Barbie Haven: Self care and setting boundaries

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SPEAKERS

Katy Weber, Barbie Haven

Katy Weber 00:00

All right. Well, I have with me today, Barbie Haven, from Vancouver Washington. Welcome.

Barbie Haven 00:07

Thank you so much for having me.

Katy Weber 00:10

It's great to talk to you. You're also in your mid 40s. And what I have been calling pandemic diagnosis. You were diagnosed this year.

Barbie Haven 00:19

I was diagnosed this year. Yeah, I was I started having, I guess, symptoms, well recognized symptoms, that very end of last year. But it wasn't until this year that I actually got a diagnosis.

Katy Weber 00:34

I see. Okay, and so what were some of the things that led you to believe that you might have it,

Barbie Haven 00:39

I started, I started full time as an entrepreneur. So I left the part time 20 hour a week job that I thought was the reason for why I wasn't as successful as I wanted to be. Because I thought, you know, once I just have more time, then I'll be able to get more things done. But that wasn't that didn't happen. So that was November of 2019. And then I just thought, Well, you know, it's normal to have a little bit of a transition period to going to work from somebody else
to work for yourself. Plus, it was winter time. And then I actually have a friend who I was having conversations with, and she actually just pointed like asked me if I had ever been diagnosed, and I was like, No, I don’t. I was surprised to even hear her. Say that. And so then I started doing a little bit of research. By January, I started thinking like, could I have this cut? Is that possible? And I actually ended up breaking my toe in January and not being able to work out, which really led us tailspin. Yeah. And so that that landed me right into the doctor’s office where I said, something else is going on. You know, aside from the fact that I couldn’t work out, which is something I, I knew I did for mental health. I just felt so off and I couldn’t put my finger on it. And so I went to the doctor asking for support and to see someone to find out and get a diagnosis if that was true, in fact, true

Katy Weber 02:23
for me. And the doctors were all supportive.

Barbie Haven 02:27
She Yeah, they were supportive. I mean, I was willing to, to fight for it if I needed to. I was willing to fight for seeing whoever I needed to see to find out but it honestly, I didn’t even have to she she did give me the referral. It took a couple of weeks to get to get the referral. I think I ended up at the doctor’s office. And for my mental health in February, I got the referral by early March. But it took me several months to actually call and make the appointment. Because well add. Yeah, so I didn’t actually get diagnosed until late July.

Katy Weber 03:10
Got it? Okay. I know, I remember when I walked into my doctor’s office for the console, and I had already had an initial, you know, just exploratory discussion with her. But we had to set aside a separate appointment for the actual console. And I remember walking in there with such test anxiety, like, yeah, if I failed this, I don’t know what I’m gonna do. I feel so like, seen and understood by the literature, the people in the groups and panicked that she was actually not going to be supportive.

Barbie Haven 03:45
I found that I found that same I had that same experience. I thought, you know, what, if I go there, and she says, I don’t have it, then what because I, I felt like by the time I had, you know this, by the time I had actually made the appointment to get into the doctor, I had six and a half months of researching and you know, visiting Facebook’s and finding being like, Oh my gosh, I’m home like these people get me, like, you know, and we don’t casually research either. We

04:14
like Dean

Barbie Haven 04:16
100%. I was like, Oh my gosh, and I do that. And I do that. And I do that. Yeah. So by the time I got in there, but she didn’t take I mean, she was like, Yeah, she did. She did her her questioning. We did a full intake on like, my history
and my childhood and all that stuff, you know, all the things that they do. She gave me the test, walked me through it in her office and she said, um, yeah, you have ADHD, inattentive, ADHD and mild depression. I was like, wait, wait, what? Well, I have mild depression. I was like, is that like a situational thing because like we’re in a pandemic, and she’s like, No, your your history presents, but this is a thing that you’ve had off and on your whole life, I’m like, Well, she’s not wrong about that, actually.

Katy Weber  05:05
It’s really hard to untangle the two as well, you know, I had been treated for I’ve been treated on and off for depression and anxiety since University. And yet, now looking back with this ADHD diagnosis is really just blowing my mind thinking about how much of that depression and anxiety stems from not being diagnosed or not having understanding about how I work.

Barbie Haven  05:30
Yeah, well, and not even knowing yourself. Right. Like, like, I think back to some of the things that I like, my, my whole life makes sense now, like, and stuff that I’ve never told anybody. Or, I mean, I have been talking about it now. Because you know, some of those things, I was, like, too embarrassed to tell people but some things that I didn’t tell people, or maybe just some thoughts that I had about why I couldn’t do certain things are why I wasn’t good at certain things. I understand now, why I and I can stop beating myself up about it, and just create a new plan.

Katy Weber  06:05
Yeah, absolutely. It’s, there’s something Yeah, really just about having that forgiveness, and grace with yourself.

Barbie Haven  06:14
Mm hmm. I did go through a little bit of a period of, I guess, sadness about it. Happy to have a diagnosis. Because, you know, that’s more information for me. Now, I know, now that I know what it is, I can do what I need to do. There’s that piece of it. But also sort of like, seriously, I’m 47. And nobody knew. Nobody ever, that nobody ever thought to question at all. Okay.

Katy Weber  06:48
Absolutely. Yeah. My therapist has been trying to get me or she’s been trying to get me on board for probably a year or two. Always suggesting it. And yet, I think I was reluctant because I just assumed it was something that happened to hyperactive young boys. And I didn’t feel like I was ever hyperactive as a child, Ryan, and didn’t realize how much the hyperactivity presents itself in so many different ways, mostly mental and emotional.

Barbie Haven  07:16
Uh huh. I can still relate to that I wasn’t hyperactive as a child either. And, and yeah, my whole understanding of ADHD was that it was something that perhaps, you know, was common in boys and presented itself in a certain way, having my friend be diagnosed, and she’s also an entrepreneur, and she was just, she started by just saying, like, you
just sound just like me. Everything that you're telling me that you're struggling with, is everything. This just like me, and, and so I trusted her and started listening to what she had to say. And I was like, Yeah, that makes a lot of sense.

Katy Weber 07:53
I know, I think the more I learn about it, the more I think there have got to be so many more women who are undiagnosed and have no idea that this is their neuro divergence. Because I have certainly worked with almost all of my clients, I feel like I could go back and say yes, with pretty, you know, with certainty, I attract a certain type of personality to work with me. And I think, you know, there’s so many women who deal with especially chronic dieting, and yo yo dieting and body image who are ADHD and I, part of me wants to go back and call them all and say, hey, maybe.

Barbie Haven 08:33
Yeah, I've actually been because I'm now diagnose and understand a little bit more how it actually can present. That is actually something that I've been chatting with some people about, and I have some colleagues and friends that have gotten diagnosis now. Because and so, you know, it's, yeah, I think you're right there. There are a whole there's a whole spectrum of women out there I think, probably in their 40s that just got missed. They just got missed.

Katy Weber 09:08
I believe it. Alright, so now you were on medication or you are on medication. How has that been for you?

Barbie Haven 09:16
I am on medication. I take Strattera. I take 40 milligrams of Strattera a day. And it's been it's been good. I was trying to talk myself out of needing it, you know, I got the diagnosis and had the option of taking Strattera, or I think Adderall was the other one that was offered. Maybe it wasn't Adderall, but it was it was a stimulant. It was a stimulant. Yeah, I don't think it was Adderall, but it was a stimulant. And I was thinking that I wasn't going to need anything, believe me. But what I found for me personally was that I was it was really starting to become My business and, and so I just had to get over myself and the fact that I needed some extra help to get myself, you know, in a place where I could even establish a routine that works for me because I wasn't following through with things that were super important, like sending invoices or following up on payments. And if things were just slipping through the cracks, and I was like, Okay, this is a problem for me, but I'm gonna have to get some help. So it has been going well, it took about a month to really, I mean, I noticed that immediately, the way that I describe it to my friends and colleagues is it's like glasses for your brain. That's how I felt for me, it was like, you know, I started taking it in. And then I started doing things that I said I was going to do like, and not just in business does business, but more like just in life, like noticing that the water bottle needs to be thrown away and actually throwing it away, or not letting the laundry sit and need to be rewashed four times before it goes into the dryer. This I mean things like that, that you don't really realize how much those impact your life until you stop doing them.

Katy Weber 11:13
So So would you say it's like follow through? I love that glasses analogy, by the way.
Barbie Haven  11:18

Yeah, yeah, it’s like follow through, it’s like my ability to follow through, has increased exponentially. And I mean, and it’s not perfect. I mean, there’s so lots of areas where I felt like I could be better. But I definitely noticed a significant difference with taking meds. And I also do a lot of other self care, you know, routines. And so part of my part of this year has been discovering, or since starting the meds, having diagnosis and all of those things is discovering, okay, what works for me, in the beginning, I took a lot of brain breaks a lot, I gave myself permission to like the moment I feel like I’m wearing out, I’m going to go take a brain break. And what that looked like in the beginning, you know, I work from home was literally like watching Netflix for 30 minutes, like I just was like, you just need to check out and plug into a 30 minute show and rest your brain and then you can go back. And I’ve noticed actually this week that I’m not doing that anymore, I don’t I don’t feel like I need it. I don’t know if that’s because the cumulative effect of following through is that you tend to not be so constantly behind in everything that you’re trying to do. Right? If you continue to be able to follow through, if my meds help me to follow through with things that are important to me, then they don’t stack up the way that they used to stack up.

Katy Weber  12:45

Yeah, I think that was explained to me when I was trying to figure out the logic behind pomodoro timer. Because my when I first thought about it, I thought, you know, why would I want to keep interrupting myself, all I do is interrupt myself. My problem is the fact that I’m constantly jumping from one task to another and never actually finishing anything. And so I originally, I thought that this idea of breaking time into these small containers, and then and then taking a break, I was like I don’t want to break I don’t want to be interrupted. But then once it was explained to me that if you have these sort of intentional interruptions, you will actually it will help you stick to the one task and right will actually then come back to it in a more productive manner. Yeah, I still haven’t actually gotten on board with the Pomodoro timers full disclosure.

Barbie Haven  13:35

I haven’t either I did. That’s one of the first things that my friend told me about. And I haven’t done that either. I’ve been experimenting with a lot of different things. But I can see that breaking things into small chunks. I, I tend to just I do set timers on my phone for certain tasks. And and I have the same challenge as you which which is starting something and then not finishing it. So I’m like not having to follow through just to finish what I started. What I’ve been noticing lately is that I’m hyper aware of this, I’m paying attention to win when I’m going down the rabbit hole. And just becoming more self aware of when that’s happening is actually helping me to stop and re evaluate and then redirect.

Katy Weber  14:24

Yeah, I can see that for sure. I feel like there has been a lot of self awareness about how I operate now through this new lens that has been incredibly helpful. Just Yeah, just being I think we need labels a lot more than perhaps the average person.

Barbie Haven  14:41

I definitely agree with that. I need information. Yeah, this This, to me explains a lot of why I need so much information about everything. It’s it’s almost like I need all of the details so that I can make a decision and I don’t I don’t know if that’s an ad anchor, if that’s just a me thing, but yeah, I feel like I just need constant information.
Katy Weber  15:09
So looking back on your life, what are some moments or characteristics of your life growing up where you think, Oh, of course, that was ADHD and I had no idea. Oh, gosh,

Barbie Haven  15:23
um, you know, I had a chronic messy room. Chronic messy room, like, like, to the point where I remember as a teenager, having just, you know, a trail where I could walk from the, the doorway to the closet. And, and I would, I would get it cleaned up. But it would just be messy, like, within two days. So like, I had a really hard time doing that. And, you know, when I got into, like, middle and high school, and especially in high school, if I look back at that, that era, that age, I did not, I was not a good student in any class that I didn’t love. And so I did really well on the classes that I loved. And I was super creative. So I love the reading classes, and I like psychology and all of that, but I did terrible in math. In fact, I had to repeat. I think I failed algebra twice and had to repeat a different algebra class, like two times, like, even like failed summer school. algebra, I think it was like it was terrible. And so yeah, I just, I had a terrible time even starting homework. So I don’t know that I ever really did. I mean, maybe that could be why I did so poorly in school. I mean, it’s probably like a C student. I got good enough grades so that I could remain and perform on the dance team. That was my mission. As long as I had enough, a high enough GPA and good enough grades to perform. That’s all I cared about.

Katy Weber  17:02
That was your motivation, just to add nothing more, you know,

Barbie Haven  17:05
nothing more. And I spend a lot of time in my head, I really spent a lot of time in my head. I don’t think that I realize how much until maybe even right now, now we’re having this conversation. I spent a lot of time in my head. And maybe that’s the hyperactivity piece, right? And wasn’t outwardly hyperactive, but my brain mature in a lot of different places.

Katy Weber  17:27
Yeah, I know, you know, daydreaming is so often listed as a characteristic of younger ADHD or is and I often I think that like, Was I a daydreamer? I don’t remember. But I also feel like I have so little memory of my life growing up, especially in school that I think I’m daydreaming because I don’t know what else like, I feel like, I don’t know, maybe if this is an ADHD thing or not, but I have, I have almost no memory of my childhood. And, again, like, I’m not, I have no idea what that’s just an anomaly or, yeah,

Barbie Haven  18:10
it Yeah.
Katy Weber  18:13

How did you get into coaching?

Barbie Haven  18:15

Um, you know, I got into coaching through my own personal development path. So I actually, I found coaching while doing my own recovery from codependency. So the short version is, I grew up in a small town, and gradually grew up in a in an alcoholic home, I married my high school sweetheart, who ended up being an addict. So I grew up and married an addict and I, we were together for 17 years. And it was after leaving that marriage, and I’m doing my own personal development. And, you know, this is kind of after the therapy, we came, a lot of the intensives and the workshops, I landed in this workshop, this intensive workshop, where I heard that for the very first time life coach, I was like, wait, what, what’s a life coach? And so that’s sort of what got me on the path of becoming a life coach. I was having my own experience and how powerful it was to, you know, once I healed the dysfunction of my life, to help me shift my mindset into a way of living more optimally. I always like to say that coaching is takes you you know, therapy takes you from dysfunctional to functional coaching takes you from functional to optimal. And then I niched into health and fitness, specifically after having my own results and realizing that I just had things that I didn’t know and so it was just a great partnership. I think the reason why I was able to get great results and keep them is because I had done so much mindset work and so That’s one of my passions with health coaching and as marrying the two the life coaching and the health coaching into one so that women and in particular career women and entrepreneurs can stop dieting. Right? Stop cutting food groups and all of that and, and just have more more joy and peace and energy and success.

Katy Weber  20:23

And I think also stop thinking that there’s some magic pill or solution that is going to solve everything super quickly. I realize that’s another mentality that, perhaps is we’re prone to with ADHD, which is the impulsivity and impatience of wanting something to happen immediately, and trying to find the fastest route, as opposed to really doing the real, the real work.

Barbie Haven  20:49

the real work. Yeah, I would 100% agree with that, I think that we do, we live in this world of instant gratification. And, you know, I remember, I remember being on that other side where I was trying to get healthy, and I was trying to be more, have more energy and all those things. And I remember saying, asking your friend, you know, I think I was at that point working out like three days a week or something. And not very efficiently. Either. It was just whatever I was doing. And she was like, really, you’re gonna have to do more than three days a week. And I remember thinking like, what really, like I was just like, appalled at the idea that I was going to have to move my body in a different way more than three days a week. And now, I, I do that every day, because it’s a part of my lifestyle. And because it feels good. And so not because I’m trying to, you know, be a size two or something, I just, I feel good when I move my body in a certain way. Stuff that they’ve been telling us for decades, they’ve been telling us to live your body for 30 minutes a day. I’ve been hearing that for a long, long time.

Katy Weber  21:57

I think it’s so much more motivating when you look at exercise in terms of, like you said, optimization, I mean, really, understanding the fact that it is the means to an end, in terms of feeling better, physically and also feeling better
about yourself. I mean, it's just jumpstarts so many things. When you say I'm not even, I need to start this thought over

22:25
here. Okay.

Katy Weber 22:29
I think it's so important when we look at exercise in terms of how it feeds us, and how it helps us as opposed to thinking about the fact that it's going to shrink our bodies in some way.

Barbie Haven 22:41
Yeah, I, I tell my clients, I want to know what their idea is in their head, because, you know, they have this idea of what number you think you're supposed to be or whatever. And that's just so that I understand where they're coming from. But at the end of the day, what I like to teach is that food is fuel and movement is medicine. And it's preventative, right and, and if you can get yourself to a place where you are creating the lifestyle, which takes belief in yourself to be able to do that, which is why mindset is so important. And the work there, then you will you literally will wake up and crave it, you will crave that movement, and it will just become part of who you are. And it won't be attached to a number on a scale. And you won't have to beat yourself up because you had pizza on Friday night. or glass of wine like you don't have to feel like you have to jump up punish yourself for living. It's just you just live. I like

Katy Weber 23:44
to I liken it to flossing. I spent so many years avoiding flossing and going to the dentist and getting a slap on the hand because I wouldn't do it. And then I finally got into the habit of doing it. And then it becomes You know, it became so essential. I can't even imagine not doing it now.

Barbie Haven 24:02
Exactly. Yeah, I think that we you know, our brains are wired for survival. And if we have been making up a story about why fitness is hard, or why exercise is hard or why movement is hard, then it makes it incredibly difficult to even start doing that. So you know I just like to talk about the the whole thing, in my view, is really about self care. And I'd love to move the conversation away from whether or not you've worked out today to whether or not you took care of yourself because self care is not just working out. It's all kinds of things. It's it's the whole thing. It's all of it the mindset, the spiritual, the financial, the friends, the fit, it's all complete package.

Katy Weber 24:59
So what do you find your Clients struggle with the most when they come to you.

Barbie Haven 25:03
Hmm, I think the biggest struggle initially is all or nothing thinking. Maybe that’s second to wanting to have a magic pill like, you know, wanting to be able to just have take something and have it just magically be wherever they want to be. But the trap that I see clients fall into a lot is. And the reason why they come to me is they’re stuck in this all or nothing thinking. And what that does for them is that it keeps them continually goal hopping. And it keeps them in that self sabotage mode, because they’ll start on a Monday. And by Wednesday, there they have in their terms cheated, right? I say treats, not cheats, they’ve said they’ve treated, or they’ve missed a workout, or whatever. And then they they think that they have to start over. Like they literally think they have to start over. But there’s, that’s painful, because in their brain, them starting over equals failure. And instead, there’s so much that goes into this, and I’m trying to consult make it concise, but not doing a very good job of that. But there’s so much that goes into it because their idea of starting over means that they have failed, and then they don’t see failure as feedback. Instead, they see failure as a reflection of who they are. So it’s kind of a lot wrapped into one. But I would say like the all or nothing thinking starts that spiral of self doubt and self criticism and the negative self talk, which leads to either quitting altogether and just giving up or starting over. And because they never stick with it long enough. They never actually see a result. Unless, you know, they work on the mindset, which is what I do with them.

Katy Weber  26:55

Very well put. I love that. And I like the how you framed the idea that failure is the people tend to use the word phrase failure as part of their mindset.

Barbie Haven  27:08

Yeah, yeah, I see. They look at failure as an indication that there’s something wrong with them. You know, like that, somehow, they instead of instead of failure as feedback, they think that failure equals flawed. And flawed, equaling not good enough, right? We all have this inner critic, not good enough message. That is just part of human nature, I think. And it’s perpetuated by this, the ideals that we see in society that are completely unattainable. And, you know, the idea that in order to be enough, you have to look a certain way and act a certain way, and dress a certain way and have the right, all the things that we see. And it’s just so exhausting. It’s so exhausting. And I know because I did that I lived that life for a long time, I’ve tried to be what I thought everyone else wanted me to be. It’s just so much easier to be yourself and yourself isn’t perfect, nobody is. So if you could get to a place where you can embrace that. You’re your real self, then it makes the whole self care, self care journey. So much more enjoyable.

Katy Weber  28:20

I love how you combine that self care with the body, and emotions and our brain and you carry it over into business, you say, you know, you work with business leaders and entrepreneurs, what is that connection for you?

Barbie Haven  28:37

Yeah, I think the connection for me is that the women that I work with want to make an impact, right? They want to make an impact in the world. You can’t do that if you don’t take care of yourself. If you are not putting yourself first and you’re constantly people pleasing and saying you know all the things that go in that some women can have a tendency to do, and you’re not taking care of yourself, then you’re really not showing up as your best in order to serve. And don’t we want to be able to be our best in order to serve. I know that I can’t serve my clients if I don’t feel my cup first. I won’t have the energy to do it. And so for me, you know, I’ve kind of come full circle. I’ve been on both sides. I’ve been an employee I’ve, I’ve worked in corporate and then now to being an entrepreneur and I would say it’s
even, maybe not more important, but it sure feels like it because I'm a solopreneur I'm an entrepreneur, if I am out my businesses out. If I throw my back out and I can't do whatever I need to do because I have to be stuck laying on the floor. That's a problem. I can't meet my clients I won't be able to serve if I am wearing myself and burning myself out. So much that I just don't have the energy for anything else or anyone else, then my family suffers. And that's not fair to them either. So I like I like the I like the connection in the business world, because I really think that for so long we have seen, and I do think this is shifting. I'm happy to be seeing it shifting. But we have seen so many people equate success with doing doing and hustling and do more and give more and all of those things. And it comes at a really high price of your own caring of yourself. Rather than focusing on being if I if I am focusing on who I need to be more than I'm able to pay attention to, if I all those things that go into the self care funnel, if that makes sense.

Katy Weber 30:59
And when you talk about boundary setting, too, I know boundaries are something that is difficult for people with ADHD, we tend to say yes to everything, and we're people pleasers. How would you help women with ADHD? When it comes to boundary setting?

Barbie Haven 31:16
Yeah, I this was actually one of my favorite things to help people with because I had no boundaries. And it's one of the things that I one of the first things I learned how to do, that's when I first started my own path of personal wellness, I didn't even really understand what a boundary was, like, I actually had to look it up. Because nobody taught me I didn't know, here's what I've learned that that is that your ability to set boundaries is directly tied to your alignment with your values. So far for anyone ADHD or not, if you're not living in alignment with your values, gonna be really hard for you to set boundaries. So what I like to do is do a value as assessment, I'd like to help people get to the core of what their actual values are today, not the ones that are given to them growing up or that you've got from school, or mom or dad or church or whatever society what you actually value. Because once you have clarity about that, then you can see pretty easily where you might be out of alignment in your life and with how you're showing up. Not saying it's easy to have the conversations that you might need to have. But you can't even have those conversations if you're not even aware of what they need to be. That's great. That makes sense. I hope.

Katy Weber 32:46
Oh, yeah, absolutely. I think I think boundaries are super important, especially as women and especially for mothers. Because we so often put ourselves last.

Barbie Haven 33:01
Yeah, I feel like I've been practicing this for so long now that it's honestly it's just kind of second nature to me. And I feel like I've gotten really good at it, which I'm, I'm really proud of now there are other areas that I could definitely work on a little bit more. But with boundaries, I really think that it's just something to do practice and you and you'll, you'll change and shift as you grow. Right? You'll just change and shift as you grow. And I definitely agree like for for mothers of young children are really of any of any age children, minor, 24 and 20. Now, so like my boundaries that I set with my kids look differently than they did when they were little. In fact, I don't think I had strong boundaries when they were little. But I think it's just, you know, again, coming back to that self awareness, to even know where you might actually have what I call boundary leaks in your life. And if you're constantly running on
empty if you’re constantly feeling exhausted, if you’re constantly feeling burned out, if you’re making decisions out of obligation versus or fear versus your true desire. Those are strong indications that you have some boundary leaks in your life.

Katy Weber  34:28
That’s a great phrase. I haven’t heard that before boundary leaks. Mm hmm. breach in the fortress.

Barbie Haven  34:34
Exactly. Well, I think that because of the work that I’ve done to heal from codependency and, and detach from an addict in my life, there’s a lot of I don’t know how familiar you are with that whole but that’s that could be a whole nother episode. And there’s a lot of work and accepting personal responsibility. A ton of work and accepting personal, which is basically what boundary setting is all about is accepting personal responsibility for what you’re willing to do and not do and accept and not accept, and and then not taking on what doesn’t belong to you. When someone is unhappy with the boundaries that you set.

Katy Weber  35:21
Oh, that’s really good. So that again,

Barbie Haven  35:23
not, you’re not taking on what doesn’t belong to you. Wow. Yeah. So you know, the, one of the my, I was actually just having a conversation with my son about this, my kids now call me for coaching, which is really kind of cool, actually. And I was, I was having a conversation with my son, this week, and we were talking about boundary setting, and he was going to be setting this boundary with somebody. And I said to him, now, just a reminder to you, it’s your responsibility to set the boundary. And that’s great that you’re going to do that. But it’s also your responsibility to maintain the boundary. And one of the common mistakes that people make is they think that they just set this boundary and that that’s, that’s the end of it. And that’s just not true. It’s always your responsibility to maintain the boundary. And that can look like repeating yourself over and over and over again, if that’s what you choose. Or it’s just more information for you to to make a different decision about the relationship that you’re in.

Katy Weber  36:26
I think this is especially true with problematic family members.

Barbie Haven  36:30
Yeah. Where do you want to spend your energy? Right?

Katy Weber  36:35
Yeah, well, I’m just so you know, relationships that are going to be there for your life, the rest of your life, these aren’t
Barbie Haven  36:48

true. Yeah, yeah. And then in terms of ADHD, you know, I'm, I'm still figuring it out. I'm still figuring that out. Because I'm so newly diagnosed. It's actually been something that I've been thinking about a lot, like, how can I help the person B that does have ADHD and a more, I guess, ADHD friendly way? When it comes to because I don't struggle with those same things. But I don't know if that's because I really love personal development. Like it's, I like it, I dig it. I love learning about myself. I love the whole idea of being self-aware. I don't love having difficult conversations, but I do. I do love the learning. And I don't know if that makes it easier for me. You know, they say that with inattentive ADHD, this is my understanding. So if you have a different one, I'd love to hear it. But my understanding is that it's easier for us to be all in on the things that we love, and really hard to be in on the things that we don't love. I happen to love fitness. So it's really easy for me to get up in the morning and do my workout because I love it. I've always liked fitness, but somebody who doesn't might have a harder time creating that habit.

Katy Weber  38:08

I think one thing I've thought a lot about since my diagnosis is finding the motivation, and realizing that if something felt difficult, or if something just felt uninteresting to me, I hadn't found the motivation yet. Just like you were talking about with your grades and the dance team, you know, wherever every act, every task has, I sort of look at it as a puzzle now and I think, how am I going to get this accomplished? What is my motivation going to be if I can't naturally already find one and become hyper focused? If it's something I'm avoiding, that I can now think of, you know, I can more consciously think and label it like you were saying before, about, you know, I can sort of identify what the problem is much clearer now than I think I used to write. Yeah, I that really resonates with me, I have that really resonates with me a lot. I think I've been doing the same thing. It's sort of like, okay, now that I know why I'm struggling in this area. Now I'm going to try different strategies and see what works what sticks. What doesn't, you know, what one thing that I'm not going to do anymore is buy a bunch of new planners because I don't use them. And now I know why. Now I know why I have lots of unfilled planners. I'm laughing because it's true. I never knew why that was now I know I understand, you know, and it's I I kind of laugh about it because it's fun to have this sounds silly maybe but it's it's kind of fun to have the diagnosis because I can take Myself less seriously in some areas that I was being too serious in? Oh, yeah.

Katy Weber  40:06

Oh, absolutely. I was gonna say that that desire, why I think the reason why we keep buying planners and never using them and I say we because I'm sure this is a very common issue. The reason why we buy pant planners and never use them is because we have this overwhelming preoccupation with bringing order to our lives hack automation, we're constantly trying to organize because we feel so out of control. That it because there Yeah, there's so many parts of our lives that feel misunderstood and out of control. And so I think for, you know, there before diagnosis, there was a sense of like, really trying to like rope things in and get order and understanding because everything feels out of control. So now with an awareness and an understanding of, Okay, this is my brain, this is how it works. I'm not
defective. I’m just different. You can have a sense of humor about it. You can say things like planners, rather than thinking I something’s wrong with me, because I can’t figure out how to use a planner, you can now step back and say if planners make no sense to me, I’m not going to use them. Moving on.

Barbie Haven  41:14
Exactly. That is so true.

Katy Weber  41:19
I was just gonna say, you know, I think our default tends to approach most situations with this idea, like what is wrong with me, as opposed to thinking, Okay, this is who I am, this is the situation, how can I best serve myself and my personality?

Barbie Haven  41:34
Yeah. Yeah. Oh, that’s just I so completely resonate with that. And, you know, in my corporate career, I was an executive assistant. So, you know, I really gravitated towards like office settings, and systems and strategies, and all those things. And I excelled really well in that environment. Probably because it was so structured and organized and orderly. And I, and I just loved all of that. So when all of that was gone, I what I’ve learned is I’ve had to create my own new systems. And they don’t involve planners. No, they don’t.

Katy Weber  42:15
This is where coaching comes in. I think that was a big one for me, because it makes sense to me that people with ADHD, like being entrepreneurs, and don’t necessarily like working nine to five jobs, long term for other people. You know, like, it makes sense to me that a lot of people with ADHD become entrepreneurs. But at the same time, it is so difficult to keep that structure and that automation when you’re accountable to yourself in your own business. And that’s why I think that was another light bulb that went off for me, I thought I like coaching is essential. And obviously, it makes sense why I became a coach because I think I think so highly of it. And yeah, I think I’m I love how many ADHD women out there are also coaches because it’s, it seems like a perfect combination.

Barbie Haven  43:03
I think it’s great because you you can have a lot of freedom and flexibility and how you live your life, you know, you? Well, I think of it as is kind of the best of both worlds. Like I get to be creative. I don’t feel like I get super bored with what I’m doing. And I to have if I have a high value around coaching, I think it’s so incredibly necessary for anyone who really wants to optimize their life, and whatever, whatever area that you’re trying to optimize in. Having a coach to partner with along the way to help you see your blind spots, I just think is essential.

Katy Weber  43:44
Yeah, absolutely. So what would you say have been some of your favorite ADHD resources or any books or podcasts that really have helped you through this year?
Barbie Haven  43:57
And, you know, the the Facebook group and I think it’s called female ADHD entrepreneurs has been super helpful. That’s the Facebook group. That that when I love books, I don’t I haven’t really dove into a lot of books on ADHD or, or even podcasts a whole bunch. I did go down some some rabbit holes with, you know, just random videos that I honestly can’t remember. I wish I wish that I could. But mostly, I think I have been finding myself in communities and seeing myself in communities there’s there’s a couple different Facebook communities, but the one that I actually liked the most is the one that’s the female entrepreneurs, ADHD, if you male or female entrepreneurs, because I am one. And I resonate with that a lot. And then just, you know, some days I’ll just Google I’ve even I’ve even found some sort of humor and fun and things, some TikTok videos where people are describing what it’s like to be ADHD. And I’m like, yep, that’s me. So a lot of the A lot of what I’ve done is just sort of my own self awareness. In terms of my own self care, though, there is a couple things that I do. I actually, in addition to taking my Strattera, I also did get into some essential oils, and I’m still exploring those, but I do use some essential oils and some essential oils, I think it’s called a vitality pack. That just to help with brain health, and just researching different brain health issues. To help me make the connection in my brain, I guess, I think I still have a lot to learn about exactly what works and what doesn’t work for me, and what resources are out there.

Katy Weber  46:04
And I think also really looking back and realizing how many things you already intuitively came to as solutions in your life. Like, exercise is a big one, you know? Yeah. And, and scheduling and self care. I mean, these are just over the course of our lives. realize what doesn’t work?

Barbie Haven  46:28
Yeah, I don’t know if this is true for you. But I used to say that I’m an extroverted introvert. And that because I’ve always been pretty protective of my energy. And the more I think about it now, I actually wonder if the reason I’m so protective of my energy is because because is because it takes a lot for me to be in space with people and think, you know, like, like, it’s my brain. I don’t know, if that makes sense.

Katy Weber  47:01
I wonder if it is it the stimulation issue? Because I know I I cannot stand groups and parties. And I’ve always been much better with like, one on one friendship. You know, over having conversation over dinner or you know, yeah, I’ve been very bad. I’ve never had like a group of girlfriends. I have a

Barbie Haven  47:23
small group of girlfriends. But yeah, I think it might that’s what I’m wondering if it’s an overstimulation issue. I know that, you know, I want to be invited. But I’m probably not coming. And that’s the introvert in me, or if that is, you know, just me. Here’s why. This is why I wonder if it’s tied to ADHD, because I don’t know how I’m gonna feel on that day. I don’t know how I’m going to have the energy that day. And so I’m reluctant to say yes to things in advance if they are large gatherings. Because I don’t know how I’m gonna feel that day. And it really just depends on how productive I’ve been, I was able to follow through. Did you know what I’m saying? Like, I feel like it’s dependent on a lot of things. And I just don’t know. And so I’m pretty reserved when it comes to that kind of thing.
Katy Weber  48:21
Oh, yeah, there's a lot in there. There's the sort of emotional regulation, there's the rejection sensitivity. The stimulation issue, I think there's a lot we could probably have an entire other conversation about relationships, and friendships. Yeah, ADHD brain.

Barbie Haven  48:40
I had a boyfriend once tell me that I was too sensitive. And, and that, and, and I actually haven't done a lot of research on the, the rejection sensitivity. I've done a lot of reading on that yet. But I wonder maybe I do have a little bit of that going on.

Katy Weber  49:02
It's mostly just assuming that everybody hates you, because you, you know, forgot to call them or something. Or

Barbie Haven  49:10
I Well, you know, I used to, I used to struggle with that. But that's through the therapy and through the work that I did, too. I mean, I guess I thought that was a codependency issue. I didn't realize that maybe that can be an ADHD trait, as well. But I don't, I don't over obsess over that kind of thing anymore. But I sure used to. I remember being somebody who if I ever heard anybody whispering anywhere in public, my proximity, I automatically thought they were talking about me and it was all bad. I just, you know, and if I didn't, yeah, and if somebody didn't message me back right away, I would make up a huge story about it. And I just am so far removed from how I used to be about that. And so I don't know that. That's at For me in particular, but you put in a lot of work. Yeah, maybe I just put in a lot of work to manage that. Because managing your, you know, we all still get triggered in a lot of different areas of your life of our lives. It's just a matter of Are you someone who was able to manage those triggers? Or do they run your life?

Katy Weber  50:22
So we have sort of talked on and off about the coaching. But tell me about your business and where people can find you. And whether you have any upcoming, I think you have an upcoming workshop, right?

Barbie Haven  50:34
I do. And so yeah, I help career women and entrepreneurs, really just create a sustainable self care plan so that they have more energy so that they have more joy and peace, in business. And in life, I'm because my belief is how you do anything is how you do everything. So helping women put themselves at the top of their priority list. And just in it translates into all areas of life. I do have a Facebook community called the desired lives collective. And in that community, I do offer resources and free courses, resources, and I do weekly trainings, and find challenges. And that's actually where I will be teaching a free workshop for women who are looking for what I call a total body
transformation, which isn’t necessarily really about your, your physical body. It’s, it’s everything, right? It’s your total body, your mind, body, spirit, all of it. So that’s coming up actually next week, which would be December 14. What’s today? Is the seventh that’s a week from today.

Katy Weber  51:53
Yeah, I mean, this, this won’t be out by them. So okay,

Barbie Haven  51:57
Yeah, that’s what I do. Yeah, that’s all right. Um, but I run various challenges in that group and provide a lot of free resource in that community. And people can connect with me on Instagram, they can connect with me on my website, does that live calm? And I’m always happy to do a complimentary strategy call if somebody just you know, wants to explore the option, that idea of seeing if maybe we would be a good fit to work together. That’s something that I can offer as well.

Katy Weber  52:27
Awesome. I’m still curious about energy leadership and core energy. Yes, that are we

Barbie Haven  52:35
did not know I should talk about that. So core energy coaching, I’m an energy. This is a mouthful. I’m an energy leadership index, Master practitioner, Certified Professional coach, and, and all n.p. That’s what that stands for energy leadership index master practitioner. And what that means is I help get to the core energy behind what you’re saying and thinking and doing. So one of the great ways to explain it would be you know, let’s say you ask somebody how they’re doing, and they say to you fine. And their words, right, their words are telling you that they’re fine, but you can sense in their energy, that they’re not fine. So core energy coaching gets to the energy behind our actions. What I use is a tool called a leadership index, assessment, energy leadership index assessment. And that what essentially does, is helps to identify your filters, the way that you perceive the world, the world and how that is basically impacting your energy that you put out into the world in a positive way, or in a not so great way. So the chart is levels one through seven, and I won’t go into that, the whole gist of it, but I can tell you that right now, in 2020, we’re seeing a lot of level one and two energy, which is hopelessness, apathy, depression, level one, level two is a lot of resistance and anger, and conflict. And those energy levels that really constrict and break down in your body, they keep you from accessing your higher conscious thinking. What What I do is I help people identify where these what I call energy blocks where these energy blocks are showing up in their life, which is an indication into how you’re showing up in the world and, and what’s creating extra stress for you. And once we can alleviate some of that extra stress for you, you actually have access to higher conscious thinking. Once you have access to higher conscious thinking, you can identify your boundary leaks, and you can identify this, it all kind of goes together, right? Identify your values and so that’s a piece of the puzzle so that you can do the mindset work that is long lasting. And you can and basically gives you a framework for you to be able to not only see how you show up in the world, but see how others children are well just you’ll start to notice what energy level you think others are in, and then you can adjust accordingly. Is this person, somebody that you really want to spend your time with on a regular basis? Or do you need to set a boundary, because we, when we spend our time with people who suck the energy out of us, it makes it hard for us to show up as our best
Katy Weber  55:37

self? That is fascinating. It's reminding me a bit of just what we were talking about in terms of reframing your strengths and weaknesses in terms of greater understanding. Yeah, ADHD diagnosis,

Barbie Haven  55:54

and all comes down to, you know, your, your perception of the world around you. And I think part of the reason why I personally have had an okay time this year, like, I've had my own challenges, but I haven't been, I haven't felt beaten down by what's happening in 2020. Or by what I see other people posting on social media, or any of that stuff because I, I, I don't put myself in the energy of it. Where do you want your energy to be? Right? We're all energy, and likes, like attracts like. So when you can identify your own energy blocks, then you can more quickly get yourself out of them. Not to say that we won't get triggered into having resentment or anger or, you know, whatever those feelings are, but you just won't stay there. You just don't need to stay there as long. Right, having the tools to get you back. And then just seeing identifying what your own personal patterns are, as there's, there's a very common pattern for the women that I work with that tends to be and what it tends to look like in terms of the energy levels is they're, they're over givers, they're getting people they're very giving people to the point that they reach burnout, then they feel resentment, which drops them down into that, you know, toxic catabolic energy. And then they that doesn't feel good either. So they managed to get themselves back up to something that feels a little bit better. But then they repeat the cycle. They do it all over again. And that's that's the cycle of self sabotage. Wow,

Katy Weber  57:46

that is fascinating, super interesting. Yeah. Well, thank you so much for spending this hour chatting with me. It's been really great talking to you and learning more about what you do and how you're helping other women and sounds like you have an amazing business and thank

Barbie Haven  58:05

you so much. It's been so fun to spend this hour with you. I appreciate the opportunity. And yeah, I'm excited for what's next for all of us.