

## Expansive Capacity Live Zoom Chat 15 September 2022

11:02:40 from Kellye Rowland: How is Keith doing?  
11:03:14 from Kathi Carey: Cardiologist?  
11:03:42 from Stephanie Bergeron: Actually not exactly... but I won't argue. ;P  
11:04:00 from Kellye Rowland: lol  
11:04:38 from constance Zaytoun (she.her): be right back. cat vomit!  
11:04:40 from Stephanie Bergeron: You're going to have one TIRED pupper!  
11:04:52 from Kellye Rowland: yayyyy connie!  
11:05:05 from Kellye Rowland: well that you're here , not for cat vomit  
11:05:46 from Stephanie Bergeron: Aaaand now my computer is spontaneously unmuting... so that's funny. Hai Mercury.  
11:10:19 from Kellye Rowland: Oh Haiiiii merc retro lol  
11:10:52 from Stephanie Bergeron: Cute.  
11:13:04 from constance Zaytoun (she.her): sometimes it's nice to be fixed!  
11:13:09 from Stephanie Bergeron: Sometimes, Con.  
11:13:50 from Stephanie Bergeron: I mean, I get dinged by way of other placements right now, so... I'm not skipping along either. Ha.  
11:16:12 from Stephanie Bergeron: Mine's natively there. It's a trip, y'all, but it's all handle-able. ;)  
11:19:18 from Stephanie Bergeron: I also like to remind myself that Mars was originally also a god of protection and holding city boundaries (not in a Saturn boundary way, but stay with me). I've found that helps me think more "peaceful warrior" than "stab all the things". It's a work-in-progress for me, but maybe that's useful?  
11:20:39 from Kathi Carey: A good habit  
11:21:11 from Kellye Rowland: really useful Steph! Mars is my chart ruler and very influential for multiple reasons because placements in decans, etc. So good reframe, for me. But sometimes I NEED a little bit more "stabby" energy, in defense of myself and my boundaries  
11:22:04 from Stephanie Bergeron: For sure. I'm not saying stabby isn't useful (it definitely is). That thought just helps me with a slightly more balanced view of Mars and keeps me from freaking out. Lol.  
11:22:33 from Kellye Rowland: totally get that and it is super helpful. balance is also necessary for me. <3  
11:24:53 from constance Zaytoun (she.her): it can take a moment. Mala's gotta help!  
11:25:11 from constance Zaytoun (she.her): kitties even when they barf, help too!  
11:25:18 from Kellye Rowland: so true  
11:25:31 from constance Zaytoun (she.her): thanks for knowing Kellye!

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

Bonnie Gillespie

11:25:35 from Kathi Carey: ❤️❤️❤️ Kitties

11:29:12 from Stephanie Bergeron: "And if you go above and beyond, we \*might\* reward you with a "bonus"..."

11:31:15 from Laura Dowling Shea: Happens in all corporate settings and on boards of everything...

11:31:30 from Kellye Rowland: and it is soooo confronting because you feel like if you dont jump to help you're being a bitch.

11:31:37 from Laura Dowling Shea: I've been the scribe/secretary etc etc for years, and it's a tough one to break.

11:31:37 from Aaron Wilson: Yes Laura 100%

11:31:38 from Stephanie Bergeron: That's where I get trapped... I was already doing it.

11:31:53 from Kathi Carey: And yet most of the writer's assistants are women

11:32:21 from Laura Dowling Shea: And then it is so difficult to be present and creative in the room because you are now scribing...it sucks..

11:32:23 from Kellye Rowland: and look at who "secretaries" mostly are/used to be? Women.

11:32:39 from Stephanie Bergeron: That was one of the first "okay" jobs for women to have...

11:32:51 from Kellye Rowland: yup

11:33:16 from Kellye Rowland: because how can we have value without someone else telling me i have it?

11:33:22 from Kellye Rowland: \*eyeroll\*

11:33:31 from La Trice: RIGHT!!!

11:36:09 from Stephanie Bergeron: Then I often feel like I'm suddenly the bitch if I was already doing it for myself, but don't SHARE.

11:36:26 from Kellye Rowland: exactly steph

11:37:03 from Laura Dowling Shea: And it's not even true that "they will love me" when you do it, more often than not they just take it for granted and move on...

11:37:16 from La Trice: Right Stephanie! I honestly can't tell if I'm being the victor for me or for "them" because when I fail to please, people get upset with me 😂

11:39:10 from Kellye Rowland: it's SO hard, especially when you've been taught since birth, "if you can help you always should help!"

11:39:11 from constance Zaytoun (she/her): selfish is how it's been categorized in my life

11:39:27 from Stephanie Bergeron: Yesssss, Kellye.

11:39:30 from Kellye Rowland: yup connie 100%

11:40:11 from Kellye Rowland: theres' ALWAYS that person, finding BUT BUT BUT THIS.

11:40:13 from Kellye Rowland: enraging

11:40:18 from Stephanie Bergeron: "Selfish/cold bitch" is a repeated barb for me, Connie. I get that.

11:41:40 from Kellye Rowland: how is it that everything circles back to enoughness. that's what this sends me too, again.

11:43:53 from Stephanie Bergeron: I'm also pinging back to our month on Needs/Wants/Desires... if you've been really good at squashing them down and don't immediately know what your NWD is, it's easier to choose people-pleasing.

11:44:01 from constance Zaytoun (she.her): I really like that, Aaron!

11:44:23 from Laura Dowling Shea: Wow! Aaron that was a gut reaction from me, "I'm ok with not being understood" WOW!!

11:44:50 from Laura Dowling Shea: I

11:45:00 from Stephanie Bergeron: Throat and solar plexus. As ush.

11:45:52 from Stephanie Bergeron: It is. And confronting AF as someone who is often wrestling with being fully understood (hai again, Mercury).

11:50:58 from Laura Dowling Shea: I am ok with being misunderstood. It's going up on my board so I can see it every day.

11:51:11 from Bonnie Gillespie (she|her): Me too, Laura.

11:51:22 from Bonnie Gillespie (she|her): Thank you for that, Aaron.

11:52:39 from constance Zaytoun (she.her): it could be sweet relief...

11:53:43 from Kathi Carey: Thanks for that Kellye

11:55:01 from Stephanie Bergeron: Thanks for sharing that with us, Kellye.

11:55:34 from La Trice: Absolutely, thank you Kellye!

11:57:45 from Kellye Rowland: thanks for listening y'all. ❤️

11:58:32 from constance Zaytoun (she.her): never trust sisters

11:58:48 from constance Zaytoun (she.her): never trust nancy

11:59:20 from La Trice: "Don't people please", or "Just do you." lol

12:00:13 from constance Zaytoun (she.her): one hundred and fifty percent! I lived my life trying to shift myself to please them or upset I couldn't change

12:00:23 from Kathi Carey: Absolutely, Connie

12:01:55 from Stephanie Bergeron: Keith has pants, yay! Lol.

12:02:37 from constance Zaytoun (she.her): i feel like this dog is a cat

12:02:56 from constance Zaytoun (she.her): a big cat

12:03:18 from Kellye Rowland: he's so cuuuute

12:06:57 from Kellye Rowland: andn that's where the little "insert tiny pause" before acting/reacting that meditation has taught me is super helpful.

12:07:23 from Kellye Rowland: and that pause makes you aware of it

12:15:23 from Stephanie Bergeron: Like a venting mechanism...

12:15:49 from Kellye Rowland: there's a favorite brilliant truthful lyric from my fave Florence + The Machine's new album based on one of her therapy sessions and it's this: "what a thing to admit that when someone looks at me with real love...I don't..like it very much...kinda makes me feel..like I'm being crushed. Is this somethin you would like to discuss..."

12:16:06 from Stephanie Bergeron: What's the song, Kellye?

12:16:58 from Kellye Rowland: "Girls Against God" from her new album Dance Fever.

12:17:13 from Stephanie Bergeron: Thank you; I'll go look it up and listen later. That's a powerful lyric.

12:17:24 from Kellye Rowland: ❤️

12:18:29 from Stephanie Bergeron: Mmm. "Prove it." That's a sticky.

12:19:16 from Bianca Stein (she/her): 90 Seconds to a Life You Love has been a great book to message these reminders into the brain. Cheesy title, but definitely helpful in emotional regulation.

12:19:24 from Bianca Stein (she/her): massage\*

12:19:53 from Kellye Rowland: i've heard of that book Bianca.

12:21:08 from Stephanie Bergeron: My book list always gets so much longer after our Zooms, lol. But this one's being added! :)

12:23:11 from constance Zaytoun (she.her): never trust bill

12:23:15 from Kellye Rowland: lol

12:23:22 from La Trice: Lol

12:25:10 from Kellye Rowland: avocado larry lol

12:25:14 from Stephanie Bergeron: Middle name

12:30:13 from La Trice: "Nothing to fix right now..." YAS!

12:31:46 from La Trice: LOL

12:31:50 from La Trice: yup

12:33:24 from Kathi Carey: Like they don't already know?

12:33:32 from constance Zaytoun (she.her): wait, are they asking you to jump through hoops in the taping of the audition? that's BS

12:34:43 from Stephanie Bergeron: You're saving them time & energy... and possibly their own inner spin over the submission, too....

12:34:57 from La Trice: It totally is! SAG just held a town hall about those kinds of auditions that ask way too much of actors for self tapes

12:35:12 from constance Zaytoun (she.her): we have to teach the fucking advertising agencies & clients

12:35:52 from constance Zaytoun (she.her): and save money, they think

12:37:58 from Kellye Rowland: 100%!!

12:39:02 from Stephanie Bergeron: That was actually a really useful bit of convo... it's a block I'm dealing with sans agent... being resistant/scared because of the fear of saying no and not people-pleasing one once I have it (well, I have a dance teaching agent that treats me like that, but I'm at eff-that with them, now). So that was enlightening to watch you work through it, Kellye. Going to listen to that back again.

12:39:27 from La Trice: Same!

12:39:45 from Kellye Rowland: Steph it's so hard. i understand you completely. Hugs

12:39:49 from Kathi Carey: Same. But I learned that from my parents.

12:40:19 from Stephanie Bergeron: Hugs back. And I loved the clarity in your voice when it came tumbling out.

12:42:29 from Kellye Rowland: ❤️

12:42:39 from Kathi Carey: ❤️❤️

12:42:41 from Stephanie Bergeron: The other idea that comes to mind is a fuzzy weighted blanket. I find that can feel "holding".

12:42:59 from La Trice: Yaaass! ❤️💖

12:43:13 from Kellye Rowland: that's the most important time to do it, for me laura

12:43:57 from constance Zaytoun (she/her): laura, do you have a pet?

12:45:26 from Kellye Rowland: thanks for sharing that Laura...so helpful ❤️

12:46:30 from Laura Dowling Shea: Thank you! Yes, I have two kitties. They are awesome and do love me.

12:47:13 from constance Zaytoun (she/her): yay! kitty cuddles

12:52:22 from Bonnie Gillespie (she/her): Shame.

12:52:29 from Kathi Carey: Judged

12:54:22 from Kellye Rowland: Us Virgos have a looooooot of "good student/perfection" issues too don't we Steph? ❤️

12:54:31 from Stephanie Bergeron: SOOOOO true.

12:54:38 from Kathi Carey: Caps do, too

12:54:48 from Kellye Rowland: i bet Kathi!

12:57:14 from Stephanie Bergeron: Oh, and to go back to the Virgo thing Kellye, I have a wall of gold-and-shinys to prove that "good student" habit. Lol. Oooh. Maybe I need to go buy myself some gold stars for pleasing myself....

12:57:33 from Kellye Rowland: ahhhhhh do THAT, yes. 😊

12:57:53 from Bonnie Gillespie (she/her): Avoidant attachment style.

13:04:36 from constance Zaytoun (she/her): i feel you -- i feel the disappointment when i'm unable to see ALL THE PEOPLE who want to see me...

13:05:09 from constance Zaytoun (she/her): i want to learn how to touch base & separate, that is

13:05:34 from Stephanie Bergeron: Ooh, there is a Natalie Miller podcast episode about employing perfectionism into self-partnering....

13:05:35 from constance Zaytoun (she.her): TRUST as a topic

13:05:38 from constance Zaytoun (she.her): did we do that?

13:05:53 from Kathi Carey: Yeah, trust is good

13:05:54 from Stephanie Bergeron: I'll find it for you Laura, and pop it in the comments. It was several months ago....

13:06:00 from Kellye Rowland: i liike trust

13:06:12 from Kellye Rowland: mostly becasue i have little of it lol

13:06:18 from Aaron Wilson: I like trust as well

13:06:28 from Stephanie Bergeron: I'm already confronted. Lmao.

13:06:31 from Bianca Stein (she/her): i have a bit of fear that I'll reverse my healing while i was single Laura