

## **That's Hysterical! Now, Get Out!**

### **Season 2 | Episode 10**

#### **Taking a T-Break And I Already Miss It**

**[00:00:00.490]**

I'm sure somebody out there relates. If you've been listening to my past episodes, you relate on at least some level. And if this is your first episode, hello. Welcome. We're in pain and we smoke pot.

**[00:00:11.330]**

Thanks for being here on this episode of that's hysterical. Now get out.

**[00:00:18.930]**

I'm going to say it differently every time, and I'm going to laugh at myself every time because it's just so wacky do that. This organ has taken over so much of my life and I did not realize it until this morning when I am now a day since the last time I smoked pot and I immediately miss it. And I know how to maybe ten year old Emily, who's in a dare program at school, how bad that sounds to her. And I want to go back and be like, listen, cannabis is medicine. Also, since we're here talking to fifth grade Emily, you need to throw out that food pyramid.

**[00:00:59.770]**

That is garbage. Six to twelve servings of grain. You're going to feel sick and you're going to wonder why all your pants are tight and your friends make fun of you because you're fat and it's not your fault people don't have that information.

**[00:01:13.990]**

But yeah, going back to the pot, I'm not happy. I almost forgot why the anxiety would happen. The anxiety would happen because it would be the morning, because everything was going on and I'd have to get everybody ready for school and get everything organized and out the door. And an hour that, by the way, I've been woken up by an alarm clock. I hate being woken up by an alarm clock.

**[00:01:36.470]**

That's one of those things. I think I've said this before. My husband asks all the time, what would you do if we won the lottery? I'd say I would not have an alarm clock. I literally would not have an alarm clock.

**[00:01:45.160]**

I would not wake up for anybody but myself because when I do and I'm rushed and I feel like I'm on somebody else's schedule, anybody else's schedule except my own, which, if I were on my school schedule, school wouldn't start for my kids until 10:00 and it would go until like three still. But because I'm on somebody else's schedule, I feel rushed, I feel anxious and then add in a flare or cramp or pain or discomfort from adenomyosis from my uterus that decides it doesn't want to be friendly today. It wants to feel like a 15 pound bowling ball in between my hips swishing back and forth. And if it's not calling for my attention. I don't even know how to finish that sentence.

**[00:02:29.860]**

It's calling for my attention all the time. If it's not calling for my attention, I'm asleep or I'm happily medicated. I have my therapy appointment today in a little while, in about an hour. And it's funny that I'm recording a podcast because I actually have somebody to talk to about all of this stuff. I worked with my therapist over the summer on a lot of stuff with boundaries and my difficult relationship with my mother, and a lot of stuff that I wished I had known who to go to prior to this.

**[00:03:04.170]**

It wasn't until I learned about marriage and family therapists that I was like, oh, yes, I need somebody who understands the entire family unit that I operated under. So working with somebody who specializes in specifically family units and how they operate and how I really like the overall view with marriage and family therapy. I even looked into it. It might be something I do in the future. It's something that I can really wrap my head around.

**[00:03:36.550]**

My friend went to grad school for it a few years ago, and she actually lent me one of her textbooks. And I just read it. I read it as if it were a book of, yes, all of that makes sense. It was all the stuff, all the dynamics I saw growing up with my own dysfunctional family. And I was able to just read through it in a way that was like, oh, yeah, this is why I avoided psychology and social sciences a lot, was because I didn't want to find out what was wrong with me.

**[00:04:08.910]**

I didn't want a label. I didn't want to find out. I just wanted to deal with it and move on. And guess what? That's not how you can do things in life.

**[00:04:18.930]**

Case in point, adenomiosis. I can't just deal with it. Well, I can until I can't. And I'm trying to think. I know.

**[00:04:26.410]**

I talked to my therapist before about adenomyosis. I kind of remember when people take an interest in it. So I can still picture the conversation with her where she's like, say that again. Adeno. Okay.

**[00:04:40.700]**

So I remember that she knows that she has that context for when I talk to her. It's going to be funny, because the last time I was talking to her, it was all about my mom. I just talked to her about my mom and that relationship, and I kind of threw that in. It's like, yeah, but I'm managing. Like, that's okay.

**[00:04:55.380]**

That's something I'll deal with at another time because I was really having anxiety attacks regarding my mom. So that's specifically what we were working on when I worked with her over the summer. But now I'm coming back to her to be like, guess what, now it's me now problem. I'm sorry. I don't listen to Taylor Swift, or I would have gone right into it's me.

**[00:05:13.960]**

Hi, I'm the problem. It's me. But because I'm not a swifty, I don't hate. It's. It's not my thing.

**[00:05:20.300]**

Like her music. I just want to change to something else that I like. Anyway, how did we get on this topic? Oh, right. I don't have pot to slow down my brain in the morning, so I'm jumping from this to this to this to this.

**[00:05:33.960]**

I'm also going to therapy, so I'm prepping myself up for talking. Oh. I originally started this episode because I was driving, and I realized just, oh, my God, I feel like I'm going to throw up. Oh, my gosh, these cramps. Wait, is it getting worse?

**[00:05:49.730]**

No. I just don't have any cannabis in my system. Not to say I drive on cannabis. No, I make it a very strong point. I do not drive when I have just consumed cannabis.

**[00:06:01.150]**

CBD, and this is a personal preference for me, is something that I can function on. I try to explain this, and it never comes out right. It doesn't take away the pain for me. I guess it makes it manageable. It takes

away the inflammation, but the discomfort, the pressure, all that stuff is still there, but does something to my mind where all of a sudden I really can shut up.

**[00:06:25.360]**

That part of my brain that is like, panic. Panic. We feel pain. We feel discomfort. Something is wrong.

**[00:06:31.120]**

Why aren't we doing something? Escape. Fight. Flee. Freeze.

**[00:06:35.940]**

Fawn. I guess I am. I guess I was fawning to my adenomyosis. Okay, adenomyosis. Like, you win again.

**[00:06:42.500]**

Just keep hurting my uterus and I will smoke it away. So I guess I did fawn a bit or freeze. No, you can't really freeze with that. It's so hard to just freeze and let it happen. And there are lots of messages.

**[00:06:57.500]**

There are lots of tools. In fact, you know what? That'll be good. This will be the pre therapy talk. And then after my therapist, she's wonderful.

**[00:07:04.960]**

She always gives me tools. In fact, I'm using one of her tools right now. One of her tools that she gave me to deal with my mother is nature, and I didn't believe it, but I needed a professional to tell me I needed a professional to tell me, not just some pamphlet, not just some know, I hate to say this in a bad way. It's not like a national nature foundation or whatever using their quote unquote propaganda to get me to buy their shit. But no, it's like there is no evil nature corporation to be like, go outside, get oxygen.

**[00:07:39.490]**

There will be an evil nature corporation when they start making us pay for fresh air. As I've gotten older, the Lorax is scarier and scarier. Just in case, we want to talk about paying for air, paying for clean air. If you've ever seen the movie, yeah. That's now a fear of, like, they will one day charge us for clean air if they can get away with it.

**[00:08:02.910]**

But that's not nature anyway. Oh, my gosh, I hate not having pot. My ADHD, I can't even control it. At least with pot, it slows down my brain where I'm like, wait a minute, what am I saying? Oh, I only said like six words.

**[00:08:15.760]**

I remember them if I think hard enough. But now I'm like 25 words deep into a thought. I don't remember where I started. I don't remember where I was going. I just know that this episode, this episode right here is my personal evidence how good pot was for pain and my brain and the fact that I can't have it.

**[00:08:37.700]**

I'm not even complaining. I'm just existing without it and experiencing it. And it's been a very weird few weeks, actually, to realize just how many comfort things I put in my life to deal with this. I cannot get over it. All these little twinges of pain that I've been feeling.

**[00:08:59.640]**

And because I've been trying to lower my pot consumption, I've been trying to work through it more. And it's so funny because I've been trying, oh, my gosh, it feels like I've been trying to get myself out of that mindset for years that I can push through it. There's pain medication available. Ibuprofen doesn't work. Nsids don't work.

**[00:09:20.690]**

Aspirin doesn't work, and also it makes my stomach even more upset. But pot works. Oh, it's so frustrating. It's so frustrating. And I'm very happy that I'm in a state where it is recognized as a medicinal product and it's legal for recreational adult use.

**[00:09:36.920]**

I say adult use. I tried to take away a lot of the stigma. I don't call it marijuana. That is actually racist undertones if you want to look it up. So I will say pot, cannabis, THC, CBD, CBN, my husband's been finding works really well for sleep, so might be something I try in the future when I can.

**[00:09:57.970]**

Oh, my goodness, this is going to turn into an Emily can't have podcast. And I am sad. Oh, maybe I'm funny. Maybe I'm funnier without pot. No, I was sarcastic.

**[00:10:08.040]**

I was a sarcastic bitch without. Ugh. You know what? And it's a good thing I can't have alcohol. Alcohol would just.

**[00:10:14.370]**

That would be a completely different podcast. Those podcasts are out there. Emily on alcohol. But Emily on Pot really didn't do a lot of podcasts because I was like, wait, why do I need to say this? I don't.

**[00:10:25.900]**

I don't need to say this. We don't need to put this out into the world. This doesn't add anything of value to the world. It doesn't. There are some things where I'm like, I should start a podcast about this.

**[00:10:34.090]**

And I'm like, no, I'm just adding to the noise because I can. Because I know how. Because I know how to make a podcast. And I haven't worked on a podcast for myself in years. Work on them for other people, but not for myself because I felt like I haven't had anything to say.

**[00:10:50.910]**

And I kind of knew this adenomyosis would be the something. And when I originally thought about starting a podcast, oh, I did all the things. I did all the branding. I did all the coloring. I did the fonts, the name of it.

**[00:11:05.410]**

Yeah, there was almost an adenomyosis podcast about two years ago, and it was going to be called adenomyosis warriors. I think I let the URL lapse because I was like, why am I paying \$20 a year for this thing I'm not going to end up doing? Because, and I'll tell you why, it was already taking over my life. Adenomyosis was already taking over my life. I didn't want it to take over my job any more than it already had been.

**[00:11:25.980]**

I realized after talking about it and hyper focusing on it, oh, my gosh. Oh, my gosh. This is my life. This is my fucking life. And I don't want to build my life around it.

**[00:11:35.550]**

Now is a completely different story. Now I'm building my life around this hysterectomy, which is why I've gotten on the mic. I've talked about the things that I want to talk about. When I started that other podcast, I got as far as interviewing a few people. I have those interviews.

**[00:11:48.490]**

I found them on my computer, actually. And I was like, oh, here's where they are. This is something that I want to finally put together. Like, I knew I wanted to do this, but now I kind of have the push to do it, but I don't have the pot to help me deal with pain. I hope this is just the first day I quit smoking cigarettes.

**[00:12:08.290]**

There isn't that. I need a cigarette. I need a pot. I need a pot. I need a cannabis.

**[00:12:16.330]**

There isn't that. There is more. Ow. What do I do about this pain? Oh, my first line of defense is now gone.

**[00:12:24.030]**

Shit, shit, shit, shit. And then I'm just angry. Then I'm just angry that this thing is hurting. I'm trying. I'm trying not to get angry at past-Emily for not making those appointments, for not asking for the hysterectomy when I kind of could have.

**[00:12:39.410]**

I kind of had an open window to do it at one point, and I was like, no, I'll see how I can manage on my own. I think I was 38, and I was talking to, at the time, my midwife that I was seeing. I loved my midwife. I'm so sad she retired. She was so smart and so funny.

**[00:12:57.600]**

She had suffered from fibroids, and she talked about her hysterectomy, and she was the first one who told me her hysterectomy gave her a new lease on life. She was like, I was 40, and I got my hysterectomy, and I'll tell you, I had a new lease on life. Like, I remember her saying that, and it's been sticking in my head ever since. I still haven't told my husband about the fact that when I went to my doctor's office this time, and it's the same group, my midwife retired. So I feel good going to the same group and talking to the same people.

**[00:13:27.000]**

Other than the fact that they lost my information when they switched to a new system, that's okay.

**[00:13:35.250]**

Wow. I'm actually thinking back to, like, well, what if they didn't lose my stuff? And what if they did call me and make an appointment for me back when I was 39? I wouldn't have had to deal with the past. I don't know, a few months of really shitty periods.

**[00:13:46.080]**

And also the fact. Also the fact. Can we talk? We'll go back to the pot for right now. Also the fact that I am using a lot of pot to deal with this.

**[00:13:56.000]**

To deal with this. The fact that I'm tapering off and I'm like, I only smoked twice today, and I'm kind of miserable. I'm like, 50% more miserable. Like, how bad was this that I just. I numbed it for so long and I'm never going to blame pot.

**[00:14:12.000]**

No, pot is wonderful. Listen. Until I wake up hacking, hacking my lungs out like I did with cigarettes, until pot gets me to the point of drunk dialing and drunk texting and making stupid mistakes with friendships and going too far with people and being too much and too loud and thinking. Everybody loves this party version of Emily who doesn't stop until she throws up. Yeah, that was a problem that I needed to stop.

**[00:14:43.370]**

Not with pot. Pot makes me sit on the couch and stop my brain from thinking at the end of the night. I noticed it last night. I had to take in a leave p. M.

**[00:14:54.020]**

Because I could not shut off my brain. I'm in what I'm calling hell week. You can tell I was a theater kid. I'm calling this hell week right now, the week before my surgery, because I have to get all my client work done. I have zero pot.

**[00:15:09.220]**

I can have zero pot. I am not happy. Zero pots. And I can have zero pots.

**[00:15:18.550]**

I'm, like, forcing myself to laugh. I'm forcing it. I can actually feel my stomach, like, pushing it out, like, it sucks with the rest of this breath. Can we get a laugh out to at least make it feel like that's life? It's like I have to convince myself, and anybody who does not understand the pain would listen to this podcast and be like, what a fucking stoner.



**[00:15:41.680]**

She can't give up pop for 24 hours without complaining about it. That's ridiculous. Once again, I'll go back to that meme that I saw that I tell people about. You smoke pot to party. I smoke pot to clean my kitchen in the bathroom.

**[00:15:54.630]**

We are not the same. I smoke pot to function. My therapist will give me some suggestions. I keep thinking. I'm like, okay, I'm getting to the end of this episode.

**[00:16:04.360]**

I'm getting to the end of wanting to talk, and I have no answers yet again. But I feel better. I feel better about it, and I feel like, I don't know, maybe somebody out there relates. I'm sure somebody out there relates. If you've been listening to my past episodes, you relate on at least some level.

**[00:16:19.680]**

And if this is your first episode, hello. Welcome. We're in pain and we smoke pot. Thanks for being here. All right, I'm feeling better.

**[00:16:30.160]**

I'm smiling. Oh, I wish I could go home and smoke pot. I'm out in nature. Right now, by the way, I am at one of my favorite spots. Man, did I originally start to talk about nature with the intention of saying where I am and what I'm doing and just completely go off the rails.

**[00:16:43.820]**

I sure did. So I'm in nature right now. I'm at one of my favorite spots. Oh, my gosh. But you know what?

**[00:16:51.200]**

I have to leave, because, again, I can hear fucking construction equipment. I just want to go into nature and hear nature, not nature and somebody paving down the street. I can never live in a city. I feel like I hear so much noise all the time. I'd be wearing my earplugs 24/7 all right, everybody, we are in crunch down crunch time.

**[00:17:14.620]**

Yeah, we are in crunch time. Now, crunch down. I can't even blame my brain, you know? I would make these stupid mistakes and be like, oh, well, I'm probably just a little high. No, my brain just does this.

**[00:17:26.060]**

I love my brain. I love it so much. You're a silly brain. There are many times growing up, people would ask, are you high? No.

**[00:17:34.820]**

In fact, when I'm high, apparently I act more normie than I do when I'm not high. I love you, normies. I try so hard to fit into the world that you have created, but alas, we need accommodations and hysterectomies. Accommodations and hysterectomies. Okay, this is so weird.

**[00:17:54.620]**

This is my actual brain. This is what it really does. ADHD. I love you. I love you to death.

**[00:18:00.340]**

But, boy, you're busy. You are a busy body brain. I missed pot. It would shut me up. Okay, so I'm going to get going.

**[00:18:06.680]**

Get to work, get to therapy. Take care, folks. It's going to be a hell of a week. Thanks for sticking with me.

**[00:18:19.610]**

Close our.