

# Balance365 Episode 111 Transcript

ANNIE BREES

Welcome to Balance365 Life Radio, a podcast that delivers honest conversations about food, fitness, weight and wellness. I'm your host Annie Brees along with co founder Jennifer Campbell. Together we have a team of personal trainers and nutritionists who coach thousands of women daily and are on a mission to help women feel happy, healthy and confident in their bodies on their own terms. Join us here every week as we discuss hot topics pertaining to our physical, mental and emotional well being with amazing guests. Enjoy.

ANNIE

Hello my friends welcome back to another episode. I know I say I'm so excited for every guest but this guest truly feels so special to me because I have been an online follower and fan of hers on Instagram. I have listened to her on other podcasts before and to have her on our podcast feels so cool to me. We have the one and only Jules Webber. Jules is a life coach, entrepreneur and mother. She's a trained intimacy expert helping driven modern women to create the relationships and connection they crave. Through her writing, she shares personal experience in marriage and divorce, dating, motherhood, body image and self confidence and today, she is with us talking about healthy female relationships. This is a topic that comes up in our community often, how to navigate healthy female relationships, when to cut the cord, what to say how to say it, what to do to make sure that you are fully supported and fully supporting your girlfriends and your circle and the advice and suggestions that Jules brings to today's episode, pure gold. Enjoy.

ANNIE

Jen we're back with another amazing guest that once again I feel like the Internet has like run circles next to but we've never actually met until now. Are you so stoked for this episode?

JEN

I am, we've re-posted some of her content on our Instagram and yeah, so our listeners know who she is too. Drumroll! [Laughs]

ANNIE

Jules! Welcome to the show. How are you?

JULES WEBBER

Oh, I love this girl chat right now, the vibes are the perfect thing for me this week. This is amazing, I love you guys.

ANNIE

Thank you so much for joining us. I think Jen and I both found you through different avenues but equally fell in love with you because you have written about everything from relationships to body image to worthiness to work, motherhood, I mean all of it and it's just a really honest perspective on your experience and I personally expressed to you how close to home a lot of your posts have hit for me and I just am so excited to chat with you today.

JULES

Thank you, y'all. It's an honor to even hear that from you, really.

ANNIE

Yeah. And for those listeners who maybe aren't familiar with you, can you give us a little brief intro to who you are and what you do and what makes you tick?

JULES

Oh, totally. And yeah, so I'm an intimacy speaker and writer and life coach, and I work with women to help them kind of cultivate the inner intimacy that it takes for us to experience outer intimacy that we genuinely crave and all of the work I do is based on this philosophy that I understood through my own self work, which is that literally every choice that we make on our own, in our life is motivated by the desire to feel closeness with someone, with ourselves, and everything, every choice that we make that makes life harder is driven by this fear that we won't at the end of the day find ourselves or see ourselves, or the belief that we can be lost or abandoned and cultivating an inner sense of safety and of belonging and a willingness to see myself and experience intimacy there is what kind of drove me into this work. You know, it's like when you find freedom, you can't help but want to help everybody else find it, you know?

JEN

Yeah.

JULES

So that led to me kind of investing a ton into my own training as an intimacy coach. So I work a lot in emotional closeness and healing for primarily women, but also couples and sometimes men, and I do a lot of work in masculine and feminine energy. I love teaching on that. And I also love teaching on self care, self esteem, self confidence, all the things that we think are rooted in having a great body and a great relationship status and all of that actually have nothing to do with any privilege like that. It's really just being able to see ourselves in a way that feels true and authentic and show up from there and be loved there.

JEN

This reminds me of, we've had a body image therapist on before and she talks about how when our needs aren't being met, they come out sideways and so women start pursuing, you know, a perfect body or they might be throwing everything into their career or whatever. Like we're just out there collecting, thinking these things will make us feel better.

JULES

Yeah.

ANNIE

From the outside in.

JEN

From the outside in. Yeah.

ANNIE

What I hear you saying, Jules, is it's inside, it starts at the inside.

JULES

Yeah, for sure. And I think that's like the biggest thing that as a collective, we can tend to be so unaware of, but that even the situation that we're in right now this, you know, COVID-19 pandemic that's happening, like we're all kind of forced to face that in our world, that we can spend a lot of our energy trying to escape and avoid. And, you know, now we're all home. And we're with ourselves, you know, in ways that we don't really have to be if we don't want to be when we have lots of options or places we can go or people we have to see all the time, or we can go into the office or you know, like, I just have these four walls to keep me company and children aren't at school. So all of these, like avoidance mechanisms aren't as available to us right now.

ANNIE

Which might be really scary for a lot of people. Right?

JULES

For sure. I mean, and it is for me, too. Like, I feel like this is asking the same thing of me as everybody else. It's a lot. It really is. I don't love why we're in this and I don't love the effects that it's having on people but I do feel the big collective ask to really be with ourselves now because we're all feeling a lot of fear and not feeling safe to feel that,

ANNIE

For sure. And this actually, all this came out before we had or after we had scheduled our podcast topic. I think it's still really relevant, discussing healthy female relationships because now more than ever, you might be needing some connection, right? I feel that as an extrovert that I'm like, I miss my people. You know, I need my humans and as much as screentime is available to us to connect, you know, over Zoom or FaceTime. It's not quite the same. But this topic comes up in our community a lot, because it's not uncommon for women to feel a variety of feelings towards each other, and friendships quote, unquote. And I use that like term. Sometimes they're labeled as friendships. And it's really not a friendship at all. Or a frenemy, or whatever you want to call it. But I know that from creeping on you on your Instagram, healthy female relationships is something you've spent time exploring and examining and developing. And one thing that really stuck out to me is your thoughts on where we learn to interact with other women. Can you dive into that for us, where do we learn to interact with other women?

JULES

Oh, gosh, we learn it from such a young age, you guys, if we have sisters, we're learning it there. If we had a mother at home, we were learning it there. If we had female authority figures, like teachers from an early age, we were learning it from them. We were learning it from girls at school that we were surrounded by. There's so much programming that takes root in us from such a young age. And a lot of that is informed by legitimate needs that we have that we don't always know how to get met. Hopefully, I mean, the ideal situation is that these female authority figures in our lives as caregivers would help us to learn constructive, sustainable ways to get those needs met, but we don't always have that support. And so I think a lot of women and myself included, came out of childhood feeling a real scarcity of feminine love. And that manifested in this sense of like competition with other women, there's not enough for me, and if there is enough for you, then that means I'm losing. And there was this like fundamental issue in me where I just never believed I was going to have enough and I didn't want anyone else to have enough. Do you all resonate, I see you nod - [Laughs]

JEN

Yeah, I was just thinking of the Bachelor as you were talking, like we have all these things where women are competing for this man and because there's not enough good men to go around and oh gosh.

JEN

He didn't even end up being much of a prize anyway.

JEN

[Laughs]

JULES

Oh my god.

JEN

Yeah.

ANNIE

I didn't watch it. I didn't understand it, but I still found humor in the memes about Barb.

JEN

Yeah, I don't watch it either -

ANNIE

His mom or something?

JEN

[Laughs]

JULES

Oh my god, she was intense you guys. And honestly, the biggest thing that bothered me about that exchange was just how long it took him to finally stand up to her. Like because I didn't watch the whole entire season but a lot of my friends were and I was hearing things from them and I saw clips online but one thing that I loved and that I think is so pertinent to what we're seeing right now because even that social situation really does get a lot of its fire and fuel from all of these women being in a scarcity mindset when we talk about, like, there's not enough love for me.

JEN

Mm hmm.

JULES

Right? It all is gonna come from this one man and there's not enough of him to go around, clearly, it's one man. It's not like a natural situation in any way for any of us to be in and cope in. You see all this come out in the drama between the women in the house and in the conversations women will have with him about other women. And one thing that one of the women said in the, after the final rose or something she finally just like, had to shut Barb down. And she said, "Hey, I just I kind of disagree with you. Like, I just want to point out that like, this wasn't just about" I think his name was Peter, "choosing one of us. It's also about me choosing him."

ANNIE

Yes, girl.

JEN

Good girl!

ANNIE

Yeah! [Laughs]

JULES

Yeah! Like we're also all deciding if we want to be with him.

JEN

Yeah, but we're very caught up in being chosen, right?

JULES

Yes. And she had to point out that that's not the only mentality to have here. Right? Like, also I'm dating somebody, I'm getting to know somebody, I'm seeing if I want to go on that second date, that third date. But you can only do that when you feel confident that you have enough, that there is enough for you. Right? And so this is this entire social situation, this whole franchise is built on, like all the drama of it is built on what we're talking about here like...

JEN

Scarcity. Annie just pointed this out in the last podcast we recorded, how many companies are thriving because of this scarcity mindset?

JULES

Mm hmm.

ANNIE

You know what, like, to me, this is, and I'm sure Jules you've experienced this, Jen and I talked about this with our Balance365 members a lot, like once you start seeing this stuff in our culture, you can unsee it. And now it's even little details like, you know, I think it's People magazine who wore it best, or any magazine, really any fashion magazine who wore it better, like, that we have to choose. And it's her versus her and it's like, well, or they could both were great. But like, why are we competing and I always attributed this competition with other females in me too. I always attributed it to sports. And I don't know if that's really the case but it was very much like either you're going to get the spot or I'm going to get the spot and I want the spot. And it didn't just stop on the field or on the court though, it turned into you know, alliances with other girls and like you're going to pick me for the team and you're going to be my friend, so I still feel included and it had the capacity to get really yucky quickly.

JULES

For sure. Because it's one thing if it stops with, you know, we do the tryouts and then we show up for the team and we get chosen or we don't get chosen for that spot. Right? That's just normal competition. Right? That's just like part of life. There's only a certain number of spots on the team. But it's when we take that in as like, we over identify with it with the idea of being chosen for that. And then we get all this other drama with the women and these alliances and the friendships and all of that kind of stuff. And I love, I love drama. I love drama, you guys. I don't love drama.

JEN

[Laughs]

JULES

I love like seeing it and pulling it apart because -

JEN

that's why you watch The Bachelor. [Laughs]

JULES

Right? Because drama is, I mean, I don't love it, like, it doesn't feel good in my energy. It's yucky. It's the biggest reason why I don't just like sit and watch The Bachelor like every single episode because it's just just like ugh.

JEN

You don't just passively watch, you probably actively watch and you're assessing the situations and the dynamic.

JULES

Oh my god, now that I'm a relationship coach, I've watched that show so differently than I ever did before. So it's such a different experience romantic comedy. I'm like, "Oh my God, what?" But drama is like everything that we sort of like make up and pile on top of whatever our genuine need is. Drama is just, it's this that little girl that we talked about, like the second grader, the one that that wanted to belong, that needed her mom to love her and hold her that couldn't find sustainable ways to get her needs met. It's her showing up and creating on top of, piling that on top of what her genuine needs are, because she just needs to feel seen and she knows all of these reactive ways to make that happen. Right?

JEN

I think that a lot of the female drama, I say drama, but I'll say drama for you guys, that exists today in these grown women, I often wonder if it is just leftover trauma from their childhood, whether it was the trauma they experienced from their interactions with their mothers or their teachers or different caregivers or girls at school, there's some horrific situations of bullying and things even. My kids are young and I've already started to hear my son told me that two girls got in a fight on the schoolyard the other day and there was pulling hair and, and he's in grade five, and I was going, "what?" And my heart just breaks for these young girls who are learning to engage this way with each other.

JULES

Yeah, and honestly, I was even hearing, I had a bunch of like, colleagues and this and that that were at a major event for female CEOs in New York and they were all you know, some of them were coming back when we were chatting and they were kind of feeling this, like, there's competition between other women and even just in the simplest exchanges, you know, and I really do believe I mean, I've seen like zero exceptions to this with any of my clients but and including with myself, I really think that all of that comes from a like a deeper like mother wound and like a sister wound.

JEN

Mm hmm.

JULES

That happens in us from a from a young age when it's like we want to just be seen for who we are and to be loved there. But then we learn that oh, we can't, I can't have that because there's like privilege given to other certain types of little girls, but not to me. You know, like, I had glasses when I was seven and I had like an eye patch and it was all very unsightly.

ANNIE

Me too.

JULES

You did, too?

ANNIE

Did you have a lazy eye?

JULES

My whole life. I still have it.

ANNIE

Look at us now, Jules, look -

JULES

We're the same!

ANNIE

We have blossomed. [Laughs]

JULES

This is what women crave. It's like, we're the same. It's not just me, it's you too. And when we put women side by side in magazines, and we say who wore it better, we're trying to get that need met. But what we're doing instead is we're saying, "Oh, I want to find out that also they're in competition. And also they feel this and I want to put other people inside the misery that I feel so I don't have to feel alone."

JEN

Hmm, wow.

JEN

That's what all that tabloid s\*\*\* is about.

ANNIE

Yeah, that's -

JULES

Instead of just getting to the core, which is like, "I feel lonely and I want to feel like I have enough" and can I put that in a magazine instead? Can we just talk about those needs please? Instead of trying to connect with all of this drama and other people and in the collective, why not get to the core need.

JEN

And also I find, you know, you search for evidence of what you already believe to be true. So if you already believe that women are catty, if you already believe that you will never sustain a

female friendship, you know, and all those maybe beliefs that you learn when you're young or you watch your mom go through or whatever, then you just search for that evidence around you and your communities and whatever. And you look for those characteristics and other women instead of looking for evidence that women aren't catty, evidence that women don't want to compete, evidence that there is enough love to go around.

JULES

And I actually have two really great just like little tools for that. One of them, when it comes to just like our like really low belief and faith in women because of our experiences. I think we need two things. And I think one thing is we need to really cultivate our belief and our understanding of the greater divine feminine love that exists. This isn't about women. It's about like the feminine, soft love, the sense of being, the sense of like, there is a capacity for love to be with me all the time, no matter what, no matter what I'm going through, no matter what I look like, like this idea of unconditional love. And I feel like that's really been taken from us a lot and all of these archetypal understandings of God as like male, as father, as man, and we've like removed feminine and female from the idea of that. And so understanding the more feminine side of like the collective conscious love that exists in every human and choosing to believe that that exists in every woman that we come into contact with no matter how she's showing up in her life.

JEN

Mm hmm.

JULES

She's got it in there. You know, she's got the capacity to connect with that and so do I have that within myself and that means we can connect. And then the other thing too is I had to do this, I don't know if y'all have ever been in this situation before, but I had a situation like several years ago, this is really what kind of began my own process of self inquiry. I was going through a situation where it was like several of my friends just like left me all at one time. It was like a codependent situation and wasn't necessarily handled super well. But I had been in a situation where I was traveling. My daughter was born really early while I was traveling, and I was away from home for like four months and then I came home and it was like, none of my friends really fit anymore. And we were all kind of frustrated and there was a lot of drama. And we all kind of broke up. Well, they stayed together, but they broke up with me. And -

JEN

That sounds so traumatic. Oh my gosh.

JULES

It was really what woke me up, because it was connected to my church, my faith, my religion, becoming a mom, my marriage, like, all of it, but I looked at it, I was like, "I feel like every time I have a best friend, it ends up in pain. Like, the relationship ends in some kind of like drama and disaster. And all of this pain, like, I feel like this has happened so many times in my life now." And so I went back over literally my entire life, and I just named every best friend I've ever had. And they all had ended in similar ways. And I found this little, like, little detail that I just missed

before, which was that I had always chosen friendships with women who were mean to me. And the outset, it was like, I moved a lot as a kid because I was in the military. And so like, for example, I would get to a new school, there would be a girl who'd be mean to me because I was like the new pretty girl and I was getting attention or something. And I would insist on making her my best friend, right? Because I have this mother wound that was like, I can't get the love that I need from my mom. And I feel like kind of a harshness from my mom because she had really high expectations and she was very high performance and all of that. And so if I can make someone that's mean to me love me, then I must be really lovable.

JEN

Hmm, that's fascinating. My therapist talks about these things a lot, even this feminine energy and also how we seek to recreate, we're really trying to recreate our childhoods all the time. And yeah.

JULES

And not just in romantic relationships, it's always with our female friendships too, we're like, reenacting our mother wounds in those relationships. And so I noticed that this pattern of like, trying to feel close to women that were not interested in loving me unless it gave them a sense of power. And so if I felt like I could be significant to them, then I could feel like I wouldn't be abandoned. And so there was a season where I just I didn't even let myself have friends, really, my close friends for a little while because I needed to understand that I could feel safe being my own best friend. I had to develop this sense of trust that you know what, I'm not going to abandon myself, I'm not gonna choose to change who I am to fit in anymore. I'm not going to choose to be abused, so that I can be loved. All of that, you know, and just kind of reprogramming and shifting and changing that pattern. I don't have women like that in my life anymore. Like it has not happened again. And I feel really, I feel like even just being here with you guys. Like I don't think I would have attracted this kind of quality woman such as y'all into my life at one point. And even just sitting here having this conversation, it's like, "Wow, what a huge sign of healing."

JEN

That's beautiful. I think for me all the time that I run a business with another woman is such a big sign of healing for me, because when you have a co founder of a company, there is, I know Annie better than my husband, I think.

ALL

[Laugh]

JEN

Like, you have to be so, you know, and to have a friendship sustained, you know, for five years, or we're on in our sixth year of this company. And to trust, you know, to trust in myself that if for whatever reason it didn't work out, I'd still be okay. Yeah.

ANNIE

And you know, I think as I mature, I guess, get older, get wiser, have more experience, one thing I'm learning in my female friendships and I think Jen and I have this and I think it speaks to why we've been able to maintain good business relations for so long, is that I actually want friends in my circle that are gonna lovingly hold me accountable, challenge me, you know, give me love and compassion, show me compassion, give me love when I need love and hold my feet to the fire when my feet need held to the fire, so to stop without interfering this like foundation of love and trust it's like, I can, we can have some heated conversations in a business meeting and I know that -

JEN

And we do.

ANNIE

[Laughs] Yeah, we do, we have, we have and we do. And knowing that like when when the dust settles Jen and I still have a mutual love and respect for each other. And you know, unfortunately Jules, when you were talking about like all your friends left you I actually kind of feel like I've been going through that in the last couple years, which I've said to Jen, "My life has changed, like my priorities have shifted. And I no longer can relate on the same level to some of my friends that are now stay at home moms or don't have, you know, these ambitions for careers or that's not how they want to spend their time and they don't even respect how I wanted to," you know, and it's just like this constant like evolution of what path I'm on, what speed I'm going at, who's supporting me, even if they're not on that same path, who's just like trying to hold me back sort of thing. And not everyone survives. [Laughs] The relationship, not every relationship, hopefully -

JEN

And also to be neutral about that, I think, too. I have just learned that relationships are all like a journey and some don't survive and I can be neutral about that. I don't have to be, that person's not bad. I don't need to cut that person out. I don't need to say bad things about them. It doesn't have to mean anything. It just means relationships can rise and they can fall they can serve you and then they may be not serving you and you can be thankful for the time that you had with that person and release, there doesn't have to be like bad juju between you -

ANNIE

Or drama.

JEN

- as that release is happening.

JULES

I completely agree. And I think like, even just when it, my relationship does come to it, and you know, like giving yourself the space and the boundaries to like really process all of your pain is totally okay to me. You don't have to take care of the other person you can like, you can actually just end it and take care of you for a little while. And understand that you know what, I don't feel

like I'm in a very neutral place right now. And I feel kind of pissed. And I don't feel like this is fair or blah blah blah, and just take some time to be with all of that and process it, you know, because I think we do need to give ourselves that room. Oftentimes before we can really get to the ground, too [laughs]. Like I remember I used to have to do this practice of like, anytime a relationship was ending, I would have to just say, "I know that there's gonna come a day when I'm so grateful for all the resiliency that this built into me because I feel that now about past situations and I know that I will feel that about this situation."

JEN

Righ, but grieving what you need to grieve.

JULES

[Unintelligible] right now because relationships ending hurts.

JEN

Yeah, and I feel like when female, this is the female relationship ending is kind of like an unspoken pain that we all live with and we don't talk about and going through like a female friendship breakup can be, it's something that you deeply need to grieve and process, but there's not really a community or culture for that, right? Like women, you know, we talk a lot about our relationships and in ending with significant others. And there's a lot of support around there, but I think there can be some shame attached if I'm, you know, with, it's just like we seem to have a lot caught up in that and no way to healthfully process a female friendship ending, because people don't talk about it.

JULES

I know and like I completely agree, too, and I think that a lot of us have a hard time in our intimate romantic partnerships because of that too, because we put a lot of burden for our need on that partnership, because we don't know how to get needs met in healthy female relationships. But like, having girlfriends is an essential part of a healthy, intimate partnership, right? It's like, if we emotionally isolate ourselves, then it'll just be too much.

JEN

Yeah, it's a lot. It's a lot of pressure for one person, whether you're a man or a woman, depending what type of relationship you're in. If you know, I think for my my husband, my husband can't meet all my needs. That's a lot of pressure for one person. For me to go to meet my needs, he's trying to get his own meet needs met too, right. And we're trying to meet our kids' needs and I absolutely can't get everything that I want out of that relationship, right? I have a desire for other types of relationships. And I want to be friends with women who are building companies. I want to be friends with women who have, you know, kids or not kids, or in these different connection points. I can't connect with one person over ever, you know, there's never going to be a perfect puzzle piece match for me that meets all my needs for connection. So.

JULES

Totally, I completely agree and even just to what you were saying earlier about the shame of ending female friendships, like, there's this idea that I study so much, and I think it's from, I think it's a Jungian idea, but it's basically this thought that like a baby doesn't know the difference between its mother and God. It sees you kind of as God, like, I am one with this other being, this other being is all of my love, I don't exist unless I'm seen by this other being and so I really fight to keep myself feeling close to this. And so we really from birth have a really primal desire and need to almost return to the womb, you know, this place that just feels safe and warm and connected. And we're very protected from any like outside stressors and all of that and having that feeling we really feel like we have to like source that from our mothers and most of us grow up with really high, really unrealistic expectations for our mothers in terms of getting our needs met from them. And because of those really high expectations and these like egocentric ways of responding to life that we all step into as children, and if we don't grow out of that, we also on the other side of that, experience, like incredible disappointment in our mothers and we'll feel let down by them and we'll feel like they didn't do a good job and we can be hard on our moms too. And that's not to say that maybe our moms didn't do things that legitimately hurt us and we're not okay. Because that can and does happen all the time. And every mother daughter relationship, it's happened at one point or another to different degrees, but that huge letdown that we can feel toward our moms from, from really just not understanding that they're just human beings and from not transitioning out of that idea that they are God and into this idea that they're human just like anybody else. It really makes us grow up ourselves with very unrealistic expectations of ourselves. And I think that letting that down in ourselves, feeling let down by ourselves feeling, like we are a disappointment. And that is a lot of the shame that we feel when our female friendships end, it's like we feel like, it's all that gets triggered in us. When those female friendships end, it's like, "Oh my god, I'm losing my ability to feel safe, I'm losing my ability to feel protected right now, I'm losing my ability to belong, I'm losing my ability to feel like I've pleased someone so that I can be okay." And I think that's why we kind of treat female friendships as like, almost like social capital, you know?

JEN

Yeah. Totally.

JULES

We want to be in a group, we want to be in the clique. We want to be in on the gossip and then we hate when we're outside and we are the one being gossiped about. We create these alliances with people because we're trying to secure again that safe feeling that we experienced as a little baby.

JEN

Mm hmm.

JULES

Right? And then protect ourselves from the disappointment and the letdown of not getting that need met. And then what you were saying earlier Jen, that like our needs come out sideways, like the legitimate need for that comes out in this totally sideways manner. And where we're like

putting into tabloids, like who wore it better and you're seeing women gossip about each other on The Bachelor and because we just are like, "Oh my god, I still feel so disappointed that mommy didn't hug me that one day that she picked me up at school," you know?

JEN  
Yeah.

JULES  
"And I'm still coping with that now as a 30 year old, 40 year old 50 year old." And the chaos that that creates.

JEN  
I feel like I hear you saying two things around this mother wound. I hear you saying, correct me if I'm wrong, I hear you saying, one, our moms let us down. And that can be in many different forms. It can be abusive, and two. So there's our mo's legi let us down. And then there's number two, our moms let us down because our standards for them were so high that it was unattainable for that woman to ever be able to reach that far. And so that's our own stuff, too. That's not, that was never, would you say that was never mom's responsibility to aspire to that standard of perfection that we've set for her. I've also noticed, you can correct me if I'm wrong, I feel like in our society dads can get off the hook for being imperfect, moms cannot. Would you say you've seen that?

JULES  
Yeah, oh my god have I seen that.

ANNIE & JEN  
[Laugh]

JULES  
It's so interesting, too. Because like what I was saying earlier about how, you know, collectively as a culture, we tend to see God in the male form. And in the fatherly form, it's almost like, we have somewhere to take that fatherly image. And our idea of love, if dad does let us down was like, "Oh, well, I have this male God," you know, and we don't have that archetype very solidly in culture for women right now. So it's just, it's like I put all of that on mom. And if she lets me down, then she's a let down. Because I don't have really anywhere else to turn for that deep, abiding, limitless love that I need to feel that I could never actually only get from another human. Right?

ANNIE  
I am always surprised by how many times like elementary school, middle school, come up in my therapy sessions. Like, why are we back? Why are we back here? [Laughs] And I actually, I don't have an example of doing this with my mom but I do have an example where I put a woman on a pedestal. She's a really well known writer, and I got to meet her in real life. And I was just like, "Okay, I'm ready to be awed. Like, say something magical to me. Like just do that

thing with your words and like inspire me and motivate me" and I remember leaving feeling like kind of like, flat, like, she didn't woo me like she does on the internet and in her books and I was disappointed. And then like a week later, I was like, "You know what, that's me. Like, she's human. I put her on a pedestal, I made her this thing that she like never even will ask to be or knew she was." And that's really on me to own that disappointment.

JEN

I did that to somebody, Annie probably remembers on Instagram, a very famous author that I had put on a mega pedestal and then she posted something that was devastating to me that I never in a million years would ever have thought that she would post something like that. And her and I had a little exchange about it. And I felt like, I felt like grief for a week, a good week over it and then before realizing like, "What on earth are you doing putting that woman on a pedestal thinking that she will always make the choice that you would make?" [Laughs]

ANNIE

That she's not also human.

JEN

Yeah, that she's also, and she might struggle with her own different beliefs. It was very interesting.

ANNIE

I think we do that with celebrities too, though. I mean, just in general, like, you know, they're perfect, they can't fail us, when they do fail us, it's like [Gasps], our whole worlds are rocked and it's like, they're human too.

JULES

People that like really seem to represent these like core values that are so linked to genuine needs of ours, you know, like vulnerability and feminism and freedom and you know, all these different things, and it's so interesting, I love teaching my clients about this idea called the Projected Ideal, which is you can project onto somebody else this ideal because you need to be able to tell yourself, whatever your story is, which is like, you're kind of saying this earlier, Jen. Like, if I think something's true, I'll look for evidence that it's true. So if I think that I have to like look a certain way in order to be like, loved enough, you know, and I don't look that way, then I can't be loved enough because I'm just not enough in my body image. And then I see this other woman, and who knows how she came up, maybe she's like dating the dream guy, or maybe she's dating my ex or whoever it is, then I like project this ideal onto her, if I think that she's more beautiful then I also think that she has this like great love and that their relationship is perfect. And she loves her job. And she's a great mom, and I have this whole projected ideal, because I need to create a story that there's a reason that I'm not worthy.

JEN

Right, or she has the body that I think I should have. And I see that because she has that body, she now has all those things that I, do you know what I mean? So then that's the needs coming

out sideways saying, "Well, if I try and get that body, if I'm working towards having that body, maybe I could have those things, too."

JULES

And it never gets us that, right? And then we go with this whole story and this whole idea about who this woman is, that has nothing to do with who she actually you know, and so we're like, this Project Ideal is like it's keeping us in our stories and our smallness about who we are and abilities to love ourselves and almost gives us like a pass out of it like, "Oh, I can't anyway because I don't have the body, like, I can't have this now."

ANNIE

And it's so limiting to what happiness and contentment and fulfillment can look like. Like it's just such a small margin for what you need to have or what you need to look like or what you need to be doing. And it like actually could look like a lot of ways.

JULES

I know, and it can be so frustrating if it feels like we're projecting this ideal and it feels like it's not available to us. I think that's when we're like, "Oh, I want to see that person knocked off of it." And so then we like ruthlessly follow celebrities and we make huge - what was that thing that happened with Justin Timberlake? He was like holding hands with some woman, even though he's married, and it was just like this major story. Because, you know that there are people that have like projected this ideal onto him for how, obviously he's done a very good job cultivating a very wholesome image for himself from just the way that he's handled his like public life. But then you see something like that, and people just like latched on to it.

JEN

And they're devastated.

JULES

Well, they're devastated and also -

ANNIE

They're happy. [Laughs]

JULES

A lot of them liked it.

JEN

Oh, did they? Oh, because they didn't, they wanted to see -

ANNIE

They're like, "Gotcha."

JULES

They wanted to see that wholesome image get punctured.

JEN

It was, we call it tall poppy syndrome in Canada. There's like this thing called tall poppy syndrome. It's maybe just a Canadian thing, about how we when we see a tall poppy we like to clip it. Wow, that's so fascinating.

ANNIE

When I go to, I shouldn't tell people this [laughs] on a podcast that gets 10,000 downloads a week, but sometimes when I go to my girlfriend's house, I like go to the bathroom and I like look for dirt in the corner. And I look for dirt in the corner not because I want to be like "Gotcha, like you're failing," it's because I'm honestly like looking at ways, we are like me, right, like we're connected. [Laughs]

JEN

"You're dirty, too, please show me your dirt."

ANNIE

"So I know that you're human just like me because I have dirt in my bathroom behind the door," you know? So I think it kind of looks the same, you know, I'm still looking for it. But to me, it's really a point of connection. Like, and I think that's why Jen and I have had such a great response to your posts about your postpartum body, like this is different and the vulnerability that's come like that, it's like, you know, women are connecting over similarities versus, you know, ideals.

JULES

I love that, connecting over similarities versus ideals because yeah. You can't connect in the ideal, because the ideal is not real. It's not real. Like, we can't connect, we just push each other away. That's the wall. It's the ideal that we felt was supposed to be there with mom, when we were the baby, that we created. Been there ever since. Right? And so you're like, "Oh, there's dirt in the corner. Oh, yeah."

ANNIE

[Laughs]

JULES

Like it's okay. It's not real."

ANNIE

I'm safe here. [Laughs]

JULES

And I think that's like the intuition that like all three of us are bringing to our social media work and I'm seeing more of lately is like, we're talking about the dirt in the corner. And there's some

things you guys that don't belong on social media, we've all got things happening and I can feel sometimes when my audience thinks I'm telling them everything, I'm not, like, there's stuff that does not belong in a public space. You know, there are like -

JEN

Mm hmm, Annie and I talk about this a lot to people. They often think they really know us. And you know, it's...I don't know. I like giving people a peek into my life when I think my story will be helpful to them. Like a point of growth I've had or something like that, but especially when you have kids, oh, you posted about this not too long ago, like, really trying to look at the lines of social media for you because you have children, right? And I really think about those lines a lot because I have three kids and at what point is your story, their story, their story, your story, and then you're telling their story? And that's not your right kind of thing. It's new territory for sure.

JULES

I really do my darndest not to tell other people's story for them or speak on behalf of somebody else, which is something I have to keep in mind, because I talk about my divorce a lot, and I talk about like the grief of divorce and it's still fresh, you know, like there's so many details, like, I'm not going to share right now, but I won't share for a long time because that would involve telling somebody else's story but also in real life, and I think there's a lot to be said for showing up in something that can be so stigmatized. And to just get out there and say like, you know, "Today I'm just really sad about my divorce." It just like gives permission, you know, have dirt in your corner, because it's not dirt in the corner to be sad. But we can like stigmatize things like that, and I think painting like a fuller picture of this whole woman, you know, like, "You know what? I can show up like a bad bitch. And I can be the boss of my life and and the protector and guardian of my heart and also you know, I can be like the softest most honorable peach, too, and I can be this the seven year old, second grader who doesn't feel like she belongs. And I also know how to be this massively nurturing mother to myself and know how to connect with the divine," and like I love taking my clients around sort of the table of connecting with all of these different elements of themselves. And just asking, like, "What do you have to speak to this situation, like, from the wounded part, from the inner critic, from the queen, from the mom, like, all these different parts of you, right? And I think being able to integrate that when you can do that, then you're like, "Oh, yeah, I do have dirt in the corner. And you know what? It does belong there."

JEN

Mm hmm. I love that.

JEN

It belongs there. I love that. It belongs there.

JEN

Can you tell us, I don't think we talked about this, defined it or anything but can you tell us, Jules, what a healthy relationship without another woman should look like?

JULES

Oh, this is so fun. Because I saw such a fun example of this the other day. I love this question. You guys have to go watch this interview that Oprah did with Gayle King. They've been friends for decades, 30 years, 40 years, I think. And they just talk to each other they tell each other like it is, and you see them kind of like tease one another and make fun of one another. Tell one another the truth, disagree with each other and be totally fine with that, say things that you're like "Oh my god, I would be taking that so personally right now" and they're not. And so I think healthy female friendship is grounded in this like firm understanding that "You know what? You're going to be who you are, and I'm going to be who I am and that's all we're ever going to be." That's like a really good place to start. And in this capacity to just go, "You know what? I let go of meeting you to be a certain thing in order for me to feel healed and whole, I let go of meeting you to show up in a certain way so that I can have all of the things I don't know how to get myself, and releasing control, and releasing codependency, just like, oh, you're a whole separate human being. So we're showing up as individuals. We're being ourselves. And we're not diminishing ourselves, in order to be what we think we have to be to, like, secure belonging," like, I notice in my healthiest friendships that I feel a lot of freedom to say yes. And I feel a lot of freedom to say no. And then I still feel like "Oh, yeah, even if I say no, she's still gonna want to talk to me tomorrow." Right? She's not taking me personally. And I'm not taking her personally. And I think I saw, Gayle said something in this interview about Oprah's hair, like looking terrible. And you look, like she's like, "You look like you're you stick your finger in a light socket. Like that's what your hair looks like."

JEN

[Laughs]

JULES

That's so funny. And then you saw the picture and you're like, that's actually what it looked like. Oprah was having like a terrible hair day. It was like an old episode of her show, and the way that they can, like laugh at each other, laugh with each other about silly things, you know, and I think one of the core things about healthy female friendship is "I can be for you because I am for me. I have no problem celebrating you, supporting you and lifting you up, because I genuinely feel that."

ANNIE

Yeah.

JULES

"And when I don't feel that I choose the reflex to lift you up anyway."

ANNIE

And I think that's actually something that comes up often in our community, right? I don't think I know is that there's something about when a woman starts to shift her behaviors or maybe even working very vocally towards weight loss or improving your health that there's this weird dynamic or there can be this weird dynamic where friends in her circle also feel compelled to

like, like, "Am I on board with this? How does this affect," like, they feel like it affects them, you know, and they have a hard time separating "what she does is different than what I do." And I don't know, like they actually aren't connected. But it's not uncommon for women to make changes and then feel like one of their friends is sabotaging or just not fully supporting them, you know, and so that's interesting that you say even when I'm not, like, my reflex is still to clap for you, cheer for you. Even you know, even if it's like, I don't want to say fake but you know, you can't fully show up as like that person for them all the time. Have you seen that?

JULES

I definitely have and that's one of the ways that I know that I love my current friendships because we all have our own businesses. And I have two friends that are like struggling in their businesses and certain ways and they are so unfailingly supportive of me. That's like evidence, you know, of health for me. But I like to speak to what you're saying, Annie. I told you about, like this pattern that I was creating in my friendships where it was like, we needed each other to feel small, to stay small, so that we could feel significant. And if I can't feel like you need me, then I won't feel like I'm significant to you. And then you might abandon me. And so I think a lot of women create, because of the scarcity of this, like, mother love, this feminine love, this sisterly love that we need. We create relationships where we need someone else to stay small, so that we can feel like they're still going to need us later.

JEN

I love that right.

JULES

So if we see one of our friends like losing weight, or she's expanding her house, or she's really choosing her boundaries, and she's taking care of herself, we see her giving herself the love that we thought she could only get from us. That can trigger something inside of you that goes, "Oh my god, am I about to be abandoned? She doesn't need me like she used to," as opposed to forming friendships where we're just here to just be ourselves and be enjoyed by each other. "I'm not here to objectify you and make sure you always stick around so that I never have to be abandoned, I'm in charge of that." Right? And so if I see I can have a totally different experience where my friend's businesses are like crazy succeeding and they're doing awesome or mine is succeeding and it's doing awesome and they can clap for me, because they know that they're not here to avoid their abandonment fears.

JEN

That's such a great way to think about that. I've thought about this before and wondered if sometimes women, we can be very insecure beings. And I've often thought about how we need other women to choose the same as us to validate our choices because we can't just validate our own choice of saying this is what's right for me, we need other people to be doing the same. So we can say, "Okay, this is what's right, it's right for me because other people are doing it, too," whether that's to you know, it's homeschool your kids or send them to school or you know, like everywhere, right? And I know women really do. We are relational. We do connect that way, but learning to, what's our saying in Balance365 Annie? "Good for her, not for me," and like

really, truly learning to be okay with that and let other people be on their own journeys of self discovery and in figuring out what's going to be right for their lives.

JULES

Yeah, absolutely. And being okay with that. I love it. And just being so supportive,

ANNIE

Which takes, which can take some practice and some time. It's not like you just make a choice and turn the page. [Laughs]

JULES

I know, and it just it does take a letting go. And that's hard, especially if you're somebody that is used to fitting in and shifting forms so that you can please people and kind of like disappearing behind a role or, you know, being like not as emotionally available in your friendships because you're not really that available to yourself. And then suddenly, you're making healthy choices for yourself and you're drawing boundaries and you have to deal with people and how they feel about that. And when we make that, you guys probably see this a lot in your clients and I see it in mine as well, when we do choose ourselves, we naturally shed relationships that were built based on us being small. We thought we could be needed by somebody, that somebody else could feel needed by us and I think that relationship love that I had with those women, I mean truly never at that point in my life that I ever felt greater shame ever. My deepest, biggest memories of shame are all connected to women. And that was one of them. And that situation started with me just noticing I have a lot of anxiety around these friendships. I was just starting to understand codependency and I kind of had like, named it with my friends in a not very, I don't know, I could have done a better job of communicating about it. But just setting the boundary really set one of my friends off, like...And I could tell there was an element of control that she felt like she was losing. And she just got, it was very, there was like a lot of drama, and she just completely cut off our friendship and it wasn't what I intended to happen. But it was incredibly painful. But I look back on that now and I see, "Oh my gosh, what a good choice that she made." And that friendship just in the new choices I was making for myself and for my own boundaries. Like, I even look back on that and there's no way we would be friends now, there wouldn't be, nothing compatible about our values, about who we are like, she's not somebody that I would be friends with today. And for no negative reasons at all. But just because where I was in that season made sense for our dynamic, at the level of awareness I was living at. But now I couldn't. I wouldn't do that. But choosing my boundaries in that moment caused a lot of shedding. And that was painful. And I think that that's where we often need support of other women as we're transitioning out of these older like codependent relationships, because I do think what women, all of us at one point or another, form codependent friendships and we have to like, navigate our way out of those dynamics.

JEN

Yeah, do you think there kind of can be this culture of, "I'm never speaking to her again," you know, type thing as relationships are ending? Do you think that comes from, you know, "I need to abandon her before she abandons me?"

JULES

All the time. All the time. Well, and what is that? Like? It's like, first you need to be in control of the situation or if I feel like all of my, you know, all this female love that I could ever feel is ultimately going to end in abandonment. And I just kind of make sure that I get there first.

JEN

I could pull the plug first. Yeah.

JULES

Because then I have more control.

ANNIE

I see that. And I mean, I see that more and I'm sure you guys do, too, more than just relationships. I mean, I see women excusing themselves from situations all the time that, you know, whether it's a job offer, "I'll just, I'll just dip out of this, I don't deserve it," or, you know, any sort of opportunity this like, "I don't actually want to feel that rejection or the vulnerability that comes with like, am I gonna get picked? Am I not gonna get picked?" And so they just politely bow out.

JEN

Do you have any advice before we get off here Jules? Do you have any advice for women who are avoiding connection with other women because of some past trauma of a friendship ending or, you know, trauma from school or childhood or whatever it is? Because I think a lot of women have this story of, "I can't trust other women. I'd rather just be friends with guys. Women are too dramatic," and they keep telling the stories that keep them from ultimately connecting with other women in a way that they need. Do you have any advice around that?

JULES

I would go back to the thing I said earlier about the family in love that we seek, it's way bigger than women. This is not about women. This is about our craving for deep, feminine, unconditional love. And we learned to only look for that in women, because of our mom, because of our relationship with our mom. So like, we need to connect with this idea that the love I'm craving is actually bigger than any one woman, that I've -

JEN

Or a gender or, yeah.

JULES

It's everywhere. It's in nature. We find it in men as well, we find it in our children, we find it in our families, like, we find it in our creative work. And then the other thing is like going back and looking at your own patterns in your own relationships, and just feel the empowerment of like, "Oh, I've actually created all of these situations. I'm the common denominator, the common denominator is not women. It's not an entire race." That's not logical.

JEN

So taking responsibility for your own part in the stories that keep playing out for you?

JULES

I've created this for my, I've created the relationship that I have with women. I can create a new relationship with women. And then what support do you need to do that work, right? So I coach a lot of women through that, you can do that with a therapist, you can read it, there's a book I love called "Made in Her Image." It's a Jungian psychology book, I thought I had it near me, but I don't. And it's powerful. It's all about going from this like egocentric view of seeing mother as guide to like seeing her as a human and then connecting with this bigger idea of feminine love. And then I would even say just like a really basic, pursue friendships with other women who like things that you like, like a hobby or you're like interested in similar things where, you know, that relationship maybe isn't based on you finding like social capital or being a part of a group or yada yada yada, but you're bonding over something different. That's not like gossip related or -

JEN

I love that.

JULES

Like, "Oh, I'm joining this like soccer team, but there's like a ref soccer team and we're all just like, you know, joining in on like, kicking the ball around and there's something else that we're doing that's not based on like talking about other people or all getting invited to the same thing, but like, I have a hobby that I'm kind of -"

JULES

A shared interest, passion. Yeah.

JULES

Yeah, totally.

JEN

Yeah, love that.

ANNIE

Yeah, Jules, we are, I think we might even be over an hour. We could talk talk talk all day. And there's so many other topics as you're talking that I'm like, "Oh, we should we should invite her back for this and that and this." But until then, where can they connect with you? Where can they, can they work with you? Where do you hang out? Can you drop some information so they can follow up if they'd like to?

JULES

Yes, I absolutely can. So I have a one on one coaching practice where I work with women to just like totally reprogram your relationship, reprogramming your self worth and self esteem and self

confidence and just create incredible intimacy in your life. And so do that with that with women. You can go to [juleswebber.com](http://juleswebber.com) to find out more about that, Jules Webber. I also hang out a lot on Instagram. That's where I do a lot of my writing and sharing and teaching and all of that. So you can totally get a hold of me there just like shoot me a DM if you want to learn more, and then I also have a group coaching program that I released. I will release again soon, I think over the summer, and our first one is in progress right now. And we're doing actually a lot of this work that we're talking about with female to female relationships. So I created that program because I got so passionate about that work. So. It's such a great group. It's amazing. And I'm really excited for the next round. So on Instagram, you'll hear more about that and my Instagram is [jules.webber](https://www.instagram.com/jules.webber). And it's really easy to find me there.

ANNIE

And we can link all of that in our show notes so they can have easy access. But thank you for your time.

JULES

I'm obsessed with you.

ANNIE

We are obsessed with you. So that's [laughs], that's a mutual obsession. Healthy, a mutual healthy obsession.

JULES

Yeah, a mutual healthy obsession. [Laughs]

ANNIE

Thank you so much for sharing your time with us. I cannot wait to share this with our audience. This is just all full of gold. So thank you so much.

JULES

You're welcome.

ANNIE

Ok, we'll talk soon.

JULES

Okay, bye.

ANNIE

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