

That's Hysterical! Now, Get Out!

Season 1 | Bonus Episode

Share Your Success Story!

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On this bonus episode of That's Hysterical! Now, Get Out!

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Today, we're talking about how to share your hysterical story on the podcast. Yes, I want to hear from you. I want to hear from others. I want to hear other success stories. I want to hear other stories that you think maybe you didn't have a space to talk about before. I want to hear how you've gotten through it. Maybe you feel like nobody else understands that pain and that agony. This podcast is here for you. It really is. So what I want you to do is go into the show notes. Go ahead, click on the cover art for this. Click on that little I button for information. Swipe left, swipe right. Depending on what app you're listening to this in, the show notes can be found somewhere in there. They're usually there. If you can't find them there, head on over to thatsystemicalpodcast.com. You can click on any of the episodes there and you'll find a link that says share your hysterectomy story on That's hysterical. Now get out. It doesn't just have to be your hysterectomy story. It could be any story that you feel needs to be told. If you're wondering if your story is important enough, quote-unquote, of course it is, here are some guidelines.

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Does your story offer emotional support? I'm looking for stories that will help people going through the same thing I'm going through feel understood and less alone. Offering that emotional support just by saying, I've been there. I've done that. It sucks. You might not know how amazing that is for people who are really going through some of the most fearful times in their life, and they have nobody to talk to about. Another reason to share your story is to reduce stigma. There are so many taboo and stigmas that are associated with reproductive health issues. And it's annoying. It's really annoying because I can tell you, for the first, I don't know, two decades of my life, we don't want to upset the folks that want to see us as only a birthing vessel and to be seen and not heard and meek and mild and the gentler sex. Oh, no. If we talked about how we bled every single month, endured fucking scabby pains, the twisting and wringing out of my fallopian tubes and uterus. Sorry, you can no longer see me as the weaker sex when I talk about all that stuff. As you can tell, I get a little angry.

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So if you have a story, if you get all riled up thinking about that, go ahead, share your story. Talk about your medical gaslighting because I'm pretty sure almost everybody listening to this podcast has at one point been told by a doctor or medical profession, it's all in your head. Some people just get painful periods. I had one doctor say, Oh, you must be one of the lucky ones who get painful periods. How dare

you, sir. Anyway, we want to reduce that stigma. So if you have a story, I want to hear it. If you have a story that sharing details about the process or recovery or any potential challenges that maybe I'm overlooking or I'm not experiencing on this podcast, please share that perspective as well. I also want you to share your story if it empowers others. If you have found courage, joy, strength, inner peace, which is what I'm looking for all the time, maybe a sense of control or because you went through this and you survived and you want others to hear your story. If your story empowers others, by all means, share it on the podcast. And really, I'm looking for stories that gather more advice, encouragement, and maybe even build a bit of a community with this podcast.

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Even though we're far apart, miles apart, different countries, shout out to Australia, where apparently I'm going up in the ranks. The fact that this podcast is already charting under personal journals in Australia just blows my mind. So that is awesome. Thank you so much. So it feels really good to be able to talk about all of this and share my stories with people around the world, with others who are also facing this. It's still early in the podcast, but I am getting really great feedback from people saying, I've never heard somebody talk about this so openly. So openly? That's right. Because it's been in my head for fucking years, for years and years. So sorry to square on this bonus episode, but I guess they're not all going to be clean. But if you have a story like that that you're itching to tell that you keep listening to this podcast and go, Oh, my goodness. I should make a podcast. Yes, you should, number one. Number two, if you're not ready to make a podcast yet, feel free to share your stories. So again, here's how to do that. Go to your show notes on whatever app you're listening to, or you could go to thashhystericalpodcast.

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Com and click on any of the previous episodes. You'll find the show notes there. And there's a link, clickable link that says share your hysterectomy story on That's Hysterical. Now get out. It doesn't have to be a hysterectomy story. It could be anything involving your uterus and your uterus neighbors that cause havoc to the reproductive system. That's not fun that we should be talking more about. So I'm calling warriors of not just adenomyosis but endometriosis, which after the hysterectomy, guess what they found? So I'm also an endowarrior with you. If you want to talk about fibroids, cyst, ovaries, your fallopian tubes, your uterus, your cervix, all those reproductive organs, all the little ailments and afflictions that hurt us from the inside, this is the space. I made this space just for that reason. I made it for me. But you know what? I'm opening it up to others because my story is not the only one who needs to be told. Not everybody has had the background in podcasting to be able to just start up a podcast in a weekend. It's a special weird that I have. I've been podcasting for almost nine years.

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I can do that thing, but I understand not everybody can. But they do want a chance to have their voice heard. And if you don't want your voice heard, the forum is simple enough where you just have to share your story, and I will read it on the podcast. You don't have to give any personal details if you don't want

to. In fact, I encourage you not to leave any personal details. And my golden rule for the internet and especially what you say on a podcast, never say anything or write anything on the internet that you don't want read in court one day. If you don't want it read in court, don't send it to me. Don't do it. Anyway, I look forward to your stories, especially your success stories. Spoiler alert, I'm recording this bonus episode while I'm recording season four, which is post-post hysterectomy. I can tell you right now, those success stories, if I didn't hear them, I wouldn't have believed it. I really would not have believed it. I wouldn't have gotten to this point where I am so excited to share my own success story. I hope that's you. I really hope so.

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