

Friendship Village Episode 17

You're listening to Friendship Village, I'm Marlee Grace. Music and advice and every Sunday from 3 to 5PM Mountain Time here on KMRD. If you have questions, call the station while the music is playing. You can also email friendshipvillageradio@gmail.com. We've got a lot of great questions today and I'm so excited to answer them for you!

[Music]

That was our girl Taylor Swift with "My Tears Ricochet" off her new album Folklore. We started off the show with a little Crosby, Stills, and Nash "Love the One You're With." You're listening to Friendship Village and we've got our first question of the day. This caller says "I began recovery during Covid. As things begin to pre-Covid pace, I'm finding myself in more and more situations with stress management at work. Previously my stress management was about 10 drinks after a shift. I'm having a hard time cultivating tools as I isolate in quarantine. I'm trying to be creative, but the emotional drain is sometimes too much. Have you experienced this? If so, what kind of tools have you generated in this new reality that have worked for you?" What a beautiful question. Yes, I've experienced this. First off, I've talked about this a little bit on the show before but after over 9 years of continuous sobriety with alcohol, quarantine and Covid have been the biggest test to me. More than experiencing the grief of getting a divorce, or breakups, or death of people I love. It has really tested that, like you said, management. One thing that's really important to me is to be in friendship and community with other people who are sober. Even if I'm not around them physically, knowing I can text them or FaceTime them or be in touch with them, I've mentioned this book before on the radio show but Holly Whitaker's Quit Like a Woman is an amazing book and she has a start-up company called Tempest that really helps people find all different kinds of communities. It's really amazing - it brings you through all the different kinds of recovery spaces there are. There's not just one way to not drink. I love to say "one day at a time." You only have to not drink today and you only have to manage your stress today. You don't have to look to that next work shift, like you said next work shift's gonna be stressful or am I going to be ok? I really think that yes, moving towards your creativity, continuing to build the tools in your toolbox, make a list like "ok, these are the things that work for me." But the thing is for me, I really experienced in Covid a lot of my tools in my toolbox started to not work the same,

they didn't work as efficiently or as quickly. Again, for me, a spiritual practice - prayer, meditation, taking baths - really just me time, really making time for myself and connecting with my - I call it a higher power, some people call it God, some people call it nature, whatever it is to really slow down, screens off, tap in with yourself. In terms of the weapon against the first drink is really about that community with other people who are also choosing not to do that. Make a list, hopefully you have a couple people in your life who also choose not to drink, and be in touch with them. Text them, turn it over to them like "man, I'm really having a hard day." It's a day I'm thinking about picking up a drink. It's ok to say that. Another thing I heard early on when I got sober was "you don't have to take a drink today if you don't want to and you don't have to take a drink today if you do want to." You don't have to follow that impulse all the way through. Find some sober friends, find some sober literature, and just remember you only have to do it one day at a time. Pro and con list - here are the things that go badly after I have 10 drinks after work and here's why it's worth it. So that has been really helpful to me too. Many blessings, thank you so much for your questions. We've got a lot of advice and good tunes in stores for you today.

[Music]

That was Carole King with "Where you Lead." Before that, we heard Pretenders, Jackson 5, and we started with ABBA. You're listening to Friendship Village, music and advice with me, Marlee Grace, and we have another beautiful question. This person says "Want to quit my full-time office job and take time off to focus on creative life. Feeling afraid of Covid and recession-world even though I've been saving money and have wanted to do this for a very long time." Yeah. You know, I like to follow my intuition when I give advice because it's only my experience. I generally don't know these people when they call. So I don't know your enneagram, I don't know your astrology, I don't know your birth chart. I'm like yes, quit it. Quit the full time job. The end. Believe that you will be held by taking the jump. And it's scary out there, we do have to be somewhat pragmatic and plan these moves and these shifts but from my own experience, I have jumped many a time before I was ready and was held by the universe. I think sometimes we have to end something before we know exactly how to do what's next. That's scary, that' capitalism doesn't teach us that's a possibility, right? Magic teaches us that's a possibility. The real world doesn't want you to think that you can

do that, especially if you have any marginalized identity - a woman, a person of color, trans, non-binary, disabled, poor - it's harder. It's harder to make those jumps and be factually held by the systems that oppress us as well as the universe. But I think it can happen because I've done it and I've seen a lot of people do it who aren't of privileged position or identity or have even a ton of money saved up. I often share the story of in 2013 when I opened up my shop and gallery and artist residency, Have Company, in Michigan, I think I had \$300 from serving tables. I had the structure in place, I'd started to put money into my business and I was like "I have to leave this serving job in order to really push myself." Again, that's my - that's what's worked for me but I think there's a little bit of trust and I don't want to say "fake it til you make it" but you have to believe in yourself while other people might not, you know? Your friends, your family, they might be like "nooo how could you leave the full time job" and even if you're like "I don't know, I have no idea what I'm doing" you have to be like "because I believe in myself and I trust in myself and I trust in my community." I always tell people, make a newsletter, make a digital newsletter. You own those contacts more than you ever will a social media account, so that's my business advice. Many blessings. And to those of you listening, there's no shade in the full time, if you need to stay longer and that's part of it, that's ok too. My energetic download if you're ready to make the jump. I hope you do and that you have so much fun.

[Music]

That was "Bus Stop" by the Hollies, before that we heard Sunshine by Superman Donovan, Somebody to love by jefferson airplane, turn turn by the birds, you can call me al by paul simon. I'm Marlee Grace, you're listening to Friendship Village, every Sunday from 3-5PM. I just had a beautiful call from a listener, and while I love social media messages and emails, the old fashioned phone call into the station while the music is playing makes me so happy. Thank you to this caller. This caller is trying to create some daily habits for themselves, they've been digging into Morning Pages, tarot cards, but are sort of running up against that feeling of how do we integrate self forgiveness into these practices when we don't want to do them or do want to do them or we're doing them too much or too little and these questions we ask ourselves around care and maintenance and, as I like to say, the mundane. So thank you so much for this question, this is something I'm always thinking about in my professional life as I guide other artists through these questions as well as in my own

personal life. Covid and the pandemic has definitely been another category of what I've been tested. I think the question is "when do I let myself off the hook?" And when I do that, am I in avoidance or am I giving myself gracious, compassionate permission to rest? I think that's the wall that I'm usually running up against with this question. I used to do Morning Pages every morning and for me the last couple months that has not felt correct to me. In the morning I either like to go for a two mile walk with my dog or go straight into my email inbox. I've often taugt and thought about not doing those things because really we should go to the journal, but actually that's not true for everyone. So as you're navigating this, get really radically honest about what do you like to do? What are the habits you like to do? Another thing I like to do is to bookend things. So every Tuesday I have therapy and immediately after therapy I take a bath. It's like, therapy ends, I close the computer, the Zoom channel is over, I get in the bath. And I let that be a silent bath. Some baths I like to watch TV show, read a book, send an email from my phone, but this really helps to have those non-negotiables that feel good and get really honest with yourself when you're in avoidance. I love that you brought in self forgiveness. How do we talk to ourselves when we're in avoidance is the real question of noticing, being curious. I'm noticing that this morning I actually wanted to go to for a walk or wanted to do morning pages but I'm resisting. There's this great sentence in 12 step literature for addicts, speaking for myself, that says "resistance dogs our every move." For me I identify as an alcoholic and that pattern of resistance is so thick in me because it also makes me think I'm in control. If I choose not to do something, I'm in a head space of "see, I'm in control of my choices and I choose not to do this thing." And that can actually not feel so good. So just keep bringing in a noticing practice of, does writing feel good, or does walking feel good? Maybe some mornings you write and some mornings you walk, maybe some mornings you let yourself sleep in and eat trashy cereal for breakfast and watch a trashy TV show. I think so much of my own discomfort and anxiety comes from not fully committing to what I'm doing, whether that's avoidance or devotion. I think for me, if I'm in avoidance I want to know I'm in avoidance, look at it in the face and say "I see you, avoidance, I accept that we're in avoidance right now." Or we're going to pivot, phone a friend, pick up a tool in the toolbox that doesn't require me to be so self sufficient. That's the other thing - when I'm not sure which one I'm in, am I in avoidance or that fully gracious, spacious, rest permission space? I sometimes just check in with a friend. This show isn't called Friendship

Village by accident. Calling the friend, being like "you know my behavior and what I'm about, my values, what I need or don't need, what do you think about this behavior and where I'm at?" Be playful - I've definitely been in that state where I'm like "every morning I do these 5 things and if I don't do them, I'm a trash person." And that's just not true. I'm not a trash person today. Thank you for the reminder that I too need to let up on myself and not be so hard on myself. Many blessings to you, dear caller. You're listening to Friendship Village, 96.9FM, KMRD-LP, Madrid, New Mexico. Here's Billie Eilish.

[Music]

That was Celine Dion, before that we heard Dressy Bessy, Harry Styles, you're listening to Friendship Village, I'm Marlee Grace, music and advice. We have our next question. This person says, "did you always recognize the therapeutic impact dance had on you or was it a realization?" Thank you for this question. You know, my dance mentors, the architects, talk a lot about the form that we practice - compositional improvisation is not therapy, but it is therapeutic. It's tricky because if you were a graphic designer and that was your main medium, you might not ask them if it feels therapeutic to sit at their computer and move shapes around. But because dance is such an embodied practice, it can have that sometimes. It wasn't until I started my project that exists on a social media platform called @personalpractice, that I started dancing every day and filming myself every day for a year, from 2015-2016, I wasn't thinking of it as a therapeutic practice, I was just like "I want to practice dance, that's my medium, what I've been studying since I was 5, what I have a college degree in, my research practice is improvised dance." In the year that I started that project, I went through a divorce, moved across the country, and went through all these really big life events. Yeah, absolutely, between my sobriety and my friendships, I really think it's what kept me alive in that time of really deep grief and confusion and transition. I think it was a realization for me. It goes in waves, there are times that it feels like I dance because I want to make shapes with my body and that's how I communicate. And just because you see me dancing doesn't mean I'm embodied or feeling embodied. That can be a really different part of my dance practice that maybe I don't film or I have my eyes closed or it's both/and. It's therapeutic to me and a medium of shape-making. So, that's my thoughts on my dance practice. You're listening to Friendship Village. Sending love to so many of my friends in

California who are displaced from their homes or breathing in some smoky air as well as my partner who's on her way there now to tend to the flames and fight the fires.

[Music]

That was Sonny and Cher, "I Got You Babe." You're listening to Friendship Village, advice and music every Sunday from 3-5 on KMRD-LP Madrid, New Mexico, freeform community radio in the heart of New Mexico. We've got another great question for you today. This person says "how do you know that you're ready to take the next step with your partner, like living together?" Phew, you're talking to a lesbian who loves to U-Haul. Sorry. Yeah, I mean I've waited, you know, I've lived with - I can only speak for myself, right? I can try to speak for other people, I supposed, I could get in trouble that way. My current partner, we were just laughing about this the other day because sometimes when you're in it, it doesn't feel that fast. But looking back, we'd been dating for approximately two months before we moved in together, which many might say is fast. But again, we'd known each other for longer, we were living in different states, it just wasn't going to work like that so we took the leap. And here's the thing though, when you move in with someone fast, sometimes it means you have to work backwards because codependency or certain levels of attachment make their little homes in the habits really early. I like to say, not the longer you can wait the better, some people I know - who are also lesbian women - waited 8 years to move in together, the opposite. And that was correct for them. I share those two totally different timelines because I don't think there's a - I think you just have to decide. It's a risk. There's no right formula. I know people who wait 10 years to get married or move in together and then in a year they break up. I know people who dated for a couple weeks and then got married and ten years later, they're still together. So I think there's a lot to be said about maintaining your own intuition practices and knowing the signs of what feels good to you and it's really going to be about communication. Can you communicate well in a home together, which means stating your boundaries, saying your needs, like I need space, I need togetherness. That's, for me, always a big part of living with someone. Being totally in love with my girlfriend doesn't mean I'm the best every day at how I manage the way I communicate with her, if that makes sense. Just because we love each other doesn't mean we're perfect at living together. That takes a different skill. Loving someone takes a different skill than living with someone. Asking each

other curious questions, not taking it personally if your person is like "I don't know if I'm ready for that." That's ok too. It's ok to be on different phases and then see where the path goes together and separately. Two months, eight years, two weeks, ten years, there's no right timeline for how and when you get to move in and live with someone. I'm sending you many blessings as you navigate that. And living together is fun! It's such an adult - at 32 years old I sometimes pinch myself that I get to live with my hot, cool, fun girlfriend. We just get to be here in this house! There's something to be said about - in your late teens when you're kind of an adult, a lot of times your parents are like you can't do this, once you're a real adult who can just live with whoever you want to, I like to celebrate that. Even in my thirties I don't take that fun little treat for granted. Many blessings as you navigate figuring out if it's time to live with your partner.

[Music]

That was the Kinks, before that we heard the Turtles. I'm Marlee Grace, you've been listening to Friendship Village. We've got another question and a PSA about voting. The New Mexico Secretary of State voter information portal. You can find that at nmvote.org. The deadline to register to vote is October 6th, the deadline to request an absentee ballot in October 20th. Request a ballot by calling your county clerk. October 6th, the deadline to register to vote. October 20th to request an absentee ballot. I know I'll be voting for Joe and Kamala, and I know that they're not my favorite people in the world but I'm going to make that choice, I invite my listeners to do the same and to remind you that these opinions are mine and are not reflected by KMRD as an organization, as a freeform organization, just my little gay thoughts. I hope you exercise your right to vote. I'm going to vote the Biden-Harris ticket. Shoutout to my girl Robin Kanner, the Biden-Harris senior creative advisor. Thank you for doing such an amazing job, I love ya pal. I made myself a shirt this week. I cut some letters out and sewed 'em on a sweatshirt. You can make your own campaign art, isn't that beautiful? Mine just literally has colorful letters that say Biden Harris. The two people who I don't think are that awesome but who I would rather see running the country than the current person who is...Friendship Village, that's what this little show is called every Sunday 3-5. We have our next question. Let's see, sorry, let me find it. This person says, "I'm 27 and just moved to a new city. How the heck do you make friends as an adult?" That's an amazing question. I'm 32, I moved to a new town this year,

back in March, March 15 to be exact, two days before the sheltering in place began here in New Mexico. Making friends is hard! Let alone in a global pandemic forced quarantine, I don't know! My answer is, I don't know. My friends here generally come from this radio station. So there's part of me that's like, find your local radio station, get a radio show, and those are the people who are your friends. But really, there might be some sort of - if it's not a radio station, maybe a community center. There's a lot of public places that are still having distanced things or gatherings in the park. I feel like I'm really encouraging everyone to look past social media and really try to find out, is there a bulletin board in a coffee shop you're allowed to go in with your mask on? Is there a town gathering? Is your local library hosting something outside? You make one or two friends, they can show you the rest. It's different for everyone. I really only need one or two friends who maybe introduce me to one or two more. And that's kind of a max out for me, personally. I think also - I've made some new friends this year that were digital friends through social media, people who were at Zoom events, book clubs. You can find digital people and even though I can't hang out with them in real life right now I hope to someday. I do believe in a future where traveling and togetherness is a little more easeful. Make some friends online, maybe they only live a few towns away! Just see what your library's got going on! If you can make one or two friends, suggest to them if they'd like to have a craft night or a book club and maybe those people can invite another person. And another big part of making friends is remember you're cool. You're a cool person. I don't know you but I bet you're cool. You have to believe in yourself, believe you're worthy of making new friends. I believe in you says me, the person who's also always trying to make new friends. Be careful what you wish for. Sometimes I make too many friends and then I get burnt out and can't give all my friends the love they deserve. So one or two could be all you need. Many blessings as you navigate new friendships in your new town. You've been listening to Friendship Village, this is Marlee Grace .