

Candin Phillips: Grief, big feelings & the power of music

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SPEAKERS

Katy Weber, Candin Phillips



Candin Phillips 00:00


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Katy Weber 00:29

Hello, and welcome to the women and ADHD podcast. I'm your host, Katy Weber. I was diagnosed with ADHD at the age of 45. And it completely turned my world upside down. I've been looking back at so much of my life, school, jobs, my relationships, all of it with this new lens, and it has been nothing short of overwhelming. I quickly discovered I was not the only woman to have this experience. And now I interview other women who like me discovered in adulthood they have ADHD and are finally feeling like they understand who they are and how to best lean into their strengths, both professionally and personally. Okay, before we get started, I would like to share with you this review from a listener called stem rub baby 91 on the Apple podcast platform, that's called best body double ever, as a woman with ADHD who was diagnosed during the pandemic. I resonate with so many of these stories. I played this podcast when I clean to motivate me and keep me going. These stories are inspiring, and I've learned so much. Yay. Thank you so much. Stendra Baby, I love picturing you cleaning along to these conversations. I'm so glad you find them inspiring. And thank you for stopping and taking the time to leave me that review. As a woman with ADHD. I know just how much it takes to remember to stop and log into the app and look for the review section and then try to articulate what you're feeling and put it into words. So I truly appreciate the effort it takes and it helps so much in getting this podcast noticed and found by other women who could really benefit from hearing these interviews as well. Okay, here we are in Episode 88, in which I interviewed canon Phillips canon is a licensed clinician and supervisor in South Carolina. She specializes in the diagnosis of ADHD and in educating others, especially other therapists to recognize the traits of


ADHD. Candin is the founder of humanity hive, an online platform and business focused on providing information to support those with ADHD. In addition to her fabulous Instagram account, she also now offers self guided online classes on ADHD, including an overview and one that specializes in feelings. I'm giving this episode a trigger warning because we do talk about the recent death of her mother via suicide, as well as some of her thoughts and reactions. So if that is a difficult topic for you, you might want to skip this interview canon and I also spoke about her own diagnosis journey and the pressures of perfectionism and pushing ourselves to the point of burnout. And we also spoke about the power of music for the neurodivergent brain. Now before this gets going full disclosure, this is actually my second interview with Camden. I am such a huge fan of hers. And during our first interview, I was so flustered and excited that I actually forgot to hit the record button and the entire conversation was lost to the celestial sphere. I actually had to email her explaining what an idiot I was and apologized profusely and she graciously agreed to sit down with me again to rerecord another interview, and then I had a dental emergency and had to cancel that second interview. So when we finally sat down together, I was curious what the universe would throw at us again, and it did not disappoint. This time. It was Camden's audio quality. So I apologize in advance the recording sounds less than ideal. My wonderful podcast editor Emily has done her best to fix the sound quality for you. Because there was no way I was not going to err this conversation. But I just wanted to give you all a proper heads up all the same. All right, enjoy. We'll get started I want to ask you the question I always start out with which is as a therapist who is open about your own ADHD, When were you diagnosed and and what was going on in your life that you kind of thought I really should look into this or started connecting the dots about ADHD? Yeah,

 Candin Phillips 04:17

and I think those are two very different points for me when it was like when I was diagnosed and then when I actually started figuring out what ADHD was. So I am the one that has the brother that needs all the monitors. I mean, it was clear from the get go. He was the hyper kid and that's where it everyone thought ADHD was so I did not get even a little bit recognized as ADHD until somewhere in college and I can't even pinpoint it. And it was a very not formal conversation. It was almost like, just gonna stay here, brother psychiatrists for a second she's willing to let you sit in the chair and I remember it being a very brief conversation and she was just like here. Here's the medicine that I probably took Took a little bit on and off, didn't find it very helpful. And then we're in 2022. So somewhere in the last three years, really took the dive into looking into ADHD symptoms. Because as a therapist, I was seeing stuff come up with kids that I was working with, it just wasn't aligning with diagnoses. And then once I did the deep dive, it was just like, Here I am, here are my kids. This is a whole new base that I did not even understand. And I've been doing it for a long time.

 Katy Weber 05:33

And then looking back over your whole childhood with this new lens.

 Candin Phillips 05:39

I mean, I just want to bang my head against the wall of like, why are my friends able to study and get it done in an hour? And I'm like, all night long keeping these notecards fresh, and why do I take a test and immediately forget the information. And y'all can recall a whole year's

worth of what we studied in every class for me is like, brand new information. I mean, just the list goes on and on and on, which is cool to look back and see all that stuff. But very frustrating thinking that could have been a lot easier.



Katy Weber 06:05

Yeah. Oh, I know. Right. You know, it's I speak to so many women who did really well in school. And so you know, it's such it's always a part of the conversation, because I think there's also so many medical professionals who say, you did well in school, so you can't possibly have ADHD. And then, you know, the question is then like, at what cost? Right, right. Like, I remember my first year of university, I did, abysmally, I didn't, I was partying all the time, I didn't go to any of my classes, I got a full F. And like, really, it kind of, you know, I understood finally, in that environment, what an F means and like, how it really like destroys your transcript moving forward. So I was like, I'm going to drop out. But then when I came back, I had to put everything I had, like, all of my mental resources and emotional resources went into doing well in school. And I did well, I was on the Dean's list. But like, it's funny, because now I always talk about myself, like I was this terrible student. And I kind of forgot about these periods of time when I was able to like, really bring it all together to do well. And then I'm like, That's what all these other women were just doing. All the time,



Candin Phillips 07:12

we were wearing ourselves out, trying to meet the standards, and we weren't meeting it, but a lot more effort than other people were having today. And I don't know if that this experience was for you, the more I kind of learned about this dopamine pattern and like these, these high days, and these low days, I'm even able to look back at like, years of high dopamine and like working in a very stressful environment where I was pretty much capped at this level. And then having shifting out of that. A friend of mine actually, it was like, I think you're kind of detoxing from the however many years you did really stressful work, because you'd like stepped down this year. And it feels like my unraveling has just peaked. Like I never thought about years of being heads at a level and then shifting when we make a shift in life.



Katy Weber 07:59

Yeah, right. I mean, that is really interesting, because I talked about like working in a newsroom, right, and how much I love being on deadline every night. And like, you know, sitting at the edge of my seat having to pee so badly. But like, you know, wanting to get everything done, and the hyper focus and all of it and then just leaving it all behind and starting fresh the next day. And I was like now through this new lens, I realized, like, what an amazing job it was for, you know, my interest driven brain and all of that, right. And it was really difficult for me, I really crashed when I had a baby because it was suddenly I went back after my miniscule time off. And I was sleep deprived. And like, you know, and I've talked about this on the podcast, too, like how I basically was told if I, you know, we were in this newsroom. So there's no, you know, there's no offices or anything. It's just as one big floor of all of our desks. And I was told if I wanted to pump, I had to ask the editor in chief to vacate his office, so that I could pump in his office because it was literally the only like, closable door. So I was like,

yeah, that's not gonna happen. I'll do that. But it was like, for the first time in my adult life. I had been riding that high for so many years of this career I loved and suddenly I was bad at that career. And I was also bad at being a bomb. It was almost like life. Burnout, right?

C

Candin Phillips 09:18

Yeah, exactly. And I think you just put into words, my whole experience with that job of coming back after being a mom, I think is the first triggering point where everything has kind of rattled off from there. But I've come back with a brain that doesn't make sense for the functioning. That doesn't make sense. I'm no longer meeting the level of performance that I was before, which probably wasn't very healthy in the first place. Let's be real. But it's rattling because your whole self kind of functioning. And for me, my self worth became a question because I don't know who this person is anymore. That's not able to rise to the occasion and take it all on despite you know, how exhausted I am in the process.



Katy Weber 09:57

Right. And I think that's a level of grief that we don't talk about a lot, I deal with it with clients who are older who have like gone through menopause, and their life shifted tremendously through menopause and that grief of like, not being able to do the things that we used to be able to do. And I think this is probably endemic of aging in general. But like, I used to be an avid reader, like, I remember spending, you know, hours and hours curled up in a chair reading books, and I just can't do that anymore. And so there's like, a part of me that fought that, and I had the pile of books, and I was like, I'm gonna get to them. I know I am. And then I had to let that go. And just be like, You know what, I listened to books now? Yeah, it's just is what it is. And I had to let that go. But I think, you know, if anything, you know, grieving your past body, and you know, grief, all those things that come with aging. There is that sort of grief of like, I used to be good at technology. And now I look at my phone, and I'm like, hell, yeah.

C

Candin Phillips 10:49

Yes. That realization is like, Oh, I've shifted into that side of age where I don't know what they're talking about technology. I don't know how to properly I don't know what this thing is prompting me to do. The amount of Google searches on even how to run a simple Instagram page is mortifying.



Katy Weber 11:07

I know, right? Yeah. So there's like that other level of not only the life that you could have lived? Have you sort of had this perspective, but also just kind of realizing how we are have such a hard time with transitions, it makes sense that I have a hard time like, I need a pep talk, take a shower. So no wonder it's really hard to like go through a huge hormonal shift in life or

C

Candin Phillips 11:31

Yes. And I don't know about you, but now that I've seen what a big shift that was coming along

res. And I don't know about you, but now that I've seen what a big shift that was coming along, and the hormonal shift in that. I can look forward to menopause. And I'm a little terrified. I why. I mean, I feel like I got knocked down a little bit from becoming a mom, what's the next level?



Katy Weber 11:49

Yeah, right. Yeah. I'm sort of half terrified, because I'm also sort of like, my memory has already shot. I don't know what's going to happen when I actually like, I'm in that like, I'm turning 48 this year. So I'm in that like, giant decade long perimenopause question mark, where I'm like, is this normal? Is this not? I don't know. But yeah, I'm also sort of like, it's already so bad, how much worse can it get? But then I also kind of feel like, well, maybe this is good, because I'm developing a grace with myself that will come in handy.



Candin Phillips 12:20

Yes, that grace, I was just thinking about it this morning. Either I'm one of those people or it's part of ADHD, or I have to be forced into a very humble position for me to give myself grace. Since my mom died, I don't think I would have ever stepped down as much as I've needed to to, like take care of myself and my family, even though that was always kind of a long term plan that I would probably shut down is like a part time thing. I would have kept chugging right along and saying yes, and taking on things and try to keep status quo. It's something they didn't like, didn't kind of knock me off course a little bit. And I don't know that is the main thing or has a common ADHD thing where it's kind of like something has to knock us off a little bit to realize, maybe we've been over functioning and doing all of that overachieving to justify our worth or our value.



Katy Weber 13:14

Yeah, absolutely. And I think, you know, it's been really difficult for me to parse because I was diagnosed at the beginning of the pandemic. So like, I always try to figure out, like, the pandemic brought so many boundaries in our lives, they really forced us brought out the introvert in so many of us and now, right like, and now we've had to kind of go back. And there's so many relationships that I had before the pandemic that I just don't have any more, or certainly aren't as strong or just feel odd and awkward and stilted in a way that I can't figure out and I can't really uncover and, and so I think it was like this huge shift that in terms of boundaries, that we were just kind of chugging along and going at full steam and not really thinking about things. And now we've been forced to be really conscious about a lot of things that we're willing to accept, and a lot of us just aren't willing to accept that anymore. And so that's why it's like, God, everybody's quitting their jobs. Right. Yeah, I'm just being sort of feeling like, I don't know if it's if it's ADHD, and if it's the diagnosis that has shifted in me a sense of like, self esteem, that I'm now not willing to be treated a certain way. And I'm just not willing to, like put myself in positions that I know, will exhaust me, you know, so I'm like, it's like, the answer is almost always, like you said, to step back and pull back and minimize, right of like, Where can I minimize right now?



Candin Phillips 14:40

Yes. Yeah. And I think that it's hard for those around us who don't understand you because they were used to us functioning at a certain level or always being the ones to say, Yes, I'll take it on and all of a sudden, we're kind of doing this pullback thing that I think is confusing and can be a difficult part of relationships. Yeah, especially



Katy Weber 14:58

with RSD and rejection sensitive dysphoria and sort of always feeling like putting yourself first always feels like it's at the expense of other real relationships with other people, right? And so you carry with you that shame of like, if I look out for my own mental health, it's going to make things awkward for these people who are draining me.



Candin Phillips 15:17

Yes, yes. And I will preach that, to my supervisees, to my people, to my colleagues all day long, it's okay to make a decision that is good for you and leaves others feeling disappointed or, you know, in a different difficult position, you're allowed to do that. But then when it comes time for me to do it, the RSD just swims with



Katy Weber 15:39

it is, especially with I, you know, I have a very complicated relationship with my father. And it's the same idea of like, at what cost, you know, like, if I sort of put my feelings last, and I just am like, oh, just appease this old man and do what he wants. It's, it feels so hard for me to every decision feels hard, right? I'm like, if I respond and acquiesce, it feels terrible. If I ignore and reject, it feels terrible. Like, it just always feels like the no decision feels right? And I'm, like, I'm always sort of like what feels the least wrong in this moment? And then I'll deal with the next moment when it comes,



Candin Phillips 16:21

right. Yeah, I can, I can answer that. Boundaries are a lot easier when I don't have to actively enforce them. And maybe that's I don't have to actively enforce it. But I had a very complicated relationship with my mother before she died. And some of that time was me having to step away for several years, and really kind of estranged myself at the advice of numerous therapists and finally decided to listen. And that was almost easier for me. I mean, I needed to heal, I need to work through a lot of stuff. But I didn't have to put all this energy into enforcing a boundary that someone was constantly pushing. And then when we did kind of reunite a little bit, I had pulled up boundaries, and I was like, preemptively exhausted and anxious. And I didn't have to think about that for a little bit. It just got to exist. And the boundaries are always there. Chuck, when we're naturally, people, pleasers, whether that's because of family dynamics, or ADHD tendencies. Yeah,




Katy Weber 17:22

I mean, And you just made me think about how easy it is for me to be an over-pleaser with people

I know. And you just made me think about how easy it is for me to be an open book with people I've never met before, but I feel instantly connected to and yet at the same time family, I'm just like, Nope, I'm like walls everywhere,

 Candin Phillips 17:38


everywhere we should all be there. And she said having it there. So it is,

 Katy Weber 17:45

right. And I've there's so many people I've met in my life who are who would describe me as being very quiet and very guarded. And I'm like, no, that's just means I don't like you.

 Candin Phillips 17:55

Yeah, yeah. self preservation. Yeah,

 Katy Weber 17:59

I'd like to take a moment to thank better help for sponsoring this podcast. If you're a regular listener of this podcast, you know, I am a big proponent of therapy therapy provides me the best opportunity for verbal processing something that is so important for my kind of brain and my sense of self. What I love about BetterHelp is that it's not a crisis line is not self help. It is professional therapy that's done securely online from the comfort of your home, they assess your needs and match you with your own licensed professional therapist, and it's available for clients worldwide. So you get access to a broad range of expertise that might not be available to you locally. It also tends to be more affordable than traditional offline therapy and financial aid is available. If you visit their website and read their testimonials. There are actually quite a few reviews that specifically reference help with ADHD as a special offer for listeners of the women and ADHD podcast, you'll get 10% off your first month, simply sign up at [betterhelp.com/women ADHD](https://betterhelp.com/women-ADHD). That's BetterHelp [help.com/women. ADHD](https://betterhelp.com/women-ADHD), and there's a link in the show notes. This podcast is sponsored by BetterHelp. Okay, so let's talk about grief. And I mean, you faced your grief with your mom, when your mom passed away. And I mean, we can say she, she took her own life. Right. Yeah. And I mean, you spoke about it in such a public way. You brought that on, and I really commend you because it's tremendously uncomfortable, to be in and also to watch right. And I think one of the things my mother passed away five years ago, and I think one thing that struck me that we had a complicated relationship to but I just was like, it was so lonely. Grief was so lonely. And I remember thinking like, it's something we all go through. It's a universal experience to lose somebody who is close to you. Why does it feel like nobody understands what you're going through and every every interaction also, like it said before, like every attraction feels wrong. and unsatisfying, and I just really wanted to thank you for like going through that in in such a public but also uncomfortable way. Because I think we all like I learned, I certainly learned a lot about kind of grief and how much grief comes with that, like self isolation and the shame and it really doesn't need to.





Candin Phillips 20:22

Yeah, greed is a beast, I don't know, ever wrap my brain around. And definitely, I don't think ever truly experienced until this, I think this was the first was that it really hit me emotionally damaged, cared about people that have passed, but this one, this one hit me is really interesting. I never intended to process it publicly or to not process it publicly. And I think in a very ADHD fashion, when something hit me and my brain kind of period with a song or period was something I just did it is my own way of processing. I think I'm finding that my page is a place where I can do a lot of creative things without even realizing that's what I'm doing. But the amount of comments that I had, especially on that post where I'm silently screaming, you know, comments or messages that like, I've been on the verge of seeing where that actually due to my children saying like what it is that's happening with you take that off the table for me, or I just never considered putting that kind of stuff out there would be helpful for someone who was struggling with ideas and suicide. That was a really interesting thing to see. It's bizarre, I would love to send it out. But all this thought and intentionality this time between me putting this stuff out there, but it really was just a kind of greeting in the best way. I knew how I'm going. There were people that probably connect with it. There may be a lot of trolls that tell me what are you doing? That's the public is weird.



Katy Weber 21:50

Yeah, it is. I feel that way sometimes about this podcast. I never know what to say when people thank me for making the podcast because I've like, it's so selfish to be like, it's really I don't, literally I don't go into any conversation being like, this is going to help people like I never wanted to, you know, I never started a podcast that was like, here's everything you're going to learn about blah, blah, blah. And so like, the intention is not there for me to like, worry about whether I'm serving others. Like for me, it's just so fun. And so, you know, it's purely selfish. And so I always sort of like when people are like, Thank you for having this. Thank you for doing this. I'm like, You're welcome. And so I guess that is sort of the nice side about diving headfirst right into, I wouldn't want to call it impulsivity, but it's almost like there's not we don't have the patience to really think about what we're doing in a way that I really appreciate. Like, I remember talking to a friend of mine who was house hunting, and she was talking about how many houses she and her husband went to they went to like 18 houses and they had a pros and cons list and I was like that would never work for me I was like my husband and I thankfully he was the same we like went to the first house and we were like I liked the vibe here. Let's we'll take it




Candin Phillips 23:11


Yeah, that's everybody. That way my husband and I have been that way too like sometimes you already been looking for a house and we were like playing around online and found one and just walked up on it we're like, oh, we're gonna do this





Katy Weber 23:25


right and I had so many instances to where I was like I moved into an apartment and then only after I moved into it I realized that there were like no three pronged outlets anywhere and I was like oh crap Yeah, I should have looked into that Oh,


 Candine Phillips 23:38
detail.

 Katy Weber 23:42
But it's that kind of like just dive headfirst. What it's not impulsivity what's the word is compulsivity? I don't know failure to plan


 Candine Phillips 23:50
failure to plan living in the now so I'll record like four reels in a day with a plan to like hold them and like first and then out and by midnight that night because the ideas hit me the motivation sent me the energies hit me and we're gonna act on it now.


 Katy Weber 24:09
Yeah. Right that was one of your reels that really blew my mind when you're talking you're exploring that theme of big feelings right? And how you had a reel where you said you know remember that current moments don't always represent all moments. And that was the first time I really associated time blindness right because that's really what it is that different though you know, we have a now and a not now mentality when it comes to time. And how like time blindness was, was intrinsically linked to our emotions and emotional dysregulation and how and I see it in my kids all the time. Now like my son who just goes from zero to 150% Overwhelmed immediately because you we see everything we see all the outcomes. is all at once. And so we, you know, our cup overflows, and how it never occurred to me that that is really kind of related to time blindness.


 Candine Phillips 25:10
I know it was wild and that kind of clicked in my brain. I was like, Oh, this urgency, this agitation is low frustration tolerance, this QuickShow feeling comes from everything either being spelled now and overwhelming me in that moment, or my brain going well, this is how it's always been, you've always felt this way. You've always struggled with this, or you will always, you know, XYZ, that can be really overwhelming.


 Katy Weber 25:35
Right? And yeah, especially with like, no fights with my husband, right? Where it's like, you go from those, like something really tiny becomes something enormous, because it's, you see how it relates to all of these other things, you know, and there's that it spirals so quickly, right?


Because you're sort of like, I know how this is going to end. I know that how this conversation is going to go and it's going to be you know, and so you've already written the whole conversation before it even began,


 Candine Phillips 26:00
right. Fortunately, it's fine.

 Katy Weber 26:03
Right? Yeah. But I think we, I think we have a tendency to do that in relationships sometimes. Which is like, I already had this conversation by myself. I didn't need you.

 Candine Phillips 26:12
Probably 100 times by ever, ever, ever. Yeah. Okay. So myself, my husband's great about it. I'll start using that always words. You know, I always kind of we always sorta we never really he's like, I don't think that's a fair thing to say. Like, literally three days ago, we did this, which contradicts what you're saying? Oh, yeah, you're right. This is just to just amendments. I can't in just a moment, let's not make it about everything. You're right. You're right. Yeah,

 Katy Weber 26:43
that is a great kind of flag to remember in terms of like, am I using these words, right now, it reminds me of like personality tests, or any kind of tests where there's like a scale of zero to 10, or one to 10, where it's like, strongly disagree and strongly agree. And I'm like, I'm one of the other I never in the middle. There's never,

 Candine Phillips 26:59
why do you even have a middle? What's the point of that? It was sitting right there. Does everyone have the strong one way or the other?

 Katy Weber 27:08
Yeah. And I think that's also kind of why I think we spend a lot of time questioning like, How much am I struggling right now? I think that's something that's common with a lot of us, which is like, having a really hard time feeling like, you know, like, if a doctor says, like, how much pain? Are you in the pain scale? Right? Where you're like, I don't know, like,

 Candine Phillips 27:29
there's some,



Katy Weber 27:30

so could be worse. So like, I Oh, you know, I'm always have a tendency to be like, I don't know, a two. And then they're like, Well, why did you come in today? Or the two and I'm like, oh, okay, five, maybe three, like, but having, you know, feeling so disconnected from our own sense of pain and struggle. And you know, that idea that like, we can't really trust, how we interpret our own emotions, because it may be it's because we sort of have that tendency to live in the extreme, I don't know, I'm just thinking off the fly.



Candin Phillips 28:04

Well, even you say that my brain just had a flash of what we just talked about, have, we struggled so much, and things can be really difficult for us all the time that maybe we get so used to that, that we don't start to realize this is too much we pass the threshold of acceptable, like, struggle or pain to, we can slow down and prevent that burnout, we don't have a good radar, because things are just hard. So more hard, you know, doesn't really resonate, that we should take care of ourselves or balls or setback because I don't know, it's always hard to master that I should stop or take a break and kind of hit me.



Katy Weber 28:47

Right? Yeah, cuz I definitely talk a lot about that idea that we, you know, we have to be at our wits end before we welcome help. Right? And like, Where's that coming from? Is that just how we were raised in our Protestant work ethic that like self reliance is, is a virtue. So we, as women, like we have to always have, we need to seek permission to ask for help. And usually that permission is like, I can't function or you know, but even just the littlest things, like it drives me crazy when when I have a client who's talking about like getting a housekeeper and they're like, you know, I got a housekeeper and we had all this back and forth. And, but I felt like I really needed it because I have a dog and a cat. And I have and I was like, you don't have to justify any of that. You just can't help. Right. But all the ways in which we have to kind of explain the how we got to this point of asking for help in a way that feels like we finally have permission. I'm like, you don't think permission to have help?



Candin Phillips 29:42

And I agree, I don't know. Teasing that out. I've gotten a lot of messages of like ADHD versus trauma or their combination, or are you someone who covers up your staff with white lies? That's only because your parents aren't supportive. But I see across the board that some of us come from very supportive family Lisa's still have a hard time asking for help and still acknowledging that we need something without being absolutely burnout and not functioning. So I've got to assume that's connected to the actual diagnosis and not always the environment, because it's just such a common thing that we say whether you know, your background is traumatic and hard or not. Yeah, you



Katy Weber 30:22

know, I think about that a lot when it comes to my kids and like pushing them to do things, right. Because I felt like my parents didn't push me enough that they were very much sort of like, oh, you're just the kid who does poorly in school, right? You know, my story was always like, you have the highest IQ of all of our kids, because we all had to get tested to be in the gifted program. So I don't know what it was, but like they had it on file somewhere. So my story to them was like, isn't it funny that you have the highest IQ of all three of the kids, but you do terribly in school. Right? And that when they would be like, but that's okay. You don't have to do well, in school, you've got street smarts, and you're you're all up, you're good at other things. Like we don't care if you're good at school. But like now, as an adult, I realized how damaging that was, just in terms of like, I kind of needed. I mean, obviously, I needed help, in terms of like, wanting to, like I wanted so badly to succeed. And, and so I see that in my own kids where I'm sort of like, I want them to do well, because I know how good they will feel about themselves if they are pushed to do well. And I used to coach Girls on the Run, which is this running program for I don't know if you've heard of it. But the whole concept of girls in the run is like, we don't care how you finish the bike. And so basically, you train for a 5k. Many of these girls, they're young, they're in grades three through six. So it's like they've never done anything close to a 5k. They're terrified. And we go through this program where we talk about social and emotional development, but we also just like practice, and eventually they get past the finish line. And the emphasis is never on how fast you go. We're like you could walk or you can run, we don't care. But we you have to cross the finish line because we that feeling of Completion is so wonderful, that I you know, we want you to have that. And so on the one hand, I know that like being pushed to do things can be really rewarding. But on the other hand through this lens of ADHD, I also know that like consistency is overrated. And then there's like, I don't know, if I'm just like driving a wedge between my kids, if I'm pushing them in a way that they don't want to be pushed, right, like I've I don't I find I get very confused by I mean, obviously, because I'm a parent, I get confused by everything in terms of like, am I screwing them up? How much of this is like, lasting damage? But I'm like, I feel like I often get confused over like, what is the best way to encourage and push my children versus like just letting them be kind of be right and not finish things? Because who cares? And at the end of the day, I don't care if they get all A's, but I know how they'll feel if they get them. Right.



Candin Phillips 33:05

Right? Oh, gosh, I resignate with all that. And it's good to hear you talk about like, their approach that your parents had probably very intentionally trying to make you feel okay about the way you were functioning. But looking back, oh, I needed to push. And that probably wouldn't have been my preferred shape and my son like once he gets into school, you know, we're okay with your a C student or if you're an A student or whatever, that now my brain just switched and goes, well, maybe that's not the I don't know. Yeah, cuz the balance is hard. Like, okay, so do we raise a kid who finishes baseball because they signed up and we're not quitters? We're gonna finish it or do you recognize your ADHD means that your dopamine dropped off three months ago is absolutely miserable for you. And it's okay to stop and have to start the journey over probably 1500 hobbies that you're gonna do for your life?



Katy Weber 33:57

Without shame. Yeah. Right. I know. I had an experience with my 15 year old because she is state in ninth grade. She just started in high school. She was one of those kids who always did

sne's in ninth grade. She just started in high school. She was one of those kids who always did really, really well and was always able to kind of keep her own structure. And but yeah, I mean, she just did her homework on her lunch break and the bus like Sally, she ever did homework. And so now she's in high school, and she's she's falling behind, you know, in some of the classes that have a lot more requirements and, and so I had that instance where I was like, alright, well, this is what I needed from my parents was like more intervention. So I'm going to be on top of it. I'm going to be talking to her every night. We're going to go over her homework, we're going to it's going to be structure out the wazoo. And then she started lying to me for the first time ever where I was like, Do you have homework? And she was like, No, I'm good. Or she lied and said, I did it already. And she had him and then she got busted because I was like, let me I was like, this doesn't sound right. Let me see it. And she got busted. And then I was like, Well, this is what I want. lie about. That's what I did with my parents. They asked me if I had homework and I said, Yeah, I did it. And I was totally lying. So I saw suddenly, I was sort of like, okay, well, that backfired. And I sat down with her and was like, What do you mean? Like, what can what do we how are we going to succeed? Um, you know, because I'm like, I don't want to get in a situation where you're just gonna lie to me to, because you're not doing what you sort of feel like you should be doing like, but at the same time, like, what's the best way to help you? And she's 15. So she was like, I don't know. Who put me in charge. But we both had to have that feeling of like, we don't know what the best thing to do right now is, but we're gonna work on it together. And that's where I sort of felt like, Okay, this was like a parenting when, anytime I'm just like, super honest and vulnerable with my kids is when I feel like it's a parenting with



Candin Phillips 35:49


a collaborative including. Well, you know, answers and you know, what do you need? Or like, for me, what is success? You know, for me, I'm assuming you that was successful to get in a class is that you're thinking success versus something else.




Katy Weber 36:09

I know, right? Kids. When I was diagnosed with ADHD, it completely turned my world upside down. I looked back at so much of my life, my grades in school, my multiple careers and hobbies, my friendships, my marriage, motherhood, my relationship with food, and my body, like all of this with a new lens. And it was overwhelming to say the least, if you've been diagnosed with ADHD, and you're feeling blown away by this new insight into your brain and how it operates, I totally understand I can help you begin to sort through this chaos, explore who you are and how your brain operates. So you can finally start to lean into your strengths and begin to use them to your advantage moving forward. Together, we can work to identify what obstacles you've been facing, and create strategies to help you start living a more fulfilling, gratifying life, head over to [women and adhd.com/coaching](https://www.adhd.com/coaching) to book a 30 minute initial consult with me. So we can figure out if my brand of one on one coaching is right for you. Again, that's [women and adhd.com/coaching](https://www.womenandadhd.com/coaching). And you can find that link in the episode show notes. I want to backtrack a little bit to back to talking about feelings because I know you have a new course that you're offering about ADHD feelings, and I want to find out what's involved in that. But you had a really interesting reel to. First of all, I'd love your reels. I know I said this before, but like, every time you think he has such great taste in music that like I will listen to your reel and then just go back and be like, I need to add that to my playlist. Like you basically


have curated my playlists because I'm like, reminded of all the songs that I love, and they just hit different when you're playing them. So I just wanted to thank you for that compliment you on your music taste?

 Candin Phillips 37:57

Yeah, I know. But it hasn't my motivation come from what I hear my topic get into that song. So me pointing

 Katy Weber 38:09

right. And I had that relationship with music too, which is like, I will become obsessed with the song and I'll just play it on on repeat. And so I'm obsessed with liability by Lord. Oh my god, it's so good. Like, it's what is that word of just like wanting to kind of get to an emotional place, even if I'm just kind of like I'm going along. And then I'm like, I want to be really sad right now. So I'm gonna listen to this song to experience that sadness. I'm like, what's that about?

 Candin Phillips 38:38

Yes, I will use that. Because, yes, we've got a feeling. So we also have this piece of EPS that can go on autopilot, and just grind through our days and our weeks without touching base feeling until it overwhelms us in processing. And so God can feel this restlessness or physical sensation that a candidate and he or you should go it's time for me to listen to one of these songs and see if I saw it and then click here to get my feelings. Like, I need to remember to use that as my

 Katy Weber 39:18

technique. Right?


 Candin Phillips 39:21

They're actually getting the feeling that I probably sound or dizzy myself over.


 Katy Weber 39:28

Yeah, it is. It is so powerful. I love thinking about music. And that was the other thing that's different. You know, sometimes I will hear a song, like 20 times, but I haven't listened to the lyrics. I really like. I really like just the music, right? And so and it was actually that was an example that song liability. My 10 year old son was tired of started singing the music and he was like, I love what this song is about. And I was like, huh, I've never listened to the lyrics. And so then I had to listen to the lyrics and was like, oh, yeah, and I think you don't think it comes


from like having a childhood where you would buy the tape or the CD, and you would pull out the liner notes and you would like go through the whole thing and read all the lyrics and just be like, like this otherworldly experience. And like, we don't get that anymore now

 Candin Phillips 40:16


muddling along really find the actual music pages until I learned the word later.

 Katy Weber 40:26

I know I always get my daughter, oh, she's the same way. It was like, she'll listen to the music. And she has to like be really intentional with to listen to the lyrics. Whereas my husband, he like, immediately knows what the song is about. And he'll listen to the lyrics right away the first time he hears a song and I'm like, is that a narrow, divergent thing, like just having to like, listen in one way or listen in another way, like you have to like choose before the song starts how you're going to listen to what I say you had a real recently about the difference between masking and emotional regulation, which I found really interesting. But I'm still confused by like, I was like, Oh, that makes total sense. And then I come away from it. And I'm like, I would not be able to describe what the difference is. So can you go over that for me again, for the kids in the back of the room? Yeah.


 Candin Phillips 41:13

Immediately, I needed to pull that up. And I remember what triggered? Well, I can almost beforehand, and people were like you're talking about, you're talking about emotions. And that's okay, you shouldn't have to develop an agency, you're talking about masking. And I'm not talking about masking. It's okay, that we have big emotions. But we also are responsible for being aware of the situation we're in and recognizing not agencies managing the event, what consequences are going to come either my relationships or my work, or when I'm doing that kind of reacting off of my initial 100, and a tendency that we always get into. So even with people that I work with, you know, it can be said, I don't care if you're innocent joy, all the time, not causing a lot of harm. But, you know, we still have a need to just be mindful of the intensity of 100 over traffic, rage and related brands, that's not really good for me to like, blow my horn off and like privateer tail because they didn't go fast enough. Now, me telling you to manage that return on myself to manage that 100 reaction and not react to that 100 is not masking is an emotion regulation. Traffic is not something I should be responding to at 100% intensity. Maybe I should do some things to help bring myself down. So everywhere. That I mean a roundabout way?


 Katy Weber 42:56

No, that's a great example. Yeah, because I feel like it's like know, your triggers, right. I've been fascinated, I've been thinking a lot about kind of the way in which we're all diagnosed with depression, and kind of how we get to that diagnosis. Because, for me, you know, I feel like a lot of my depression came from feeling like I was hurting the people around me, either through my emotional dysregulation or you know, feeling like I was making poor decisions, or just like, I


was just like a trash human, in relation to other people. And so, and feeling like I was broken and also feeling like I can't control a lot of my behaviors, and specifically around like my kids and rage, right like that was because I had, you know, a lot of emotional dysregulation when I had a baby. And that kind of hurt. You know, my husband because he I'm like, he's helping he's doing all these wonderful things. And I'm just yelling at everybody. What's wrong with me? I should go on antidepressants, right? And so it's now I'm looking at it through this new lens of like having sensory issues and sleep deprivation and all the other kind of things that I never thought about when I was postpartum. And now it's like, I realize it's much easier for me to know what my triggers are. So I don't get to that rage point, right? So I'm like, Oh, the reason why I was feeling out of control in my rage was because I wasn't paying attention to the fact that the TV was on and this was happening. And I was trying to make a recipe and do all these things. And like, that's why I was being thrown into a rage. So, you know, I often talk about like having the notes in the margin, right where I'm like, I just knowing the why behind a lot of our behaviors helps us to kind of not get to the boiling point a lot of the time because we can kind of see like, I know where this is headed. I know how this ends. How can I pivot? How can I pull back? I think the answer is almost always how do I pull back in everything in my life, right?

 Candin Phillips 44:57

How do I pause That's not the movement on your head before pushing forward and moving forward and faster taking it on reversing and pulling back and actually being mindful of what your triggers are and how it affects your relationships or from your parents at, that can be a really big shift.

 Katy Weber 45:22

Yeah. And also, it was reminding me of that, again, that like failure to pause that, like, leads you to buy the house and do all these things. And I'm like, so there's like a positive side to all of that. But I think also like, going back to this idea of, of depression diagnoses, right, because I feel like depression. I'm curious what your point of view is on like, depression, for me feels like a lack of desire, like you've given up right? That there's a sense of inevitability or something like you, you've just given up. And I think for a lot of us, the lack of desire, it's, we have the opposite issue. We have so much desire, we want to do all the things we want to keep going at 100%, you know, the Energizer Bunny, we have all these ideas of businesses and stuff that we want to do. And we just can't do those things. Because, you know, we don't know, how are we, you know, we've got the executive dysfunction, we can't bring us I mean, all the reasons why we are overwhelmed by our own ambitions and our own desires, which feels often to me the opposite of depression.

 Candin Phillips 46:27

Yes, I agree. Hi, in the last minutes, reaches out to your market being it's just really talked about doing and have barely scratched the surface on one because even just to the first step of figuring out how to set up the website for it, or do the basics of calculating the board, all those kinds of things, get in the way and then trigger that RSD. Meeting table, maybe this day, it shouldn't be this hard set of words that really help protect anything's I mean, it can help us realize what we would have acted on wholesomely. And it maybe wasn't really true to our

values. It's kind of an outside expectation or an outside energy that wasn't really ours. Just for every citizen, sometimes to calm down. Don't cut somebody out when they actually had a response is helpful and productive. Yeah, that was horrible. But it's hard to wrangle and sanitize.



Katy Weber 47:38

Yeah. I like the idea of how has my language changed, you know, with the idea of like, am I using terms like always, like, what are some other ways that you can kind of train yourself to know when it's time to pull back, besides like exhaustion and burnout?



Candin Phillips 47:56

For me if I'm going into like two or five mode. And for me, you know, the common word, Lady mama here, because my son, but my initial reaction is like to justify a woman action or something like that. Your defensiveness or your desire to go on the attack. And our response is usually because you feel insecure, or anxiety or fear to just give in. And usually when I do, my response is much less than 80 to 100 to 20. And once I get down to that 20 level of efficiency that still goes through to me. But it's articulated in a way that we're actually wanting to communicate.



Katy Weber 48:44

Yeah, I feel that way, sometimes about the emotion of frustration, right? Because I'm sort of like, when you're frustrated, when I'm frustrated, I have to stop and be like, Is this something I even want? Because, right, because we're so interest driven? That often I think we get these ideas in our head, like, we should be the kind of person who does x, right? And because we can't, we get really frustrated with ourselves. And so I'm, like, even just the emotion of frustration is a time for me to be like, stop and be like, Is this something I really like authentically need to do and want to do? Or is this have I just gotten wrapped up with the idea that like, I want to create, you know, this wonderful conferences, or, you know, how are all the things that I want to do with my business where I'm like, okay, like, let's just take a step



Candin Phillips 49:32

back, right? Or somewhere in my brain telling me my goal and I do that thing, or,



Katy Weber 49:41

oh, yeah, don't even get me started on growth, right? Because I'm like, or just the idea that like consistency is akin to failure in my mind, right? Like I think about that with like, my podcast downloads each week. I'm like, if I if they have to rise if they don't rise if they stayed stagnant, that is basically failure. Do me



Candin Phillips 50:02

100% 100% And let me tell you the day I actually read the page, and it's all my follower count dropped in front of my eyes. We needed to maintain we dropped. But yeah, it's not. It's not constantly rolling.



Katy Weber 50:21

I know, right? And then I'm like, I wonder why I'm so burnt out all the time.



Candin Phillips 50:24

Right? Kitty desires always videoing,



Katy Weber 50:29

right? I had to like really emotionally distance myself from follower count. Because it was, yeah, it was getting to that point where I was thinking about like, the next, the next you know goalpost and getting so excited. And I don't mean to sound like an asshole. But like, you know, people are always thanking the follower count, when they get to a certain milestone, they're like, thank you so much. And I had to just, I had to distance myself from that meaning anything to me, because I really had to be like, if I make it all about that, then I'm going to get really frustrated and burnt out and all of these other negative emotions, so I had to distance myself from it. And then there was a part of me that's like, am I ungrateful? Because I'm not thanking people every time I get to a next milestone, and I was like, I can't even deal with that question. Because for me, like, I know that if I pay attention to that, I'm going, it's going to be bad.



Candin Phillips 51:17

Yeah, and I can do designingxiety. And my RSD words, if I'm paying attention today, instead of just am I putting something out there that's helpful or not? Versus what I'm putting out there struggling with? So yeah, it's the value that it shifts to match. And that's where we get to set everyone outside. I really need to like,



Katy Weber 51:48

I know, right? Yeah. I think at this point, I basically like does this make me laugh? And even if nobody else is laughing, I'm laughing because that's right. Okay, so So the ADHD feelings course there's that one. And then there's another one, right? You have the diagnosis or the overview, right.



Candin Phillips 52:10

And they were probably very healing by the same set of diet. But yeah, so they're very casual in nature, it would look like you're kind of sitting in my office client. And of course, you really

in nature, it would look like you're kind of sitting in my office client. And of course, you I really like because it's really narrowed down and interventions that that I believe in, because either I use them myself, or when I introduce them to clients, these are medicines that people are responding to, like, oh, no, that really helped with that thought and feeling understanding. So that was really just several very brief intervention and kind of compiled together. Essentially, people that actually seeing the mechanic events where they're going to accelerate. You know what I do in the meantime, here's like, six or seven things that have been helpful for me and other people. Maybe they help bridge that kind of gap, or, for those that are waiting to get regular L. And U 's, is not a complicated one, and one that has ADHD world we're seeing a lot of intraday services and hyper arousal, dealing with rejection sensitivity. But I realized I was never taught those. And most of the people that are on that age are even coming to see me in person. They weren't even educated on a mat either. sort of all in one spot, telling me articles is too much. So here's a video talking about it.



Katy Weber 53:49

I've interviewed a few women at this point who are kind of involved with or even have founded these, like ADHD centers. Yeah. Which I really love the concept of right. It's almost like this, like, one stop shop where you can go and like you can you can get your diagnosis, you can have the speech pathologist and therapists and sort of all working together, which I love, because it's I mean, that's one of the things I think so many of us experience, which is just the overwhelm of like, Who do I talk to who diagnosis like, Where do I even start? Like, I hope that becomes more popular, you know, understanding grows in terms of like, all the different tools in your toolbox that you can kind of bring in but how much we need our hands held?



Candin Phillips 54:30

Yes, yes. And how long it takes to get frustrated by? Gosh, I mean, those sitters are amazing. And I'm realizing more and more as followers reach out how many in Europe and other countries, they're on waiting lists for years, and my brain can't even like I mean, for me here is another one time in some places or maybe a year before, by the way was to get access to this three years from now. What am I was to do. And I kind of I have, and it's for me, you know, some of us we are aware of the shades of overdiagnosis that just for the lack of resources in the center of the world.



Katy Weber 55:16

I know right and and that's I often grappled with that too because I'm sort of like a self diagnosis is so important, right? So even if you're awaiting this this a diagnosis like there's so much work you can do in terms of your own treatment plan that doesn't involve a formal diagnosis doesn't even involve medication. Now, and I don't think we should put the emphasis and pathologize ADHD in that way. But I also think that like, it's really valid. To get that, right. Like, I often will say, like, I wish I had like a AAA card or something that reminds me that somebody else diagnose me because even though this is my entire life, and I talk about it all the time, and I have a podcast, like there's still that voice that's like, you're just making it up, you're really. And so yeah, to imagine having to wait on a years long waiting list and to feel like you can't get started until you've got that one ingredient. And



Candin Phillips 56:13

yeah, managing experiencing that and then leaving now,



Katy Weber 56:16

right, or somebody giving you a manual that being like Chapter Three got ripped out and right. You can't be like, well, I can't read anything else until I have the whole exhausted but textbook. Yes, absolutely. So now Are you still working with other therapists because the last time we spoke you were kind of helping and training and doing courses are you have, you're still doing that?



Candin Phillips 56:38

I am and much more.



Katy Weber 56:42

One of the 80,000 things you're working on right now.



Candin Phillips 56:44

Yeah. I said back definitely from I found out in my office at work, I got a call therapy session. So I realized that the building triggers me a whole lot. And so even being there, that whole process, so definitely working through sharing for myself and recognizing clients has a journey. Right now I'm sitting. So I'm still doing a little bit of assessment, I've got barriers, people that I see that I think that continues to kind of shift down and a little more to do is doing a supervision type thing with other therapists and trainings and really putting effort into the same work as But recognizing my desire to say as busy as there was chair is not where anything for a little while.



Katy Weber 57:47

Yeah, I hear you. I really appreciate your living out loud in this way and kind of living in the moment and being vulnerable. I know it's helping so many people in you know, even though that kind of is like an added bonus. I think of our motivation was to help people I probably like be so mired in anxiety and worry if I was like serving them properly, that I would I would step over myself like I feel it has to be this other way of like what's most interesting to me right now, right? So I do really appreciate what you're doing. And I just adore your content and secretly thrilled that I got another chance to sit down with you just make it a weekly thing. And there you have it. Thank you for listening. And I really hope you enjoy this episode of the women and ADHD podcast. Also, you know, we ADHD ears crave feedback. And I would really appreciate hearing from you the listener, if you're a fan of the podcast, please take a moment to leave me a review on Apple podcasts or audible. And if that feels like too much, and I get it, then just

take a few seconds right now to give me a five star rating or share this episode on your own social media to help reach more women who maybe have yet to discover and lean into this gift of neuro divergence assay, and they may still be struggling and don't even know why. And if you'd like to find out more about me and my one on one coaching for women with ADHD, head over to [women and adhd.com/coaching](https://www.womenandadhd.com/coaching) and you can always find that link in the show notes. I'll see you next week when I interview another amazing woman who discovered that she is not lazy or crazy or broken. But she has ADHD and she is now on the path to understanding her neurodiversity and finally using this gift to her advantage. Take care till then