58.870] - Mags

Okay. Well, we hope you enjoyed this episode, we hope you learned something from it. And do feel free to send us a message or let us know if you've learned anything from today, if you'd like to add anything to what we said, the discussion carries on beyond this episode. Also, feel free to leave us

some feedback and a rating to let us know how much you enjoyed the podcast. Give us any constructive feedback, whilst we're on the theme of constructive criticism. Cass, anything.

[00:52:38.830] - Cass

You can follow us on our social, so Instagram is @acupofgrowthpodcast and TikTok and Twitter is @acupofgrowth. Our website is acupofgrowth.co.uk, and there you can find an accompanying blog post for this episode that Maga is going to be working on. And you can also subscribe to our newsletter, so you can find all of the good goods that we're working on for the podcast, as well as seeing some exclusive stuff for some later episodes, and yeah, basically just stay tuned to what's coming next. But we hope that you've enjoyed this episode and yeah, I think we're going to cut it off here.

[00:53:23.250] - Mags

All right, then.

[00:53:24.290] - Cass

Bye, guys.

[00:53:25.710] - Mags

Bye, guys.