

## Expansive Capacity Live Zoom Chat 18 October 2022

12:02:52 from Stephanie Bergeron: CONGRATULATIONS!!!  
12:03:10 from Kimberly Logan: thx  
12:03:33 from Stephanie Bergeron: Sounds like a Gemini I know....  
12:05:06 from Kimberly Logan: #truth  
12:06:11 from Bianca Stein (she/her): woke up with a sore throat, trying to figure out how to trust that lol  
12:06:21 from Kellye Rowland: lol  
12:09:20 from Stephanie Bergeron: I've been well-timed playing with trust in a specific skill- dialects. It was... interesting. Lol.  
12:12:33 from Kimberly Logan: congrats!!!!  
12:12:42 from Stephanie Bergeron: So much yay!  
12:12:45 from Kellye Rowland: so great Laura  
12:12:51 from Kathi Carey: Awesome!  
12:13:57 from Stephanie Bergeron: The word that comes to me is "scaffold".  
12:14:59 from Kimberly Logan: it's like they spray paint them with nicotine  
12:15:09 from Stephanie Bergeron: Right? Catnip.  
12:20:55 from Kimberly Logan: "you are powerless against addiction"  
12:21:23 from Kellye Rowland: yeah when you can't get past "step 1" maybe AA isn't for you. me either...  
12:21:53 from Kimberly Logan: "Hulk Smash"  
12:21:59 from Stephanie Bergeron: LOL, Kim!  
12:23:56 from Stephanie Bergeron: Oh, yeah. I turn my phone OFF. And that makes me a total weirdo for some.  
12:24:23 from Kellye Rowland: this is life giving to me, hearing this right now  
12:27:03 from Bonnie Gillespie (she/her): It's not my job to make them understand that they can do it. — LDS  
12:27:52 from Stephanie Bergeron: What's that thing... is it Chinese or Japanese that spells luck as two characters- opportunity plus preparation? Something like that? It's a vague bell ringing in my head...  
12:28:15 from Kimberly Logan: Don't know, but I like the idea!  
12:28:46 from Stephanie Bergeron: You can't reframe!  
12:28:49 from Kellye Rowland: i always had a problem with that too  
12:29:16 from Laura Dowling Shea: That's exactly right. And then you are not part of the pack!  
12:30:12 from Bianca Stein (she/her): the "accomplished final" product & not the underdog stage

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

Bonnie Gillespie

12:30:43 from Kellye Rowland: shirley chisholm ran a while back for pres too i think  
12:32:33 from Kellye Rowland: and to silence that voice that gets louder and louder that says ohh goddd what if i'm DOING IT WRONGGGG  
12:33:17 from Kimberly Logan: that's just jumping!  
12:33:38 from Bianca Stein (she/her): lol^^  
12:36:16 from Stephanie Bergeron: Mine's sitting on my desktop here. I do them digitally. :)  
12:36:31 from Bianca Stein (she/her): yes i keep mine on my ipad!  
12:36:54 from Kimberly Logan: it blurred but I added colored smiley stickers that are also a reflective  
12:38:39 from Kimberly Logan: processing via feedback...  
12:39:14 from Kellye Rowland: so golden Bianca  
12:42:54 from Kellye Rowland: really love so much of that too  
12:46:21 from Laura Dowling Shea: So so good.  
12:47:15 from Stephanie Bergeron: I love how this came up. It was bubbling underneath for me in terms of realizing how much I've learned and can ask for now in auditions/coaches... and how much I can still lean in and ask for. So, thank you for that confidence boost.  
12:51:54 from Kimberly Logan: thank you, next.  
12:52:46 from Bonnie Gillespie (she|her): SUCH good awareness.  
12:53:11 from Laura Dowling Shea: Yay!!!  
12:53:27 from Bonnie Gillespie (she|her): YAY  
12:54:18 from Bonnie Gillespie (she|her): LOVE it when other people give us the exact words to tap on.  
12:56:16 from Bonnie Gillespie (she|her): Quora is Sagittarius heaven.  
12:56:28 from Stephanie Bergeron: Lol. Sounds dangerous, Bon.  
12:56:35 from Kellye Rowland: i find myself on there reading some really weird shit too sometimes  
12:57:13 from Bonnie Gillespie (she|her): I love this so much!  
12:57:50 from Bonnie Gillespie (she|her): Hi kitty!  
12:58:12 from Stephanie Bergeron: (Anyone just flash to the STOP IT vid? Lol.)  
12:58:24 from Kathi Carey: Kitty 🐱  
12:58:31 from Judy Kerr: Love the kitty Laura  
12:58:49 from Laura Dowling Shea: My sweet Maria! thanks.  
12:59:08 from Laura Dowling Shea: Yes to all of what Keith is saying!!!  
12:59:54 from Bianca Stein (she/her): gotta hop off but looking forward to watching the replay <3  
13:00:00 from Bonnie Gillespie (she|her): Love you, Bianca!

13:00:01 from Bonnie Gillespie (she|her): XO  
13:00:03 from Laura Dowling Shea: Great to see you Bianca!  
13:00:10 from Stephanie Bergeron: See you later, Bianca!  
13:00:26 from Kathi Carey: Same with acting -- you have to experience all those things  
13:06:05 from Laura Dowling Shea: What??? Wow.  
13:06:10 from Laura Dowling Shea: That's sounds AMAZING!!  
13:06:24 from Stephanie Bergeron: I wonder if the same is true with someone who has dietary restrictions... I suspect it might be similar in some ways. Can I eat it? Yes/No. Done. (It's how I experience a lot of it.)  
13:06:28 from Laura Dowling Shea: I'm so excited for you (and us)!  
13:06:43 from Laura Dowling Shea: Perfect!  
13:06:52 from Kathi Carey: sounds so cool  
13:06:55 from Kimberly Logan: who is this person?  
13:08:42 from Kimberly Logan: like that's a bad thing!  
13:09:13 from Kathi Carey: How I wish I had Montessori when I was young  
13:09:52 from Stephanie Bergeron: Because there's a kickback for the docs.  
13:10:24 from Stephanie Bergeron: Full stop, you can look up what the kickbacks are in Canada. It's incredible.  
13:16:29 from Stephanie Bergeron: Yeah, that's where the "What If" voice comes in with me sometimes.  
13:18:25 from Bonnie Gillespie (she|her): Damn, he said it.  
13:19:32 from Kimberly Logan: shorten the distance between the mistake and the recognition of the mistake  
13:20:14 from Kathi Carey: Yes  
13:20:25 from Kimberly Logan: cross-fade  
13:20:34 from Stephanie Bergeron: Aaaand scene. Lol.  
13:21:31 from Bonnie Gillespie (she|her): {{{hugs}}}  
13:21:35 from Laura Dowling Shea: Oh Kellye. I'm so sorry.  
13:22:20 from Bonnie Gillespie (she|her): Proud of you.  
13:24:38 from Laura Dowling Shea: Nope  
13:24:46 from Kimberly Logan: proportionate response  
13:25:16 from Stephanie Bergeron: Can I go woo for a sec? This is feeling Mars-y to me! If you read the actual mythology, Mars is also a god of protection and boundary holding in the way you describe. It makes sense to me that you're stabby this way.  
13:25:41 from Kimberly Logan: ^^yup  
13:34:58 from Kimberly Logan: I don't understand why zoom doesn't have a middle finger reaction.  
13:35:07 from Stephanie Bergeron: Needed feature, Kim.

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Bonnie Gillespie

13:38:48 from Bonnie Gillespie (she|her): So helpful. LOL  
13:40:10 from Bonnie Gillespie (she|her): LOL  
13:43:22 from Bonnie Gillespie (she|her): Barb gonna be Barb.  
13:44:57 from Kimberly Logan: take it in and tap it in, grrrrr!  
13:50:38 from Bonnie Gillespie (she|her): "No offense, but..."  
13:51:31 from Stephanie Bergeron: (This feels somewhat adjacent to the good ol' Canadian apology...)  
13:51:49 from Kimberly Logan: ^right, eh^  
13:52:47 from Stephanie Bergeron: Something I'm picking apart again lately, Kim. It's surprising to me in all sorts of newly recognized ways.  
13:53:23 from Kimberly Logan: societal/cultural pressure is fo' real. And insidious AF!  
13:53:36 from Stephanie Bergeron: AF.  
13:53:57 from Kathi Carey: Yeah — it MUST be correct because they saw it too  
13:54:22 from Bonnie Gillespie (she|her): That part!  
13:55:03 from Kimberly Logan: Let it goooooooooo!  
13:55:57 from Kimberly Logan: stabby stabby stab stab  
13:56:09 from Bonnie Gillespie (she|her): Mars party!  
13:56:10 from Stephanie Bergeron: Get yourself a nice cutting board....  
13:56:25 from Bonnie Gillespie (she|her): Rage rooms.  
13:57:52 from Kimberly Logan: that would have saved me from destroying a cell phone once upon a time...they don't react well to being thrown at walls.  
13:57:58 from Bonnie Gillespie (she|her): Ack!  
13:58:37 from Kellye Rowland: thsnk you keith. thank you.  
14:00:25 from Kimberly Logan: I'm allowed to be much.  
14:04:01 from Kimberly Logan: noticing & practicing the little ways  
14:04:21 from Kellye Rowland: listening to our bodies, that's a big trust issue too. that's a good one  
14:04:46 from Laura Dowling Shea: There is a delightful movement afoot around normalizing make up free faces! I'm here for it!  
14:05:28 from Kimberly Logan: for me, noticing when it 'feels' like denial vs. trust and stepping back into the vortex with intention  
14:06:14 from Kellye Rowland: eeenvvryone is in pjs walking their dogs lol  
14:06:50 from Judy Kerr: those conditions  
14:07:12 from Kellye Rowland: "'pretty' isn't the price you have to pay to exist in the world"  
14:07:13 from Stephanie Bergeron: So, I had a very specific experience with self-trust with the whole dialect thing, to the point I had to trust in my coach because I wasn't able to trust myself to do the thing... even after I successfully did the thing. Repeatedly.

So that's a very interesting blip in the code I'm going to try and look at deeper for the rest of this month. Not sure how. But.

14:07:45 from Laura Dowling Shea: So much cultural conditioning...

14:08:22 from Judy Kerr: These are only your conditions no one else has them about you

14:08:29 from Kimberly Logan: @Stephanie - can the 'how' be celebrating every time you notice the moment of mistrust?

14:09:00 from Stephanie Bergeron: Maybe? It can't be a drinking game... lol.

14:09:21 from Laura Dowling Shea: Although...I do believe that our CULTURE DOES respond differently to us when we are not close enough to the perceived notion of beauty.

14:09:29 from Laura Dowling Shea: Size, age, etc.

14:09:39 from Judy Kerr: I've got to run big hugs to everyone!!!

14:09:45 from Stephanie Bergeron: Hugs, Judy!

14:09:48 from Kellye Rowland: bye judy!

14:11:13 from Laura Dowling Shea: THis may seem like a clichés, but it is for a reason, CONFIDENCE is the MOST attractive feature.

14:11:25 from Kathi Carey: I think you're right Laura

14:11:32 from Kimberly Logan: 👍

14:11:43 from Stephanie Bergeron: What's the thing, Laura, that it's public self-acceptance?

14:12:04 from Laura Dowling Shea: Stephanie, I think it is when we FEEL GREAT inside it shines out.

14:12:17 from Stephanie Bergeron: I agree, yep. 100%

14:13:12 from Laura Dowling Shea: I think I'd like to start to practice GIVING that too...

14:13:21 from Kellye Rowland: LOVE that yes

14:13:22 from Laura Dowling Shea: "I love to spend time with you" 'you are so much fun"

14:14:15 from Kathi Carey: I really like that. I just saw a woman I haven't seen in the year since we moved away from LA and she's lost at least 100 lbs. and looks awesome, but I refrained from commenting on her weight and looks. It was hard, but I didn't want that to be the topic of conversation.

14:14:36 from Kimberly Logan: 👍

14:15:05 from Laura Dowling Shea: I love that Kathi!

14:16:18 from Laura Dowling Shea: Even now with all the words, "happy" is the biggest change when people come out

14:16:33 from Laura Dowling Shea: I hear it in parent groups and I've experienced it too with my kiddo

14:16:38 from Stephanie Bergeron: I think as empathic people, it's easier for us to feel to start with... Maybe that's a nice way in.

14:17:13 from Laura Dowling Shea: I'm in!

14:17:33 from Laura Dowling Shea: I need that sooo much!

14:18:14 from Laura Dowling Shea: I look so happy!