

Girls Night #237: How to Navigate Friendships as an Adult (Including Friend Breakups!) — Jess Johnston & Amy Weatherly

0:00:04 - Stephanie

Hey friends, welcome to Girls Night, where we work through life's biggest decisions and transitions together. I'm your host, Stephanie May Wilson, and I'm so glad you're here. Let's get started. Today, we're talking about how to navigate friendships as an adult, including friend breakups. Now, to talk us through this, I've invited my dear friends Jess Johnston and Amy Weatherly back on the show. Jess and Amy met online several years ago and became really close friends. Since then, they've started an amazing online community called Sister I'm With you, where they talk about all things friendship. They're also co-authors of a brand new book called *Here For It (the Good, the Bad, and the Queso): The How-To Guide for Deepening Your Friendships and Doing Life Together*. Ugh, I love that so much.

Now, here are just a few of the things that you'll learn in today's episode. We're going to talk about how to navigate friend breakups in a healthy way, even if it's not mutual. We'll talk about how to go deeper in your friendships, how to have more self-awareness in our friendships, and that's seriously the beginning. Put on your coziest sweatpants, grab some queso. You're going to love this conversation. All right, friends. I am so, so, so excited for who we have back on the show today. I'm sitting here with my actual friends Amy Weatherly and Jess Johnston and you guys. You are some of my favorite people to chat with. I'm so, so happy to have you back on Girls Night.

0:01:34 - Jess

Thank you so much. I was so excited to see that we were scheduled again. I was very excited to talk.

0:01:41 - Amy

It was so fun, that was so nice.

0:01:43 - Stephanie

Thank you. You guys are doing such good work. I want to hear for women who haven't gotten to meet you yet. We will link to your previous episode in the show notes, but tell us who you are, what you do and a fun fact about yourself who's the? Who's the?

0:02:02 - Jess

I am Jess Johnston and I have four kids two boys 16, 14, two girls Six, 12, and 10. Amy and I write about all things friendship together, and I'm trying to think of a fun fact. I have a new puppy, which is currently rolling around on the bed next to me, and that is giving me a whole lot of life right now.

0:02:28 - Stephanie

I'm obsessed with him.

0:02:29 - Jess

What kind of puppy is that? He's a mutt, but he's half Saint Bernard and half Golden Retriever and he is all precious. My kids are making fun of me for being as obsessed with him as I am, but it's okay, I receive it. He's a.

0:02:48 - Amy

Saint.

0:02:49 - Jess

Retriever. He's a Saint. Apparently they're called Golden Saints.

0:02:53 - Amy

They have an extra knee better, isn't that?

0:02:58 - Stephanie

cool. I wish I'd come up with that that is so cute here for the puppy content. Amy, what about you?

0:03:06 - Amy

My name is Amy Weatherly. I live in Texas. Okay, something interesting about me. I'm such a boring person. I genuinely I just don't even know Clearly. I mean I know Like a fun fact, I own seven pickleball paddles because I love it. I love pickleball and I'm not good at it. I don't know. I might work on things and let writing go so that I can go pro in pickleball.

0:03:41 - Jess

That's my plan.

0:03:43 - Amy

I love it so much but I just keep. Every time I see a paddle I'm like, ooh, a pickleball paddle with a smiley face. Yes, please, pickleball paddle with these little girls. Anyways, my favorite one has this woman's face on it and it says yada, yada, yada, we pickled, thank you. And every time I find one, I buy it, and then I buy balls that match the paddle, Like an absolute ridiculous person.

0:04:09 - Stephanie

That. I'm not trying to say that that was my idea, but a handful of years ago when my dad. We talked about this before he started recording got really into pickleball. I was like someone needs to make cute pickleball paddles. There's this whole like face of it right here that could be like a pattern and like whatever it's like. Someone really should do that. That's a really good idea. And then guess who didn't do it.

0:04:33 - Amy

I know, See, you should have done it years ago. I still have an idea for being like okay, but I'm having to search for the stuff all in different places. Now there needs to be one place. This is all the cute stuff. You want a bag and a paddle and balls that match Awesome.

0:04:45 - Stephanie

I've got a whole of it here. Oh sure you want Grinchy yeah.

0:04:51 - Amy

I don't have to wait in line at Target for awesome. Here's a great water bottle that will match all your stuff. That Stanley Cup trend, are y'all on it?

0:05:01 - Jess

That's not what it is. I didn't know about it until you said something about it and I had to look into it and I was like I know about it and everyone I know has one.

0:05:09 - Stephanie

I don't have one, I'm so sick.

0:05:11 - Amy

So like two years ago people started buying Stanley Cups and I was like I want a Stanley Cup. And then I went and bought one and I was like it's not that great.

0:05:20 - Jess

Mine's not a Stanley, but I have the same color as you, Stephanie. It looks like.

0:05:24 - Stephanie

Cheers. Okay, so I want to hear. You guys have a new book that's coming out maybe out this week, depending on when this episode comes out, and I'm so obsessed with the title, oh, thank you, it's a subtitle for it, so I'm going to read it. So it's called here For it the Good, the Bad and the Caso. The how-to guide for deepening your friendships and doing life together. Yes, any men. Love, love, love. Tell us about the book where this idea came from, what it's about, all things book.

0:05:58 - Jess

Well, first of all, the title. That was man. We agonized over the title for probably for months, I would say, because our last book we love the title so much was I'll Be there, but I'll Be Wearing Sweatpants, as you know, and sweatpants are the best thing ever, and following the book release, I sort of felt like it was my job to wear sweatpants all the time, and that was fantastic. So what was something equally amazing that was very hard to come up with. So I think Amy finally landed on Caso and we're like yes, how do we work Caso, so that our job can now be to wear sweatpants and eat Caso?

0:06:40 - Amy

We came up with a million different options, this and this and this. There was one we had landed on a title and I was like I was being people pleasing. I was like, yeah, okay, that's fine, that's good. And then finally I was like I called Jess and I was like, jess, I can't do that title. It's not as good as I'll Be there, but I'll Be Wearing Sweatpants. We can do better. I know we can do better. So I called the publisher and the editor and like we got to scratch that title. Give us a week, we will come up with something phenomenal. And really, jess, I've got to give Jess a lot of credit on here for it the good, the bad, and Caso, she came up with a lot of that.

0:07:17 - Jess

Titles are just there as a whole. Amy is usually the name person, so I do feel kind of proud that I contributed. But so this book is. I feel like our first book really scratched the surface, talking about friendship, and then this one we really dive even deeper, especially into the harder topics like friend breakups, things like that. We've been through friend breakups. I'm sure we're the only ones in the history of the world that have ever gone through difficult seasons in friendship. We felt like it was really a topic that needed to be talked about more. I would say that was one of the biggest questions that we got a lot on. Our first book was okay, but how do I know when it's time to walk away from a friendship? How do I walk through the grief of a friend break up? And there's a lot more in there too, but that is one of the things that we dive into.

0:08:17 - Amy

Yeah, I would say I'll be there but I'll be wearing sweat pants was very like these big, broad topics, really important. But this book it is a lot more specific. We're a lot more. If you're one that you're like, I want you to tell me exactly how we kind of get a little more. I would say nitty gritty in the details of this one. It's 21 chapters. So we were really like listen, we want to write about all of it. We're going to let's leave no stone unturned. Let's try to uncover all of these topics and let's get it done in a very, hopefully very vulnerable, good, easy, digestible way. I love that.

0:08:57 - Stephanie

I love that People have come to you, started writing, talking, call them. Because you guys already mentioned friend breakups, I wanted to. I feel like let's start there. Friend breakups are hard because you know, with, like a romantic relationship, that you're gonna everyone picks one person. So you know that, like, if it's not this person, it's gonna be someone else there's gonna have to be some sort of split, like you know it, you see it coming or you know it's a possibility, there are resources for it, there are how-tos, best practices.

With friendships, it's like you can have infinite. There's not a hard stop, there's not like, there's just not a whole lot of like protocol or even like setting of expectations for the fact that a friendship may not last forever. And I want to hear I know that sometimes we have people that we've been friends with, friendships we've invested in for a long time that we get to a certain point and it feels like the friendship is just not growing, it's not adding as much to our lives and actually it might be like detracting from our lives. And I want to know, like, is it okay to move on? Like, is it? Do you have to be friends forever, or are you a cruel person if you're like, this isn't

contributing to my life anymore and then like, how do you go about doing that? If you're alive, then how do you do it? I?

0:10:27 - Amy

think okay, so something okay. With any breakup that I went through, like a romantic breakup, I remember grieving it, I remember hurting. Definitely I do not ever remember thinking I'm a bad person because I couldn't make this work. Now I would say it's the opposite of my friendships and a friendship has fallen short. I immediately go to I'm something's wrong with me, I'm a bad person. What? How have I failed? That this didn't work? And that's a totally different thing. And that's because I think we do have the expectation that if you're good at friendship, it will last forever. If you're a good person, it will last forever. And I do think that is something that we've got to just get off of our head and send something really hard. For me, because that's the first place I go is I'm a bad person because I couldn't make this work.

Because I think a really important thing, one you got to figure out, is the friendship ending, because it's just like the sparks not there anymore, like things aren't clicking, they're not as deep, it's not growing, or is it truly toxic? Because I would say if something is really toxic and really taking away from your life, and really that is a door that just really does need to be shut all the way. This is this. I've got to keep my I love you. I've got to keep my heart pure. I want you to eat. You cannot eat at my table anymore because now this is affecting my heart. It is affecting the way I interact with my family, it is affecting the way I think about other people. It's affecting, I mean, my heart. That's like our job, like I want to be able to keep my soul, my heart, pure and first things first. And if anything is getting in the way of that, I want to be able to shut it off and that's why I always use like I want you to eat. You just can't eat at my table anymore. So that is one where, yes, you have to close the door all the way. It's going to feel really bad because, again, we're not used to doing it.

Who's the bad guy in every movie? It's the person who walks away from a friendship. The person who walks away from the friendship is never the good guy and it's always like there's a good and a bad, there's a black and a white, there's a villain, there's a hero, but the truth is in real life it's mostly gray. It's mostly gray. You don't have to label them as some bad, terrible person and you don't. Also, you don't have to label yourself that it can genuinely be. This wasn't working anymore.

And then I think if a friendship, if it's not toxic, but it's just really not growing, that's an area where I would not shut that door necessarily. You close it. Maybe you keep it open a little bit, because things can definitely change. Let's say, you go through something really hard and that is the person who shows up and is there for you. That is going to rekindle that friendship. Things started lining. Suddenly your kids are in the same class again. Boom, that friendship gets rekindled. So I don't, like I'm very slow to close any door. It has to be really, really bad for me to do that. But it's okay to take a step back. It's okay to be to look at it as I look at my friendships as plants a lot, and be like, okay, this plant is not growing anymore. I've only got this one jug of water. I gotta go put it. I gotta put it elsewhere.

Yeah, invest in it, but I'm not necessarily.

0:13:41 - Jess

I think it's a lot about being intentional with where you invest your very precious time, because we don't have a lot of it, so if there's kind of it could even be seasonal like there's not a lot happening in this friendship, maybe it's just time to invest elsewhere, into the friendships that are really more thriving and moving forward.

0:14:03 - Amy

Yeah, I've tried and I'm sorry I've talked so much, I will stop in a minute, but I just am so important and it's so hard and it's so tricky and it's something I've struggled with forever and I'm just now really kind of learning. I have had to get to a place where I'm like, oh hey, we got to reframe the way that we think about this because, like, care Bears is cute, right, care Bears is cute, and in Care Bears, the goal of friendship is for it to last forever. You know my little pony, but whatever it is, when we were young, the goal is best friends forever, and that is so much pressure, it is very unrealistic, and so we tend to think that any friendship that didn't last forever was a failure. And I've had to reframe the way that I think about that and go no, no, no, no.

The goal of friendship is not for it to last forever. The goal of friendship is for it to be healthy. Is it healthy, is it good? Then just enjoy it, let it be what it is now and give it the freedom to adapt and to change as you adapt and change the goal does. It does not mean that it has to have lasted forever for it to be a good friendship. It can be a good friendship because it got you through a season and that's still a beautiful, beautiful thing.

0:15:15 - Stephanie

Yeah, that's what you're going to say.

0:15:19 - Jess

I was going to say I hope I can you guys hear my puppy snoring? I'm so totally snoring and I'm like trying to get him to stop. I'm like wake up shift, like I do to my husband in the middle of the night. But yeah, it's pretty cute.

0:15:41 - Stephanie

What if? Like what do you do if one person wants the friendship to continue more than like if? If it's not mutual? If you're like man, I feel like this isn't a place where I want to invest as much of my time and energy anymore. Like either I have less or I have something else, or someone else that is requiring more of me. Or like I'm investing a lot in this and I'm not getting back what I like me to get back in order to make this a good investment really, but the other person doesn't see it that way. Like what do we do then?

0:16:20 - Jess

I think we have to have boundaries, we have to protect our own hearts and we have to.

We have to do what's right.

I think sometimes it's very easy to listen for me to listen to the loudest person in the room with the most needs, and if someone's very vocal about their needs and their wants and their disappointments, it's very easy for me to pivot and try to appease that person or make them happy.

And I've learned that that's not always the person I'm meant to be investing in in that season and it's also not my job to fulfill a person or fill a hole like feel a hole in their heart that they may be feeling, I would say boundaries and just continuing to, to be intentional about where you're investing and not feel bad about that. And then sometimes I have had conversations with friends who I love, but it's I am just in a really busy season right now and I I don't have a lot of time or enter, I don't have a lot to give right now and I'm sorry but just kind of leave it at that, cause we do. We all have limited time and we have to decide who we're going to invest into and make time for. Does that answer your question?

0:17:46 - Stephanie

It doesn't like, it doesn't make it easy.

0:17:48 - Amy

No, no, god, it's really hard. No, it is. I think, too, it's about if you are giving a lot to a friendship, a lot, and you're not getting as much back. And this person kind of made it clear I don't have the capacity for this right now. This is not where I want to be giving. You're really not honoring yourself because you have needs and wants that are not being filled, fulfilled there, so you're not honoring yourself.

And then, on the flip side, I think, if you can tell someone is wanting more from you than you are capable of giving, you're not honoring them by stringing them along, like I think that in my head, I think that's the nice thing to do is to respond to every text, and the nice thing to do is to kind of play the like, the polite game with them. But is that really Cause they're trying to build a friendship and you're not? That's not where you're at, so you're really not honoring them either. Is that really that's the polite thing to do? But is that the good thing to do? Is that the right thing to do? And again, kind of reframing that of being like no, they deserve to find their people, they deserve someone who can fill their cup. It's just not me.

0:18:58 - Jess

I actually had. I had a, a good friend who I adore, move to the area. This is a little bit different of a situation and we've been really close in the past. She's moving to the area and I got scared because my life is very full and I was dealing with some personal stuff and so I just started worrying that she was going to be disappointed that I didn't have. I was already kind of maxed out in a lot of ways and so I started getting kind of scared that what if she shows up?

And I hate disappointing people Like I. I just I want to put everyone I love in a bubble and I want them to never be disappointed. It's just like a big thing for me and I really don't like being a disappointment either, obviously. But I decided to have an honest conversation and I have been

very grateful often that I had that conversation and I just told her I just explained the season that I'm in and what I'm going through and I just told her that I was scared that I was going to disappoint her because I didn't have a lot to give in this season and I've been really maxed out and busy and I adore her, but I was scared I was gonna disappoint her.

And we had this great conversation where she's like I don't have expectations of you. I know like I've changed too in the last years and I have stuff going on and I just want you to know that's not what I'm expecting and we'll figure it out. But there's been so many times where I would naturally feel guilty that I'm not like this loyalty thing. I haven't reached out more, I haven't. I should have done more, or I should be doing more, or I can fall back on that and be like, no, she knows that I love her and that this is the season I'm in and that's okay.

0:20:49 - Stephanie

Are you guys any of grand people? Oh yes, we are obsessed, Josh. What are you?

0:20:54 - Jess

I'm a seven.

0:20:56 - Stephanie

You are? Yeah, man, I thought I found a fellow too. I was like you are speaking my language.

0:21:02 - Jess

I think there's a good overlap there for sure For a seven. For me as the enthusiast. Sometimes I found myself in a situation where I'm disappointing people a lot because I can be so enthusiastic for a season and then, when my attention shifts elsewhere, people are like what's going on with you? I feel like you're gone or whatever. And the truth is, a lot of times I was overly enthusiastic and doing all of the work and all of the friendship and then when I shifted, there wasn't really anything left. This is not about the French post I'm out, but that's something I can often find myself in a situation with friendships.

0:21:45 - Stephanie

Yeah, that makes sense, Amy. What are you? What in your group are you?

0:21:49 - Amy

I'm a nine.

0:21:52 - Jess

I knew that one was gonna surprise. Did that surprise you or no? I think maybe. Yeah, I think a little bit yeah, like when I first met Amy. Now I totally see it.

0:22:01 - Amy

But when I first met Amy I was guessing like a seven or a three, because she's so bubbly, and I'm married to a nine and he's not quite as bubbly as Amy, yeah, I'm a social nine, so I'm kind of a weird nine, but I thought I was a two because I was like no, I love people so much. I love

people, I love them, I love them, which is true, I do have a genuine, just kind of fascination with people. But I also realized I mean it's not so much that you love people. The way you function is literally making sure nobody's mad at you. That drives a lot of what I do. It's like just don't be mad at me, just don't be mad at me.

0:22:43 - Stephanie

Honestly same. But I think for me it's more like, as long as I know you've loved me, like I'm okay. Yeah, you know it's. Yeah, it's a yeah. So I wonder, even though, if I need people to love me.

0:22:55 - Amy

I just don't be mad at me, let's just be cool. Can it all just be cool?

0:23:00 - Jess

I would imagine that, being in a two a two you could find yourself in that situation a lot where you are overextending yourself and then wondering if it's reciprocal. I mean especially for a two. I feel like it would be very healthy to take a step back and be like where am I investing what I have to give? Because you're so naturally generous and giving and loving.

0:23:26 - Stephanie

It's well, thank you. It is hard because I feel like I should give absolutely everything I have to whoever asks for it, like Jess, when you said the loudest person in the room, like I just I'm so aware of who's around me and who needs what and I feel like maybe like an outsized sense of responsibility or ability that like I probably could make this better and like, and so if I don't, then I'm withholding something from you and I never want to do that. But then, yeah, I find myself maxed out and like I don't have anything to give to the people who I'm most responsible for that's been a huge learning curve for me as well.

0:24:16 - Jess

Yeah, that's really hard, it's really hard and it is learning that just because I can doesn't mean I should, whereas I make a lot of decisions to like overextend myself because I'm like, well, I can. I think that could be a woman thing partly, where we're just like, yeah, I can do that, I can handle that, I can keep on feeding everyone while I'm deathly ill and you know like we just kind of push ourselves to this max. Yeah, it's not healthy.

0:24:47 - Stephanie

I used to get in trouble with my calendar, Like when you said being like overly enthusiastic about something there was.

I went through like a couple of years where I was learning so much about boundaries and people pleasing and like unwinding some of these things that were that are just like baked into me, and one of the things was my calendar and I would say like, yeah, we could totally do that, and it would usually come up with like trips.

It would be like you know a girls weekend or like a weekend away or go home to visit or you know just different things like that. And I would want to say yes, because I want to make you happy and I want to connect with you and I want to see you. But then I would realize, oh my gosh, I have overextended, not only myself but like my family, and like when you're saying yes to one thing, you're saying no to something else, and so I'd be saying no to something that was actually more my responsibility or more important, and I just something. One of my best friends told me that having no plans on a weekend is still having plans. So like, even if you need to, like, mark it out on your calendar like that is my plan is to have no plans.

0:25:51 - Jess

Like that's the plan and that can be an honest way you answer people, like if you're needing to pull back from friendships, respect your time, respect your needs. You don't have to go into like well, I'm not really enjoying you right now, so you know. But like I'm sorry, I have plans, yeah, to sit on my bed and watch the show.

0:26:13 - Amy

Yes, you know, yeah, and I think so too. It's so good to know, cause I am listen, I love being at home. So I like the thought of I'm like, oh no, not that many people want to take a trip with me or ask me to go out, cause they probably know I'm not going to, or maybe I'm just not getting invited. I don't know, I don't know, I don't know, but this is something I am very people-pleasing Extremely. I feel guilty 99% of the time for nonsense. I mean, I'll feel guilty for absolute nonsense.

You know, and you know, one of the things that kind of changed my mind is my husband, as a joke, I think. I mean he was half joking I said something about being a people-pleaser. I felt like I had to say yes and he goes. I mean he's like you're a people-pleaser to everyone except for me. You don't mind telling me no, you don't mind turning me down, you don't mind not being here. And I was like you know what that's true, because I know that you're not going to get mad at me. So I don't work to gain that from you. I don't work for that. You're right. And I kind of changed the way that I thought of a people-pleaser of just the same thing, of like okay, but who are you pleasing? And when you please these, who are you disappointing? Because I don't want my kids to be like, yeah, she was a great friend, but she wasn't here for us. Yeah, she was. Everybody in town loved her, but we didn't see her very often. She didn't serve us.

I'm like, learn how to turn the people-pleasing. It's still people-pleasing, it's just pleasing the right people. I want to please the right people. That is so big, that was a game changer.

0:27:53 - Jess

I had a friend. That was a huge learning curve for me. I had a friend a long time ago. There was just always drama and really big needs and there was always a crisis and it really and I was really focused on helping her for about six months Doing she was living with us. I was just very, very invested in things kind of fell apart. I found out that everything was not as it seemed. There was a lot of lying and not truth telling and stuff. It was a complicated thing, but the thing that broke my heart was that I realized how unfocused I'd been on my kids and my husband

because I had just like, well, she has crisis, I have to be there. That has to be. Her crisis needs to be my crisis. This is the most important thing and without even realizing it, I had been focused on that and that is the thing I probably cried about the most after. That was just realizing like the friendship breakup was very difficult, but also just realizing where my focus had gone.

0:29:00 - Amy
Yeah.

0:29:00 - Jess
Yeah, yeah, well in realizing too.

0:29:03 - Amy
Someone like that, who has a lot of needs, not who has a lot of needs, but who it's more than a season, yeah this is not a seasonal. This is who you are as a person.

0:29:14 - Stephanie
I think that that's the difference.

0:29:16 - Amy
Like a sorry, like a tank that almost can't be filled. The truth is, sometimes I have to walk away from people like that because one I've got to. I've got to be self-aware enough to know, like Amy, you are a people pleaser. You have this tendency Right. They will always be disappointed in you because they've got a tank. You're not.

0:29:37 - Jess
I think that's really good point, that's what they want.

0:29:39 - Amy
You will always. Are you going to live constantly disappointing this person? That's not. You can't do that because this point person has a tank that can't be filled. It's not you, it's not that you're not enough, it's that it's. It's really you're incapable of filling whatever need that they have. They probably need to work on some stuff first because their expectations for you. You can never meet them.

0:30:03 - Jess
And maybe somebody who walk away, yeah, and maybe somebody who has better boundaries and isn't naturally such a people pleaser would be an amazing fit for that person. Amazing, it's really good and self-aware to realize this might not be a good fit for me, because I this kind of relationship sucks me dry without even realizing it.

0:30:23 - Stephanie
Yeah, I think both of us in trouble because I'm going to accidentally promise you something that you would love for me to give you, but like I can't, like I'm, I'm setting us both up to fail. Yeah, by walking in this way. Yeah, I one of the things and I've talked about this on the show and I need

to come up with a better way to describe it but, like in in that whole time when I was learning about people pleasing in boundaries and all these things, I I kind of started like ranking my people, like these are the people that I am most responsible for and care about the most. These are my closest people to like almost like concentric circles, like kind of moving outwards and knowing that actually taking the time to identify like who is my closest person, who are my closest people, who I'm responsible to more than other people, has made the process of figuring out what to say yes to and what to say no to so much easier. Because even when it comes to like, every once in a while there's a decision that pits, like my immediate family versus like or against like my family, borgen.

So it's like you know, my mom would love to have my family fly to Denver and you know, and spend more time with her there. I would love that. I would love to say yes to that. However, sometimes that's popping my kids on a flight isn't necessarily the best thing for them or isn't the best thing for my husband and all the stuff he has going on. So it's like I have to either choose whether I'm going to disappoint, sort of like, my kids and my husband or my mom. Sometimes I'm totally going to throw us all on an airplane and like do the uncomfortable thing, whatever we need to do, because I want to spend time with my mom. But sometimes I'm going to have to disappoint my mom and like realize, like when the relationships are so close, like that, where it's like it's not an immediate, obvious thing, having already done that work of going, I love my mom, I love my kids. I am more responsible to my kids, partially because they can't keep themselves alive.

0:32:38 - Jess

So like I am more unloving towards your mom, that's at all. It's not. Your heart is in the, a wonderful place, it's just. You only have so much to give and owning that. I think as women, we have to stop thinking that we have endless supplies. Like that, we can just dig deeper, because we I mean for me, I end up getting burnt out and real grumpy because I don't have endless supplies actually.

0:33:06 - Amy

Yeah, I think to it comes. I think about this a lot and it's kind of morbid. I don't know if it's healthy. Oh, I think so. I don't know, I think it is. I just think about, like, my funeral and what a sad, sad, sad thing it would be if everybody in my town was like she was amazing, I loved her, she was here for me and my kids and my husband are silent. That would be terrible. I would rather have it, because everybody talks about having a funeral where the room is full. You know what, honestly, I hope my kids, I hope my husband, I hope the people closest to me, I hope they have good things to say about me, and then the rest of the room can be or not be. But I do kind of try to think that in mind, because what is what a sad thing to have this full room of people who didn't even really know you have nice things to say but the people closest to you are silent. That's just not what I want. That's not what I want. And so it is kind of realizing.

I think reframing and rephrasing is such a huge thing. So I've tried even to be like, because I've always I guilt myself if I can't be a good friend to everyone. If it's not, everybody would be like she's an amazing friend Then I've done something wrong and that's so unrealistic. Somewhere

along the way there is going to be someone who's like she was a bad friend. But here's the truth I probably was a bad friend to you, but I was a good friend over here.

So I've tried when, even when people have hurt me, I don't say that they're a bad friend. I change it and I say they were a bad friend to me probably because they were being a good friend. I hope, I hope that it's because they were being a good friend somewhere else, that it was because they were honoring these things, and that's okay to say. It's okay to take a step back from that. But just rephrasing it of being like it doesn't have to be one or the other, it can be in the gray. The gray is you weren't a good friend to them because you were being a good friend over here. You might not have been being a good daughter by going and visiting your mom as much as you wanted to, but you're being a good mother and sort of like rephrasing the way that we think about that. I think it's just so powerful.

0:35:22 - Stephanie

That's so good. That's so good. I'm going to have to sit on that for a while.

0:35:28 - Jess

You're just like over there shaking your head with revelations.

0:35:31 - Stephanie

It's so good, it's so good, because I'm totally like you guys. I do not like disappointing people. I'm like just exactly like you said. I feel like they're. If I just dig deeper, if I just dig deeper, if I just dig deeper, it's like it is so hard to believe and recognize and come to terms with the fact that, like there's a bottom, there is.

0:35:53 - Jess

You want to scrape it. You want to protect yourself before you reach the bottom.

0:35:58 - Stephanie

Yeah, yeah. I want to ask you guys you talk about friendship a lot. You talked about friendship in this just like really beautiful but kind of overarching way in. I'll be there, but I'll be wearing sweatpants. I want to know what you guys have discovered about taking friendships to the next level, because I think that we, for a lot of us, we know people, we see people on a regular basis. Maybe we're in like a book club with people, or we know people at our kids' schools, or we're in class with people, or we have neighbors, whatever, but we don't feel like we really are known by anybody and it's this really weird like has them to cross. What have you guys found about how to do that?

0:36:48 - Jess

We were just talking about this a little bit, but I think one of the big things is that at some point we're going to have to wait in with some vulnerability. And it's kind of similar with not waiting for people to pursue you and friendship, to make that initial first step, like you go out and pursue people. It's similar with vulnerability and being real and authentic and just kind of sharing what's actually going on in your life and just kind of waiting in. You don't have to give people the whole

picture right away In fact that's probably not healthy but to wait in and see, are you a safe place for my real and authentic? And I had a friend. She was dealing with a ton of anxiety when we first started becoming friends and she was just very open and real and authentic about it. And I wasn't dealing with that at the time but I really appreciated her vulnerability and she also laid this foundation of I am a safe place for you when you're going through hard things.

And a couple of years later I went through the most intense, terrible time of anxiety of my life and she was the first one that I thought of because she'd already created this safe space where I knew so, even if you're sharing your heart with someone and they don't necessarily fully relate, you're still laying a foundation for like it's okay, you can show up as you are, come as you are with all your mess and whatever it is you're going through, I'm going to be a safe space. So I think that that is a big deal and, honestly, for me, I think I need to really go deeper. I have to have someone on one time at some point, like some more intentional conversation, and some friends are great for that and some friends you might do that and be like you know what we're good in a group Like this maybe is not going to go to the depth that I wanted it to, but I need that one-on-one time to really start to feel close to someone.

0:38:48 - Stephanie
Yeah, like that.

0:38:50 - Amy
It's like a little, you just act a bravery. That's why every friendship starts with an act of bravery. Every friendship continues because somewhere someone was brave enough to say hey, do you want to go to coffee? Hey, can I get your phone number? Hey, do you want to? I don't know. I mean, when you start talking and reaching out and it is, everybody expects it overnight. But it is brick by brick, by brick by brick.

You know, one of my closest friendships it took me, she had been through some hard stuff and she's just someone who her walls don't come down easily. My walls kind of do my walls come down way too easily. Like, lord have mercy, like I'm way, way, way too probably far the other way, like I will way too far the other way. And it took me a long time to really be like okay, no, listen, I'm not going anywhere. I'm not going anywhere. Do you want to go to Target together? Do you want to do this together? Hey, you're sick, I dropped off something on your front porch. But the bravery of showing up and just like building it little by little by little and being okay with it taking time because it does. It takes a lot of time to feel close to someone and we expect it right away, especially in today's society. We are Amazon Prime people.

We are instant people it's supposed to be, and I, you know cause, we hear this all the time oh, if it's a good friendship, you'll know right away, you won't have to work on it. No, that's insane. No, well, no, I didn't. You know, I, my husband, our first date was. Our second date was better. Actually, that's not true. Our second date was also pretty bad. I don't even. It's a funny story. That's a funny story. Third, great. Third date was pretty good and it built. But it builds little by little by little and I think we need to realize this. Just, relationships aren't instant, cause we're people and we've all been rejected and we've all been hurt and we've all got these insecurities.

And I think, deep down, so many of us pull away because we're terrified of being hurt, cause the truth is a shallow friendship, you're not ever gonna really get hurt in that, even if they leave you. It wasn't that deep.

They didn't really know you. They didn't. There wasn't really a belonging there. The really vulnerable part, the scary part, comes when you do get close to somebody, cause that person has all the power to hurt you in a very deep way. It's still worth it, though it is risky to enter into a deep friendship that there's no guarantee. There's no guarantee that it's gonna last. You're not made to vow with this person. You have not exchanged things that like till, that do us part. We're gonna work on this forever.

It is a friendship, is one where people can come and people can go pretty easily. There's a lot of trust there and there's never a guarantee that they're gonna stay, no matter how long, how much time you spend together, how much you've shared and that is terrifying, but it's still worth it. It's still worth it. It's just it is risky. It is risky, but, like I said, we need to get to where we're not. We're less afraid of a friendship not lasting forever and we're more intent on like let me just, how can I make this healthy now? What can I do to make this healthy in this moment? And if we can focus on that, then just let things happen as they do.

0:42:23 - Jess

I think, too it goes back to what we were talking about before with being okay with some friendships like this isn't something I'm going to invest in, or I should invest in more that I need to shift my focus. I think being intentional and choosing one person or two people, or maybe max three people that you're like, these are people I want to go deeper with. If you try and include every single person that you know in that, that won't really work. But you kind of have to be intentional to go deeper.

0:42:52 - Amy

Yeah, and it's okay to, I think, almost categorize your friendships, to know, like, accept things as they are, like I've got people that like man. There are people that like when I hang out with them, I really enjoy them, I like them, we like the same kind of music and we dance and we can talk about early 2000s in sync, backstreet Boys stuff. But that's not a place where I'm going deep and you just kind of almost have to accept and categorize like that's my fun friend, this is a fun, that's a fun thing that we have. I'm not talking them about, you know, my parents being sick or my kid struggling in this, that's not what we do there, you know, and I think that's okay to kind of just kind of accept it as it is, enjoy it for what it is, not push it to be more, but be like okay, now I do want some depth. Where can I find that? Who can I find that with?

0:43:47 - Stephanie

I think, too like I'm glad you said that. I think that our friendships serve different purposes also and we have different kinds of depth with different friends. So it's like your parents being sick you probably would talk to a friend who has also struggled like, whose parents have also struggled with their health. They may not be the person who you talk to about what your kid is struggling with, because they don't have context for that, or maybe they have something in their

own life that would prevent them from being able to like really get into that with you, and so I feel like there's different levels of vulnerability or different categories of vulnerability even within our friendships of who your go-to people are gonna be for different things I wanted to ask you guys.

there's this moment where we're like okay, if we're gonna get vulnerable, if we're going to get closer, I have to, you know, commit an act of bravery. So someone says like you know how are you doing? And you say you know what? I am having a really hard day. My insecurity is just like raging today about XYZ. And then you like sit there and I feel like that moment before they respond lasts like two years.

0:45:07 - Jess

You know, it's like just all of a sudden time stops and you're just sitting there going like what are you gonna say?

0:45:13 - Stephanie

What are some? And I think that that the fear of that moment it's like a millisecond, but even the fear of that moment, I think, is what keeps us from being vulnerable in the first place, because we're like, what are they thinking? In that moment they're thinking, wow, you're a mess, Wow, that's embarrassing. Like, oh my gosh, you don't have it all together, I do. Blah, blah, blah. What are some things that we can tell ourselves in that two year long millisecond as we wait for them to respond to our vulnerability?

0:45:45 - Jess

I often remind myself of my friend that I was talking about, who was super vulnerable about her anxiety, and I didn't really have context for it. At that point I hope I felt like a safe place. But sometimes if someone just kind of like even if they react kind of poorly, I'm like it's okay, they now know I'm a safe space to talk about real things. They now know that if they're having a really insecure day I'm a safe space and I just leave that as the thing that I just accomplished, if that makes sense. And then I realize, you know, maybe they're not the person that I talked to about this kind of thing, but that helps me a lot thinking of it anyway.

0:46:26 - Amy

I remind myself because I do that sort of stuff all the time, like I can be really awkward and like, just say stuff. And I just always remind myself because I'll walk away and be like what did you say? But I just remind myself and I use this phrase all the time. It's like I'd rather be weird than rude, I'd rather be weird than dishonest, I'd rather be weird than not myself, and so like because I think we're all again, we're all scared of being rejected, we're all scared of being left out, we're scared of being the outsider and I could get into.

I have a philosophy on why that is, and it's because we are deep down. We still crave for that village and we need each other, and so we're scared that we're not gonna survive without that. But it's okay, if you're weird, you will actually survive, because the right people are gonna be. The right people, honestly, are going to breathe easier, because you were kinda awkward. They're gonna be like oh, me too, yes, me too. The wrong ones. You are probably gonna be

excluded from them. That's fine, that's fine. You don't wanna belong everywhere, you wanna belong somewhere.

But if you belong everywhere. That probably means that you're not being very authentic, but you wanna? Does that make sense?

0:47:42 - Stephanie

Yeah, if you belong everywhere, you're probably really lonely.

0:47:44 - Amy

If you belong everywhere, you're probably really lonely because you have not gone. A friend to all is a friend to none. You've got no depth there. So that's why I use the phrase anytime I say something weird and I walk away and I was like that was strange and I was like, oh well, I'd rather be weird than rude. And then I laugh and I go on about my business of being awkward.

0:48:05 - Stephanie

I think that that's my. I need to think of a way to phrase it, but mine's usually like I'd rather have that person know, like I'd rather have that person feel comfortable, or I'd rather have that person know that I care about them, or I'd rather have that person feel included, or whatever, like I think that over the years, as I've gotten more comfortable in my own skin and socially, and like I'm more comfortable being like falling on the sword you know.

So it's like, well, like, maybe they didn't want to sit with me and they thought it was weird that I asked. But at least they didn't feel left out Like I. Just I'd rather fall on the sword than have someone feel left out, or Exactly.

0:48:46 - Amy

Like you were caring, and that's not so bad, totally.

0:48:53 - Jess

The more you do it, the more you realize it's not about you. That person might be uncomfortable with their own vulnerability and they're not ready for that. That's okay. You're being you and that's how you're going to find the people that you're going to connect with. Ultimately, it's by being you and then finding, finding a safe space and finding someone that is like yes, I like you. That's how we find them is by being ourselves.

0:49:16 - Stephanie

Yeah, One of the things that my husband does with me when I'm worrying about things is he goes, he asks me like and then what, and then what, and then, what I want to like.

Play that for a second if we can, Because really it's like worst case scenario. We're going. If I put myself out there, the question is okay, but then what Like? Then what happens? What are we actually risking and is it really that bad? Do you know what I'm saying, Jess? Oh, yeah, totally. What do you think, like what is on the line? Is anything on the line?

0:49:53 - Jess

Right, no, what's the worst thing that can happen? We're rejected. We're going to live still. There's a lot of people out there that we can still connect with. I think we get so stuck on that Stuck on that one fear we don't even realize it.

0:50:10 - Stephanie

Yeah, yeah, oh man, you guys. I could talk to you for a bazillion years. You guys are gems. I'm so grateful for the work that you do, I'm so grateful for your vulnerability and your bravery, and I'm so excited about this book. We're going to link to it in the show notes and everywhere. You guys really thank you. Thank you for being such good friends to our Girls Night community.

0:50:29 - Jess

Well, thank you so much for having us Loved it.

0:50:32 - Amy

Yeah, thank you so much, Stephanie. This was so great, and we do. We talk about rejection in the book. Actually it's a little one of those 21 chapters, because it was so important. We're just all so terrified of it. But, just like I just said, we're going to make it. Thanks, guys.

0:50:51 - Stephanie

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