

## Expansive Capacity Live Zoom Chat 19 December 2023

12:05:14 From Kimberly Logan: Just got back from the holiday visit and you are describing my entire inner monologue!

12:08:21 From Kellye Rowland: I feel like I'm lately just being the "good student" of the tools, scoring great grades on my toolbox, and then just letting the box sit in the corner collecting dust

12:09:13 From Kimberly Logan: because rehearsal is necessary before performance

12:09:53 From Bonnie Gillespie (she|her): ^^ Love that, Kimberly.

12:10:33 From constance Zaytoun (she.her): hey y'all! i find that structure/prompts still help me in practice with the fab tools. will we return to any of those in the upcoming year?

12:10:49 From Kellye Rowland: Resistance hnts

12:10:53 From Kimberly Logan: I didn't put my 'child photo' on my phone background for several years after DDT/Bon/et al suggested it as an anchor. I wasn't ready.

12:10:53 From Kellye Rowland: hits

12:11:57 From Bonnie Gillespie (she|her): Avoidant attachment, here.

12:12:00 From Bonnie Gillespie (she|her): We fight = we die.

12:12:04 From Kimberly Logan: the whole fam damily!

12:15:10 From Kimberly Logan: remembering the idea of 'tunnel vision' made it easier for me to pause when I was entering F/F/F with the family. It was almost like watching myself notice WAS the tool

12:15:51 From Bonnie Gillespie (she|her): That's AWESOME, Kimberly. Love it.

12:16:34 From Bonnie Gillespie (she|her): That's just your brain braining!

12:17:42 From Bonnie Gillespie (she|her): I'm a lemur!

12:17:49 From Bonnie Gillespie (she|her): No... a meercat!

12:18:01 From Kimberly Logan: I'm just trying not to be a lemming!

12:18:06 From Bonnie Gillespie (she|her): ;)

12:19:07 From constance Zaytoun (she.her): yes to the parade!

12:19:42 From constance Zaytoun (she.her): hurray!

12:20:00 From Kimberly Logan: get out of my BRAIN!

12:22:20 From Kimberly Logan: I felt that in my chest.

12:22:40 From Stephanie Bergeron: Upholder. ;)

12:25:14 From Kimberly Logan: how do you not make that 'an attack'? (Percieved or real?)

12:31:27 From constance Zaytoun (she.her): "good girl"?? that's so loaded

12:31:56 From Kimberly Logan: Someone told me "You can't 'create' when you are in Survival Mode"

For more about the **Expansive Capacity** mastermind and other aligned offerings, visit [bonniegillespie.com](https://bonniegillespie.com).

Bonnie Gillespie

12:32:02 From Kimberly Logan: and I think 'create' can include, grow, expand, improve, etc.

12:32:35 From constance Zaytoun (she/her): Logan! love you!

12:32:36 From Stephanie Bergeron: You're right, Kimberly. And that goes right back to the brain science... all those functions are higher brain functions, beyond amygdala and medulla.

12:34:14 From Kimberly Logan: We can even create an "Etc. Etc. Etc." tool - each Etc. is a balloon in the parade!!!!

12:34:28 From Stephanie Bergeron: I have that voice too, Kellye, that says not good enough, buck up, all that jazz... for what it's worth, you're not alone in having that.

12:36:04 From Kellye Rowland: Good points Kimberley

12:36:16 From Bonnie Gillespie (she/her): Intent vs. impact.

12:36:30 From Kellye Rowland: Thanks Virgo sister. And hugs to you too. ❤️

12:37:46 From Stephanie Bergeron: What's the quote? Don't attribute to malice to what you could reasonably explain otherwise... something like that. Whatever that comes from, it's resonating for me, here.

12:38:05 From Bonnie Gillespie (she/her): Never assign motive to other people's actions.

12:38:21 From Kellye Rowland: Yeah, me too, and weirdly, in the world today, it's hard not to go to malice first...

12:38:46 From Kimberly Logan: I've heard it as 'never attribute to malice what could be stupidity!', but that's not very nice to "Mark" in this situation!

12:40:01 From constance Zaytoun (she/her): me, too, Logan

12:42:30 From Kimberly Logan: Mala is demonstrating your point.

12:42:45 From constance Zaytoun (she/her): never assign to malice that which can be explained by (puppy) stupidity!

12:45:15 From Kellye Rowland: I went through this with the relationship I finally left: he would be like "well in was blackout drunk, I didn't mean to say all those things" and I would be like but the EXPERIENCE/IMPACT was FELT by me. ughhhh

12:47:57 From Keith Johnson: What?

12:48:07 From constance Zaytoun (she/her): 😊

12:49:37 From Bonnie Gillespie (she/her): Stop explaining anything to someone who is committed to misunderstanding you.

12:49:58 From constance Zaytoun (she/her): our families!!

12:50:19 From Kathi Carey: You said it, Connie!

12:51:15 From Kimberly Logan: Kellye - can you have that rule for conversations with yourself? Every time you start self-flagellating, remind yourself that 'that voice' is never gonna understand your growth and your successes...

12:52:41 From Kellye Rowland: That's a good idea Kimberly. I can do that

12:53:49 From Kimberly Logan: I use that on my husband. Apparently I need take my own advice.

12:54:08 From Kellye Rowland: Me LIKEY

12:54:25 From constance Zaytoun (she|her): i'm finding that Wilma is actually motivated by GUILT. that's the worry and judgement fuel

12:54:40 From Kathi Carey: Small enoughness man

12:55:11 From Kimberly Logan: guilt is definitely a accelerant, Connie

12:55:18 From Bonnie Gillespie (she|her): Knowing Wilma's motivations = powerful!

12:56:09 From Bonnie Gillespie (she|her): That's HAWRD.

12:56:16 From Kellye Rowland: H O W

12:56:32 From Bonnie Gillespie (she|her): You're breaking my brain.

12:56:34 From Kimberly Logan: trick your brain!

12:56:47 From Kathi Carey: Right, Kimberly

12:56:58 From Bonnie Gillespie (she|her): Remember, the brain is a lousy leader, brilliant follower.

12:57:06 From Kimberly Logan: when you call "black" "white" in your mind, does it actually change colors?!?!?!?

12:57:07 From Bonnie Gillespie (she|her): Tell it something is X enough and it will believe it!

12:57:55 From constance Zaytoun (she.her): so that's why i want to keep acknowledging/noting the guilt and tell myself something good (even if i don't truly believe yet)

12:57:59 From Bonnie Gillespie (she|her): Like a belt-sander for the butt.

12:58:10 From Kimberly Logan: YES, Connie!

12:58:24 From constance Zaytoun (she.her): sounds divine actually

12:58:35 From Stephanie Bergeron: A.R.T. Ugh, hurts.

12:58:59 From Kellye Rowland: Wheeeeeee

12:59:06 From Kimberly Logan: Deep brain tissue massage

12:59:11 From Bonnie Gillespie (she|her): YES

12:59:31 From Bonnie Gillespie (she|her): That may be something else...

12:59:48 From constance Zaytoun (she.her): orange beets

13:00:03 From Kellye Rowland: Massing out the toxins! That works for me

13:00:07 From Kellye Rowland: massaging

13:00:42 From Bonnie Gillespie (she|her): Kimberly has a tool!

13:00:57 From Stephanie Bergeron: I soooo dislike those things, Kimberly. Lol.

13:01:24 From Kimberly Logan: Oh, I really love my brain tickler, Stephanie!

13:02:43 From Kellye Rowland: Thanks for the help all

13:02:58 From Stephanie Bergeron: It's a sort of safety cue... or at least a cue that it's not a threat cue.

13:03:12 From Kimberly Logan: I like that distinction, Stephanie

13:03:22 From Kimberly Logan: not really 'safe', but not 'threat' exactly either

13:04:43 From Kellye Rowland: Because stop bashing yourself in a way that

13:04:45 From Stephanie Bergeron: Stop this pain is just the first step.

13:04:51 From Kellye Rowland: Stop it I mean

13:05:29 From Stephanie Bergeron: It's an emergency inhaler. Stop it gets you breathing for the moment, but it won't control going forward.

13:05:46 From Kimberly Logan: 🙌

13:06:12 From Kellye Rowland: Because "stop it" has punishment vibes, imo

13:07:50 From Kellye Rowland: Yuuuup oh queen of stomach issues since childhood. Now I think my intuition was screaming at me

13:08:24 From Kellye Rowland: I love all these tools...are they on the December page too?

13:08:44 From Stephanie Bergeron: Didn't they put Anxiety in the new Inside Out film?

13:08:50 From Kellye Rowland: I LOVE CARE LESS

13:09:05 From Kellye Rowland: Oh god me too

13:10:16 From Kellye Rowland: Seriously these panels are so wonderful . So succinct and at a glance helpful for those times you might be in the moment activated

13:11:03 From Kimberly Logan: and I got halfway through 44 Days With Venus, but apparently not far enough!

13:20:06 From Kathi Carey: I have the same situation with my brothers — they both have regrets over their lives and what they didn't choose to do

13:20:25 From Kellye Rowland: She's starting to appear!

13:20:53 From Kimberly Logan: I started to notice that a bit this time with the extended family Kellye - it feels somewhat arrogant, but also better than being 'angry'

13:21:28 From Kathi Carey: You do not have to

13:21:33 From Kellye Rowland: It's easier that I'm an only child, and my mom moved to Portugal so....I have no holiday issues 🤔

13:21:56 From Kathi Carey: I haven

13:22:12 From Kathi Carey: I haven't spent the holidays with my family since my mother died in 2016

13:22:26 From Kimberly Logan: I 'want' to for Mom, but, yes, doing that for Mom, means everyone else gets a little piece of me (which is the 'have' to part)

13:23:10 From Kimberly Logan: Yeah, Kathi - when Mom passes, a whole lot is going to change

13:23:22 From Kellye Rowland: My mom is still around, but I haven't spent the holidays with her for decades.

13:25:38 From Kimberly Logan: small enoughness ladies

13:25:46 From Kellye Rowland: Small drunk ladies: coming to theaters in 2024

13:26:01 From Kimberly Logan: I will co-write that with you Kellye!

13:26:07 From Kellye Rowland: Yassss

13:30:04 From Bonnie Gillespie (she|her): This meeting could've been an email.

13:31:18 From constance Zaytoun (she.her): that's terrific!

13:32:11 From constance Zaytoun (she.her): i really question the whole love thing...

13:32:17 From Bonnie Gillespie (she|her): It's not "they don't love me," it's "they don't play by rules that make me feel loved."

13:33:21 From Kimberly Logan: We are on limited power here so I apologize that I'm falling into shadow

13:33:45 From Kimberly Logan: smile & nod

13:33:58 From Stephanie Bergeron: ^All good. Remember the time I lost power altogether and was a floating head in the meeting? Lol.

13:34:17 From Kathi Carey: What topics are SAFE?

13:35:59 From Kimberly Logan: "we're in the same room" counts as being there for the holidays (in Mom's eyes). No conversation actually has to happen and probably won't...

13:36:40 From Stephanie Bergeron: It's like a video game quest, Aaron... Find the shiny positive thingy!

13:36:52 From Kimberly Logan: 🙌

13:36:53 From Kellye Rowland: SIDE QUEST

13:37:15 From Kimberly Logan: I'm listening, just in the dark

13:37:28 From Bonnie Gillespie (she|her): Cool, Kimberly!

13:37:51 From Kimberly Logan: "Shocked face" returns

13:38:43 From Kimberly Logan: ooof - "fair" is my kryptonite.

13:39:35 From Kellye Rowland: My Bear does that too. So cute

13:39:39 From Bonnie Gillespie (she|her): Too chilly out here now.

13:41:02 From Kellye Rowland: Oooooof this hits

13:41:06 From Bonnie Gillespie (she|her): Limiting your exposure to things that are poison to you is allowed.

13:41:23 From Bonnie Gillespie (she|her): And those people we grew up with come packing A LOT of the stuff we're better without.

13:42:05 From constance Zaytoun (she.her): oooo, that's interesting!

13:42:25 From Kellye Rowland: Kate is my family. That's it

13:42:40 From Bonnie Gillespie (she|her): Make your relatives put on an emotional condom before engaging with you. STAY SAFE.

13:42:53 From Kimberly Logan: 🤔

13:43:04 From Bonnie Gillespie (she/her): We love Aaron's parents.

13:43:31 From Bonnie Gillespie (she/her): FOR NOW

13:44:46 From Aaron's iPhone: They love you too :)

13:48:53 From constance Zaytoun (s/her): oh my god, could we do a month on COMPLAINING?

13:49:50 From Kimberly Logan: "I can't complain...but I will."

13:50:27 From Kellye Rowland: Because it's a cult at this point

13:50:38 From constance Zaytoun (s/her): the clown or the car?

13:50:41 From Kimberly Logan: Michigan was full of Trump signs <sad face>

13:51:28 From constance Zaytoun (s/her): that's incredibly interesting... this dude

13:54:31 From Kimberly Logan: that's Kellye using the tools! Ticker tape parade!

13:54:38 From Kellye Rowland: Yayyyyyyyy wooooo

13:54:38 From constance Zaytoun (s/her): wheeeeeee!

13:54:40 From Kellye Rowland: lol

13:57:09 From Kimberly Logan: I think I need to work on being my own champion through the end of this year. Set myself up for some big success!

13:57:13 From Kimberly Logan: YAY!

13:57:17 From Kellye Rowland: YES

13:57:23 From Stephanie Bergeron: With you, Kimberly.

13:58:20 From Kimberly Logan: kitty!