

Expansive Capacity Live Zoom Chat 19 April 2022

12:32:34 from quincy cho: so frustrating that that information isn't readily available

12:32:45 from Kathi Carey: Homeopathic worked for me for hot flashes which, btw, started IN EARNEST, at 51

12:33:15 from Stephanie Bergeron: So is EVERY OTHER MEDICAL CONDITION... even health is different for everyone.

12:33:16 from quincy cho: if you're getting crampy pain, i use this during my period, and it works WONDERS: [https://www.amazon.com/Herb-Pharm-Extract-](https://www.amazon.com/Herb-Pharm-Extract-Musculoskeletal-Support/dp/B0016B7TC4/cricfeet-20)

Musculoskeletal-Support/dp/B0016B7TC4/cricfeet-20

12:34:18 from Kathi Carey: Every 30 minutes all day, all night

12:37:23 from constance Z. (she.her): I WISH I was faster!

12:37:35 from Stephanie Bergeron: It's hard to stop it running in, sometimes... lol.

12:40:56 from Stephanie Bergeron: Well, they teach that to you often... if you're angry, leave. I feel like that was a tactic I was formally taught in school...

12:41:07 from constance Z. (she.her): right --- who held grudges against her?

12:43:02 from Stephanie Bergeron: That's an interesting distinction, though.

12:44:28 from quincy cho: i've been thinking how it's been interesting to experience my grandfather this way

12:44:31 from Kimberly Logan (She/Her): walk it off, literally

12:44:34 from quincy cho: since I've never met him

12:45:02 from quincy cho: but I'm realizing my mom's anger/emotional process was learned from her father who was an abusive alcoholic

12:45:03 from Stephanie Bergeron: Yeah, Kim.

12:45:40 from Kimberly Logan (She/Her): primary emotion: frustration

12:45:43 from constance Z. (she.her): what's the difference between anger and frustration to y'all?

12:45:44 from Kimberly Logan (She/Her): secondary emotion: anger

12:46:15 from Stephanie Bergeron: Identifying with

12:47:11 from Kimberly Logan (She/Her): Connie - I think it's identifying with it as a personality trait and also level of intensity of feeling

12:47:37 from Kimberly Logan (She/Her): frustration is something that can go away once I solve the 'problem'; the anger is the emotion that I can keep feeding after I solve the problem

12:47:45 from constance Z. (she.her): ahhhhh! thank you!

12:48:00 from Kimberly Logan (She/Her): ditto. (Sag rising, Aries sun)

12:48:16 from constance Z. (she.her): us, too!

12:48:25 from Kathi Carey: Me too

For more about the **Enoughness Journey** and the **Expansive Capacity** mastermind, visit bonniegillespie.com.

Bonnie Gillespie

12:48:35 from constance Z. (she/her): they were trying to keep down the chaos I guess
12:48:40 from Stephanie Bergeron: Well, this is where I get a little tangled woo-wise...
fire-dominant, 2/3 of my Big 3 are fire (Sag Moon, Leo Rising), but hey, there, Earth Sun.
12:50:04 from Stephanie Bergeron: Connie, I think frustration vs. anger is like a hydra to me. Anger is the body, frustration is just one of its heads.
12:50:39 from Stephanie Bergeron: Sovereignty.
12:50:47 from constance Z. (she/her): interesting. I know I feel frustrations in my body...
12:51:35 from Bonnie Gillespie (she/her): Conditional love, conditional anger.
12:52:15 from Stephanie Bergeron: Is "frustration" a safer word, perhaps, C? Frustration is arguably more "acceptable" societally... Is it just a diction question? (Rhetorical questions. :))
12:52:45 from constance Z. (she/her): i don't know. that's why i'm contemplating...
12:55:04 from constance Z. (she/her): bye, y'all! gotta run to a casting. hopefully i can come back around before you finish the call.
12:55:11 from Stephanie Bergeron: Book that room, C!
13:02:30 from quincy cho: we were also not allowed to fight, esp because we were *girls* that shit got shut down SO hard.
13:05:12 from quincy cho: now it's getting tricky
13:05:18 from quincy cho: where they're getting "parented"
13:05:25 from quincy cho: and I'm trying not to do that to them
13:05:32 from Kimberly Logan (She/Her): I can't go on video, but there's stuff to being angry at my Mom
13:06:31 from Bonnie Gillespie (she/her): Go for it, Kimberly! Yes. Let's hear it.
13:06:34 from Stephanie Bergeron: Isn't it interesting, that anger is the key to that self-defining.
13:07:08 from Bonnie Gillespie (she/her): Stephanie, to me it's less ANGER as the key and more UNEXPRESSED EMOTIONS BEING EXPRESSED (or even identified) that = the key.
13:07:30 from Stephanie Bergeron: Yep. Agreed.
13:08:00 from Kathi Carey: Exactly — the unexpressed emotions (all of them, including anger) now being expressed are allowing me to be me.
13:08:41 from Kathi Carey: And yet, the fear of feeling them is very real — before letting them in, and letting them be felt
13:09:02 from Bonnie Gillespie (she/her): I feel that.
13:09:16 from Bonnie Gillespie (she/her): Shame.
13:10:45 from Stephanie Bergeron: A key. Not necessarily THE key.
13:12:09 from Kimberly Logan (She/Her): And now I have to NOT feel shame that I expressed my (justified) anger when I trigger my Mom's shame so it's all cyclical!

For more about the **Enoughness Journey** and the **Expansive Capacity** mastermind, visit bonniegillespie.com.

Bonnie Gillespie

13:14:14 from quincy cho: yo that shame spiral is real
13:14:22 from Kathi Carey: Yes, Q
13:14:27 from Stephanie Bergeron: Indeed, Quincy.
13:14:56 from Kimberly Logan (She/Her): YES.
13:15:08 from Stephanie Bergeron: Black boxing is my jam, lol.
13:15:17 from Bonnie Gillespie (she/her): Mine too, Stephanie.
13:19:10 from Kimberly Logan (She/Her): ❤️
13:19:31 from Kathi Carey: Willingness to be open and vulnerable
13:19:52 from Stephanie Bergeron: Parallel journeys, energetic exchange, or mirroring...
13:21:21 from Stephanie Bergeron: Being caught, or seen, or... not "missed"...
13:21:26 from Stephanie Bergeron: Witnessed
13:21:32 from Stephanie Bergeron: That's the word I was looking for... lol.
13:22:40 from Kimberly Logan (She/Her): afterparty! 🌟
13:25:24 from Stephanie Bergeron: Sometimes for me, frustration is me ignoring or not realizing WHAT is pissing me off. If I stop and figure out what I'm frustrated about, that's the view-widening that sometimes works for me.
13:29:57 from Stephanie Bergeron: It's a bit like a computer code- if/then.
13:31:04 from Stephanie Bergeron: That's how I got my head around that one... like a monkey grooming another monkey.
13:31:47 from Kimberly Logan (She/Her): yeah - I feel like it's tied to the animal kingdom and can be applied to our human experience with a large dollop of salt!
13:32:26 from Kimberly Logan (She/Her): It's also talking about 'survival', not necessarily 'thrival'
13:32:34 from Stephanie Bergeron: True point, Kim.
13:35:48 from Kathi Carey: I think it's a male gene
13:37:22 from Stephanie Bergeron: The next word I hear is "bitch" with that one... is there a way to use anger like that, Bon. Ain't that an interesting lesson I've taken on.
13:37:51 from Kimberly Logan (She/Her): Yeah, Steph - my mind went to 'that feels manipulative'...
13:39:23 from Kimberly Logan (She/Her): wow!
13:39:24 from Stephanie Bergeron: Yeah, Kim, I hear you.
And from that, this convo has another part of my brain asking... In the textbook definition of manipulate, don't we manipulate all tools at our disposal? Hm.
13:40:02 from Stephanie Bergeron: "manipulate (v.) 1827, "to handle skillfully by hand," a back-formation from manipulation. As "to manage by mental influence," especially for one's own purposes, is by 1864." From Etymonline.
13:40:25 from Kimberly Logan (She/Her): 👍
13:40:41 from Stephanie Bergeron: Just thoughts, Kim. <3

13:41:17 from Kimberly Logan (She/Her): It's like teaching safe sex vs. abstinence only; teach smart anger vs. Never Be Angry ;-)

13:41:35 from Keith Johnson: exactly, Kim

13:44:54 from quincy cho: BOSSSSSSSSSS

13:44:56 from quincy cho: lollllll

13:44:58 from Kimberly Logan (She/Her): YES!

13:45:18 from Kimberly Logan (She/Her): not at all!

13:45:22 from Kathi Carey: 👍

13:46:15 from Stephanie Bergeron: Save The World first...

13:46:25 from Bonnie Gillespie (she|her): Only if THE WORLD = me.

13:50:19 from Stephanie Bergeron: And Greek truth, the opposite is also true. ;)

13:51:27 from quincy cho: that's yummy "unbothered time"

13:51:38 from quincy cho: keith, you go

13:53:00 from Bonnie Gillespie (she|her): Very Mars.

13:54:03 from Kathi Carey: I had a heavy bag. It's great!

13:54:13 from Bonnie Gillespie (she|her): I really think it would be FUN.

13:55:25 from Bonnie Gillespie (she|her): Your right to anger ends where your fist contacts another's face. (Something I've heard about understanding the law and crossing the line from words to physical actions.)

13:55:54 from Bonnie Gillespie (she|her): We make it illegal to express emotions the way primates do.

13:56:02 from Kimberly Logan (She/Her): hit a pillow; don't throw poop.

13:56:11 from Bonnie Gillespie (she|her): Not saying we need to legalize throwing poop, of course. ;)

13:56:15 from Stephanie Bergeron: Lol, Kim

13:56:17 from Bonnie Gillespie (she|her): But rage rooms are pretty cool.

13:56:47 from quincy cho: <https://breakroomla.com>

13:56:54 from Bonnie Gillespie (she|her): Can you imagine a home with rooms for all the emotions?

13:56:55 from Kimberly Logan (She/Her): hahaha

13:56:55 from quincy cho: <https://rageground.com>

13:56:56 from Bonnie Gillespie (she|her): OMG, want.

13:57:00 from Bonnie Gillespie (she|her): Thank you, Quincy!!

13:57:26 from Bonnie Gillespie (she|her): Rage rooms have had a big spike in popularity in the past few years.

13:57:31 from quincy cho: yerppppp

13:57:31 from Bonnie Gillespie (she|her): So have cuddle parties. ;)

13:57:38 from quincy cho: for the after party*

For more about the **Enoughness Journey** and the **Expansive Capacity** mastermind, visit bonniegillespie.com.

Bonnie Gillespie

13:57:43 from Stephanie Bergeron: LOL

13:59:29 from quincy cho: oooooo sexxyyyyyyy

13:59:34 from Kimberly Logan (She/Her): pictures or it didn't happen

14:00:36 from Kimberly Logan (She/Her): gotta run - thank you, thank you, thank you all!

14:00:48 from quincy cho: bye kiiiiim

14:01:22 from Stephanie Bergeron: Overgeneralizing

14:02:39 from Stephanie Bergeron: Else it's "cute"ified...

14:10:50 from Bonnie Gillespie (she|her): <https://www.amazon.com/Alpha-God-Psychology-Religious-Oppression/dp/1633880206/cricfeet-20>

14:16:48 from Stephanie Bergeron: Something you shared with me once before: do you want an ear or a mouth to help fix it?

14:17:31 from Stephanie Bergeron: Don't cliffhang me, lol!

14:17:46 from Stephanie Bergeron: Ooh, very Taurus-ian.

14:18:35 from Stephanie Bergeron: I kinda like the body one...

Though we can do 'em all...

14:19:01 from Kathi Carey: But then I've got my moon in Taurus

14:19:27 from Stephanie Bergeron: My MC is Taurus, Kathi. So... mea culpa. ;)

14:20:42 from Stephanie Bergeron: I think the survey idea might be illuminating... your quizzes usually are.

14:21:16 from Stephanie Bergeron: Wait- can't unbound float time be WITH the body? Can we tie it in by way of withing?

14:22:03 from Stephanie Bergeron: If I turn off my brain, I go into my body.