

Guest Speaker Christy Farr

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SPEAKERS

Christy Diane Farr, Anuradha K

Christy Diane Farr 00:03

Hi, welcome everybody. Today, I'm with Christy Diane Farr, I'm so excited. This is one of the people I really wanted to have on this event because of how much not only wisdom, you're bringing for unreleased, as you call us, you know, but also the personal help you've given me over the last few months in terms of getting my projects in order in terms of setting things up in a way that works for my brain, and the implications of that and dealing with my ever present backlog, which is still happening. Right? So, working with Christie has really significantly impacted my life in a good way. And I wanted to take a moment to thank you, of course, and then have you have a chance to introduce yourself to all of us.

Christy Diane Farr 00:52

All right, well, thank you, I have loved working with you. And I, I am most excited about it. Because this is your like my dream client and that you have really important work to do in the world. And the weight of that work, and the reality of your brain and your body and your health and your position in the world. All of those things become barriers to us doing what we want to do. And so, like I talk space healing, and I talk productivity, but like what gets me out of bed every day is helping people just go do what they mean to do in the world. And so I've really enjoyed watching it, work, these ideas work for you. And I know it's gonna take a while for it to all be up and running. But it's worth it.

Christy Diane Farr 01:41

Yeah, absolutely. And you know, the what, what I see is your thing is, like, you're saying it's not so important about the project, you know, the space healing, like the name of that what you're offering, it's how do we integrate these things. And I think this is what every single conversation has been about. It's not just about coming and doing any sort of practice. And leaving it is very much integrating this in. And the habit, you know that not just the habits, but the awareness that brings the changes that brings to how we show up is slow. It kind of has a lesson for us, right? So we're talking about the state feeling, right? That's something like this,

with all this controversy around Marie Kondo. I think one of the things she really brought to the forefront that I appreciate was this animism that we that there is a way that our house can support us in our goals, right. And I think the way you taught us in space healing, it was very similar of your different approach. But the same thing that this is not just dead things around us, or inanimate objects around us, but they can give us life, that there is something we can do. So that's the gentility and the love that I think you're bringing to this work. And if it helps us do our work more powerfully, then I think a lot of people in my audience will resonate. So where shall we start talking about. A lot of the people who are who are in my audience are wanting to do good work in the world. And they are weighed down, they are overloaded, they're exhausted. And they might have clutter. They might have a planner that isn't working for them. They might have, these might be the physical symptoms. But where do we get started in all of this process?

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Christy Diane Farr 03:33

I think a good place to start is to just sort of take a moment to pause and get real with ourselves. And to be you know, recognize what's not working. And there are indicators, right, like if you're outside of the house, at a meeting at a library at a store or at a friend's house and you walk into your house, and you feel worse than you felt when you were out inside, you know, out in the world. That's a sign that there's something going on in your physical space that is like unsupportive. It's not about being pretty, it's not about being you know, clean. It's not that it's what happens to my energy, what happens to my brain, when I walk into this, this place, that's my home, my my supposed to be my, you know, ideal like place to function in the world. And if that's not happening, that's a flag for if something needs to change in your space. If you are chronically late and running out of time and never getting to the things that are the most important to you, that's a sign there's something going on with time management. If it's not I want to say that none of these things are like morally a problem. Like we can lay all of that down everything we've learned our whole lives about how we need to be a certain type of person. This is about, "Is this working for me?" So if you're feeling frantic, if you cannot, find your keys. If you can't get where you need to be with the stuff you're supposed to have with you. That is just means like there's some, there's there's an executive function perhaps seeing going on where it's just not working for you. That's a sign you need help there. Another one that I see a lot is decision-making. We have an unprecedented amount of decisions that we have to make. I think this is especially true for anyone who is in charge of a family. I think this is especially true in my experience for those who are married to people who have neurodiversity, or have children who are neurodiverse. Because sometimes we have this whole little neuro divergent family, and one person, often afem is like, responsible somehow for their neuro divergent brain to be the executive function for the spouse and the kid. And it's not possible to do that the way most of us are living. It's just too many decisions. So getting stuck in a pile of paper is often about like not having the ability to decide what what needs to happen with this piece of paper. How do I be done with it? Do I put it on a calendar? Do I need to keep it for taxes? Do I need to those decision making things sometimes are a red flag. So if we're getting all the daily to do stuff done, but we're not getting the big projects done, the book never gets written. The new program never gets launched. That's a project problem. Maybe we know how to do individual tasks. But we're not you know, we don't have a good system for how to attack something that has a lot of steps. So those are the signs that you need a specific kind of support. Yeah, then any, like you said, before any system can work if we work it, but then we sometimes have a hard time working the system too.

C Christy Diane Farr 06:58

Yeah, absolutely. And, you know, dovetailing with what you said, we're having an unprecedented level of people, there's a couple trends going on. One is the demand for personalization, which I'm hoping we can talk about a little later in this, you know, it that you know, people want personalized planners. People want, you know that that ability to create that for themselves. And I would love to talk about that. But the other one is the number of people who are getting late diagnoses into neuro divergence. And because of the way things have shifted in the DSM and the way we are understanding brains differently, and how many women or people socialized to be women are not getting the diagnosis earlier on in the I think it's the mid 40s, that people that women might be diagnosed with ADHD or, right, that's the mean age right now, median age. So we might really want to think about, hey, we're coming into life and certainly in my case, perimenopause, and other things going on, made that made that really tricky, like it brought up all of the and there's evidence to show that to ADHD symptoms getting worse during menopause and perimenopause because of disruptions in hormones and so on. So, you know, it's, it's an not a lot of research done on these things, not a lot of supports out there, and then facing medical racism, medical, misogyny, medical, you know, gaslighting, that tends to happen. Oh, it's a mental health problem. It's depression. Right? Right. So these are also things that I think a lot of people are, at least people in my circles, were talking about these things. Hey, we need something more personalized. And I didn't realize I was neurodivergent. But that fits. How do you? How do we then start to make time and space for this? How do we start to look in that as you're talking about that gap of where we are and where we want to be? How do we fit in there with these new realizations that might be coming up?

C Christy Diane Farr 09:10

Right. That's a great question. I part of the challenge is that we've been coping the way we've been coping for decades, by the time we realize what's going on. A lot of the people in my community are getting their kids diagnosed, you know, because they're seeing stuff with their kids, that doesn't feel normal. And then they're reading this and they're like, Oh, my goodness, oh, oh, right, right, right. This is, I think, an awakening that's happening. And then what we have is how we coped the whole time, which wasn't terribly effective. Now there's this oh, okay, this makes sense. But then what? You know, for some things like ADHD, we can take meds, but taking meds doesn't go back and fix all of the things we did to cope until we got diagnosed and medicated. And for other situations, medication isn't the solution, we need a whole new way to think about life and that reckoning. I can't help but wonder if that's what we used to call, like a nervous breakdown. For women back in the day, we don't use that term anymore. But there was all of this, like hysterical women. Like, that's where I was, you know, when these things started to change for me, and it it, there's the reckoning. Unsupported can be really disastrous. But I think with with these ideas, we can have a more smooth transition into understanding how our brain works, understanding what about our life isn't working for our brain, and to kind of gradually, like turning a big boat, you know, we just have to start doing these, you know, thinking about what has to be done today versus what's the backlog? You know, how will I keep up with these appointments? Once I make them? You know, it? It is decades in the making. And we need to give ourselves a little time and support to transition to a life that is more supportive of our brain.



A Anuradha K 11:21

Sorry, go ahead.

C Christy Diane Farr 11:22

No, no, even more possible for our brain, right?

C Christy Diane Farr 11:25

Yeah, that's I think that's a huge one, I kind of was thinking about what Stephen Covey talks about in Seven Habits of Highly Effective People, but trim tab, the kind of rudder movement that we're moving very tiny things, but eventually, that's going to have bigger, longer term, as we're making this 180 of our boat. We're making tiny, gradual changes that will eventually lead to bigger changes. So it does, it will often feel like it's inner victories. People aren't going to see these kinds of milestones we're making. It is doing a lot of grief work, hey, this is what I thought I was told I could be, and I'm not able to live up to that. Or let me give myself some credit that I managed. Even with these not great coping mechanisms, they saw me at least to hear, and can I do something different? It's having hard conversations, right? So it's pointing in the system. So it's like, it needs to be a holistic plan from what you're saying. And I know, this is not in our talking notes at all. But you know, I've got to ask, I've got to push the envelope a little bit. But a lot of the people in both of our communities are small business owners or entrepreneurs. And there is a lot of evidence to show business, small business owners being neurodivergent. And then there's also a pretty big intersection, although the data is kind of sparse, that are gender, gender minorities, are they often so queer people? Are they often in this, you know, also having a higher than normal instance of neurodiversity? Then, you know, so it's like, how do we factor these things in? Because there's a lot more lenses than we're used to maybe thinking about.

C Christy Diane Farr 13:16

Absolutely. So I think what it means is that saying, the way we do anything is the way we do everything. And so when you think about being this, like unconventional person in terms of, I have ADHD, it's like, oh, well, I'm also queer, and like, what is gender? Because that's a question I've been asking the last five years as my children have grown up and been like, oh, they're non binary. Oh, there and I'm just like, well, I'm so like, staunchly a woman like why, like what? You know, what about my insides? Makes me a woman. If not my life by I've often wondered how much of it is like patriarchal coping mechanisms, like am I just a woman because I didn't have any way to conceive of myself being powerful and moneymaking. So I was like, Oh, I shouldn't have some children and get myself some security. I think that what I'm finding out is that this, what I call unruliness goes through my creativity, my work, my relationships, my parenting, my you know, all the things and it they greatly impacts my place in in like capitalism, because now I've got, you know, I'm a witch, I'm an atheist. I'm all of these other things that like don't really don't really fit with the way our world works. And it's, in one hand, very liberating to make peace with all of that. But then I think as soon as I did, I could feel the weight of like, oh, this Was this has never been a game I could win? Yeah. And I've been racing for 30 years and crumbling, trying to figure it out. Yeah.

C Christy Diane Farr 15:13

And I think that's a big part of the work that you're doing. And that many of us have to internally, like reevaluate. The game is not set up for people who are unruly in this way, whatever the you know, whatever your diagnosis or whatever, is, it's not, it's not set up to support us. So what do we do? Because it can feel overwhelming, it can feel chaotic. And, you know, how do we how do we start to sit with that? And then, you know, you've given us a couple of strategies like really taking personalized approach. Kind of massaging things to fit? Yes?

C Christy Diane Farr 15:55

Yeah. Yes. When I wrote that, you know, outline for us today, I didn't have the idea that I had, but I woke up with this idea. So I brought it with me in case the conversation opened up for this. Okay, and I, I have a job aid, because this is what IO psychologists do. This bottle of pills is supposed to hold 300 capsules. And our lives are like 600 capsules, trying to get into that bottle. Yeah. And that moment of recognition of like, no matter how hard I try, I cannot get all of these pills into this bottle, we start to get creative, we think, Oh, well, maybe I can, you know, change this packaging myself, right? I can melt it down, make it thinner, bigger, right? If the plastic was less thick, I could make it a bigger container. Great. But like, that's our bodies in this, you know, in this story. And our bodies are strained by us attempting to force you know, 600 pills into a 300 pill container. So we have to reckon like what of these pills can't come into this thing I call my life, like what practically cannot happen. And that's the reckoning I'm talking about. The other thing I see people try to do. And then I've definitely tried to do, is like, well, what if I crushed these capsules, or these tablets, and then took all the air out so I could get more into the container. But like, that's the air we breathe, right? That's our spirit inside those pills, right? That's our life's work. That's our children. That's our role in the community as a helper and a healer. So, like, anything that we do, to try to get more pills into this container, is like destroying us. And being able to say, I'm in a phase in my life right now where a lot of my resources go to parenting. So these other projects are going to have to wait, or my my community is in pain because of another, you know, violent incident with police. I have to stop doing this stuff. So that we can all go to this protest or so I can support these people or so I can whatever the next thing is learn what I need to learn for this to be different. I think we just at every moment and maybe every day even are deciding like what's happening in that bottle. That is our lives. And when we reckon the the limitation. All of a sudden, those decisions get a lot easier. If I say to you, you have enough bookcases to hold 300 books. And that's all you can have. Well, you're like well, that's okay, I can't like what this I've already read this I can give this to a friend, you know, but as long as we're thinking, oh, infinite bookcases, then how will we ever get rid of any books? Yeah, we're doing this with our very lives, right? We're saying this is infinite, I am infinite, our these needs are infinite. And we just have to stop saying that because, like, yes, maybe we can do all the things. We can't do them all at the same time. We can't do them all with the very limited resources that we have. We gotta we gotta choose something that we call North for today. And pursue that with what we have inside of us. Yeah.

C Christy Diane Farr 19:26

I love that. That you know, it's not it's not a fun realization to come to because it hurts right? Like, hey, I've already perhaps use some of my life doing pursuing the wrong things or you know, like is it patriarchy that may you know, like, you know, we have these questions, these

doubts, but then when we do put it down on paper, or in some format, say, okay, I literally can't do everything or my life expectancy is here and I really need to be thinking about these things or, you know, you It just puts things into a sharper focus. And, by definition, we need to make some decisions. Because we can't take everything with us. We can't take everyone with us, you know, in some way, so I think that's a gentle way to do that. And when we're, you know, when we're trying to want to continue this discussion forever, you know, and I'm like, I'm conscious of time. But, you know, we didn't get to cover everything, but how would you go about starting to make these decisions with honesty with compassion?

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Christy Diane Farr 20:36

I think it starts with assessment. And whether that's with a person as a coach, me or someone else, a therapist, a loved one, a girlfriend, you know, some kind of mentor, some kind of peer, and just saying, like, this is not working, let's start with an assessment. What is all this stuff that I'm doing? I'm committed to what's filling up my inbox? What? What are all these papers, right? Look at your schedule and see, like, where all the places that things collide, right? And looking at those and getting really honest about what's not possible. And this is the place where I want to say that, that we get to push back against the systems, right? So if the patriarchy tells us we need to have children to be valid, because you know, we're socialized as, as women, I want to say like, do you? And if you already have them, yes, you have a responsibility to them. But what if you decide that your work is going to come first in your family? What if you advocate for yourself to be able to write a book in the evenings instead of go to soccer practice? I think that a lot of times, the things we think are off the table are off the table because of the systems. So if you don't have the financial resources to get a life coach, then like, can you barter? Can you come find somebody who has a cool free offering and implement it? Like your life depends on it? Can you get a group of people together and say, okay, we're all having the same problem? How are we going to figure it out? Because together, we can brainstorm and come up with solutions. I think the system stuff, if we reject that, it starts to become more possible. Because if you listen to the systems, they're going to tell you that you don't, you don't have a chance to do all of the things you need to do to provide for yourself. And I think then saying, Okay, what do I need to release is the word I often use, but finding ways to just say I thought I couldn't, I can't, or this is the arrangement that we've had in the past. And in order for me to continue this relationship or this dynamic, I'm going to need the reality of it to change and when that happens in romantic conversations all the time, but it also happens with kids, like, are the kids old enough to be doing more than they're doing? I need to not be doing laundry. Like I need to be, you know, doing this other thing. Let's, let's help get everybody on board for our collective purpose instead of me trying to execute everybody else's life for them.

C

Christy Diane Farr 23:19

Yeah. Yeah. That was one of the most powerful things that one of the first sessions we met, and you said, you're like doing eight to 10 people's work right now. You know, you're you're doing and no wonder you have a backlog. No wonder things are not working. No wonder the pills aren't fitting in the bottle. Like you can't keep doing this and expect something different. So a lot of mini shifts have had to happen to say, Okay, I maybe can't get rid of all those jobs in one day. But can we start to have these conversations? Can we start to shift things can we start to prioritize in a way that works for us?

C Christy Diane Farr 23:59

Well, and I think that one thing we should remember is that as neurodivergent people, we can't think in the box. So letting ourselves loose and saying how can I creatively solve this is actually one of the only things we're capable of doing. So, you know, bucking the system. I don't know why you said Franklin Covey earlier, and like the first thing I ever did to try to make sense of my brain. I think I was 15 years old. The first time I bought a Franklin Covey planner, and I opened it up, but it was like, What are your goals? And I was like, I'm 15. I have no idea. I have no idea. And I didn't get to use it because that was a barrier, like the whole thing anchored on figuring out my values and my priorities. And I was like, no one's talking to me about how that works. So I think for us, the barriers that maybe are neurological, we can use those same gifts. That are the flip side of that barrier to solve these problems unconventionally. I just want to put a plug in for the brain, it can't do it the way we're supposed to do it. But a lot of times if we let go of that we can find a way around. Yeah.

C Christy Diane Farr 25:15

That, actually makes it easier for us to follow through and meet the goals that we do have, right? That's, that's the brilliance of it. If we're trying to attempt to make these goals happen in an in the neurotypical way, it's not necessarily going to work for us. Right? Or if or for people of color, right? Necessarily couldn't make it work as if it, were a white person. Okay, if we took those other roles away and said, okay, how can I succeed on these terms? There might be ways forward, right? Yes. So where can we so you're a you're offering an awesome gift for everybody? Which is awesome. Not everybody, but certain people? And where can people find out about you? I want to keep going. But I'm also cognizant of time. I want to wrap this up too.

A Anuradha K 26:08

I understand. I think this is a lifelong conversation, so we get to keep having it. If people are interested in getting support. For me, personally, you can find me at the Emily woman.com. And on most social media, the unruly woman. And I have a discovery session that I have had out in the world for a long, long time. And I'm holding it back. So I have a free discovery session that I do. It's 30 minutes. And I'm going to say that if any participants here want to have one of those with me, I'm going to extend it to 45 minutes let you bring a question or two. And instead of just like trying to sell you on coaching, I'd love to just do some problem solving in the moment and get some relief for you right now. So you can just reach out to me through the contact form on my website is the easiest way be haunted by the unruly woman.com. And you'll find me.

A Anuradha K 27:00

That's awesome. Thank you so much, Christy, I appreciate your time today.

C Christy Diane Farr 27:05

I am so grateful to be here. Thank you.

I am so grateful to be here. Thank you.