

TAHN S3 E31 Book Club Roundtable

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Heather: Welcome to That's a hard no, the podcast about learning to say no and set boundaries to live our best lives. I'm your host, Heather Drago. You may think, because of this podcast, that I'm a boundary setting expert, but I'm not. I'm an expert at struggling to set boundaries, but you know what I'm working on it and it is getting easier. Follow along with me, as I learn from fellow strugglers and experts, so that you too can start saying no without feeling fear, guilt or FOMO.

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Heather: I'm here today with two of my favorite people, the two Jen's, as they're known in my little business, Jenn Prochaska, whom you've met before. She's an amazing brand strategist and copywriter, and my pal, Jen Bauer, who's an amazing graphic designer, illustrator, creative force, who I work with as much as I can because she's so great, and somehow I conned them both into reading this book, that I read, our first book club book, and they just can't say no to me. So here they are. I think Jen is kind of wishing she did say no.

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Jen Bauer: No, I'm good.

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Heather: We're just going to talk about our fun book F*ck No. How to stop saying yes when you can't you shouldn't or you just don't want to. By Sarah Knight. What'd you guys think?

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Jenn Prochaska: Tt's fun, it's a fun read.

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Heather: Yeah, Was it kind of like you're reading it along and you're like, yeah, yeah, I know this, I know this. Or were there any new things that or or things you hadn't really put into those words that you learned?

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Jen Bauer: I wouldn't say it's new, but it's definitely like a reinforcement of some things. You know I've heard before or things I should be like. Okay. Yes, I know I should be saying no to this and I'm not kind of like I can see myself in this scenario, or so it wasn't I wouldn't say new per se, but like some funny ways of putting it or ways to think about how to say no, say no and add something to it. That is like no, but maybe yesnext time kind of thing. So

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Heather: How about you, Jenn?

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Jenn Prochaska: Yeah, uh, similar went into it thinking "ya know what? I don't have a problem saying no", it's actually one of the things that I've done for a long time now. However, I am not the best at receiving no,

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Heather: SAME!

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Jenn Prochaska: she doesn't get to that to the end of the book. But at the same time,

TAHN S3 E31 Book Club Roundtable

like going through this and understanding that people are saying no, it's it's not something to take personally, they're protecting their time and energy or whatever. It is a really good. Not even it's a good reminder, reinforcer or, like you were saying Jen to me, that everybody only has so many f*cks to give.

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Heather: That's right. I love that, love that whole concept.

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Jenn Prochaska: I do too, because it explains so much right when, for me I have a hard time saying no, for kid stuff right. Yeah, there's always volunteer opportunities. I mean there's always volunteer opportunities. And when I say no or pass up the sign up sheet, there is some guilt there right, but I have done in the past where I have said yes to everything and then I can't get my work done right.

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Heather: Or you're exhausted or you're frazzled or whatever.

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Jenn Prochaska: Right, so this idea of having a f*ck budget is fantastic. Yeah, I don't now what mine is yet, but I'll figure it out.

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Heather: I love what you said about receiving no, because talking with Maura like we've had conversations, whereas like it's so funny that people who seem to really be on board with the whole setting boundaries and saying no thing sometimes they're the worst boundary pushers. No, thanks, I really can't do this right now. They're like, are you sure? But what if we did this? Like they keep pushing and they keep pushing and I'm like they're really not self-aware that they're pushing my boundaries. But reading this thing, the thing that has stuck with me since reading this has been the the mutual veto power thing in my relationship with my husband, and it literally just came up this past week where I had the opportunity to get a free elliptical and the thing's ginormous. It's like the kind you see in a like gym and I was like: yes, free elliptical, like where are we going to put this thing like in the middle of the living room? Like where is it going to go? And I was like, but I want it. He's like no and and and I kept started pushing his boundaries and I was, like you know, mutual veto power, like I'm not going to force this guy to live around my giant piece of equipment just because I want it, like find another way. Go to a gym, you know like.

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Jen Bauer: Your office chair. Now, instead of...I mean bobbing up and down on the camera.

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Heather: I worry about it. Yeah, like to me, that was a big take away for me. It was like, oh yeah, I got. I don't want to be the boundary pusher either.

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Jenn Prochaska: Yeah, I will say that in the beginning the test was helpful.

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Heather: Oh my god!

TAHN S3 E31 Book Club Roundtable

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Jenn Prochaska: You know people pleasing is something certainly have. I mean we've all done it, I think, but I've worked like that's an obvious one. Right, like it's almost like a cliché to be a people pleaser but FOMO for me that's what I ended up in a most limit, because I've really

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Heather: Professional FOMO

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Jenn Prochaska: mine is professional and personal, because I mean I've always identified with being an extravert, although I'm having my doubts lately. But you know when people invite me, a friend of mine invited to go out for a birthday dinner and she's great fun and her friends are great fun. It would have been a great time and I was on this group text and I was like I should want to go. You know I mean for her and because it would be so fun and I don't do a lot of that any more, but I just really didn't want to and she respected that. I mean I said you know I was honest, I was like you know I'm really tired and I just I don't think I could do that right now and she totally respected that. But then the after text came in. I'm like these people, I don't know, but they're so fine.

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Heather: I could have, maybe I should have, I could have made time.

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Jenn Prochaska: But at the same time so appreciated that Sarah constantly reinforced, you know what I enjoy sitting at home and watching my tv, or whatever it was, and for me that particular night I spent with my kids at home and I really enjoy our Friday nights because there isn't the hustle and bustle of getting ready for the next day.

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Heather: That winding down!

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Jenn Prochaska: Friday nights are really my favorite night and they can stay up a little bit later. It's not that big of a deal, because we're not walking to school, so I mean I made the right decision, but there's still that. What if I had missed out on my lifelong bestie? Who's going to completely change my life?

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Heather: And for me it's it's I'm always worrying about the ya know. Should I go after this opportunity? Because if I don't maybe this would be like my next huge client that I'm going to have forever and her on to love me and I'm going to get, you know, a claim, more opportunities down the line. And you know, and sometimes I go after things I shouldn't that are just too big or too soon, or I've already made a bunch of commitments. And and then I'm and struggle like I literally have this inner struggle, should, I shouldn't should and I need to get over it. Well, I mean I'm I'm tired, I'm tired,

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Jenn Prochaska: her flow chart is fantastic.

TAHN S3 E31 Book Club Roundtable

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Heather: I love this thing, but yeah, we printed this out. It's on Sarah Knight's website too, like she has a whole. When you go to her books there's like a book club discussion guide and then if you get the audiobook, she has all the visuals and the the madlib's things like

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Jen Bauer: you can't call it those because copyright.

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Heather: they're that's right here, not really Madlibs, sorry.

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Jenn Prochaska: The non madlibs because they're trademarked.

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Heather: But that's all available for download on her website. So check it out, but I literally have colored this in my old, it's on my bulletin board, I have like paths colored in different. It's it's so funny and it's so true, and I think to me a lot of it was just reinforcement. Like you said, like I read it and I'm like how long have I been talking about no right since 2019? You are probably tired of hearing it, but but I still learn things and like I didn't realize how much fomo is the thing I always thought of myself as the pushover people. Please, are a lot of it's over achieving, you know, trying trying to be the thing I aspire to be. Well, that's fine, but you don't have to do it all right now, you know.

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Jen Bauer: Well, people pleaser for sure. What were the other? What with all the other? I don't feel like fomo. Okay, I don't feel like fomo was so much. Maybe the pushover and people pleaser Maybe a little bit of overachiever of kind of fell into all categories on some level.

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Heather: I was a good, healthy mix.

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Jen Bauer: Depending on the situation and I feel like workwise. I feel like, yeah, I definitely need to like beef up my no skills because I do feel like I want to make sure I get everything done and do it well, because I'm good at that and then I'm like so stressed that don't you know, or I'll I'll shut off kind of sometimes two where it's like I should be doing these things, but I'm just not like.

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Jenn Prochaska: I can relate to that and you can't I cannot force creativity right right. So it's like creative people. It's like I'll sit-down to write something in my allotted time..

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Heather: My brain is tired.

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Jenn Prochaska: Nothing happens up there.

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Jen Bauer: Well, yeah, there's like that pressure behind you that you're like. I've got

TAHN S3 E31 Book Club Roundtable

to get this done now and it's like they just puts like a little block in there, like no, you're not, you're not doing it right now,

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Jenn Prochaska: just kidding!

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Heather: Well, and there have been times when you and I have worked on things where you're so responsive, you're you're you're really great, like when we work with clients. She's like sure I can do that and she does it right and I'm like you got to hold back, don't turn it around right away. You got to train the clients to give you some time, because you're not always going to have the time and you don't want them to think. You can always, you know, whip stuff out in an hour. So yeah, we have to train ourselves, we have to train the people around us.

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Jenn Prochaska: And you and there I have talked a lot about the generational thing. Like I grew up, the client is always right. You, you under promise over, deliver, you, shut the f up and do whatever you're told when you work for somebody else. Right so like you pay your dues. That's a big one, that gen Z is like I don't think so right. But as a gen X like all those things were how...So a lot of this for me is unlearning some of that and for sure, and picking some of it that I mean, you know you want to serve the client, of course, but not at the expense of my time, energy and creativity.

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Heather: Yeah I had a realization a while ago that I had a client that I ended up having to, I say fire, but it was sort of a mutual agreement. What do they call that when there's a divorce and it's like a mutual,

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Jenn Prochaska: irreconcilable differences or something?

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Heather: And really what I realized in hindsight was that that was, that client was pushing me to do things and saying: I want to do this, I want to do that, I want the other thing and I just shut up and did it right and I did him a disservice because he was paying me for my experts and I should have said no, wait a minute! Why do you want to do that? Let's talk about that, let's and I didn't I didn't give him that, and so in the long run it didn't serve him very well and it didn't serve me well because you know I wasn't happy with the work that was produced. So yeah, you have to have the courage to kind of say ya know, and I find professionally can say no, like most of the time, I really struggle with it just in my personal family, think things with. You know, anyone in my family, it's family hard there, all these dynamics and expectations...

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Jenn Prochaska: And even at 40 years old I still have parental pressure. I mean not necessarily overtly, but like you know what your parents want you to do and when they should be over this, like I made dad mad, you know. But the same time I think it's kind of. I don't know if it's normal.

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Jen Bauer: But yeah, I mean I feel that too, but I feel like it's more on my side. It's more of the in-laws not necessarily my own parents. But I think they're just different

TAHN S3 E31 Book Club Roundtable

types of people to like. You know in-laws I feel like just in general, their personalities are more demanding, more expectations, and my family has always been more like. That's okay. You know it, man, you know maybe even a little bit. What is it when you you kind of say something, but you don't really mean it like I don't know.

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Jenn Prochaska: No, I know what you mean. They say everything's okay, but it's not ok.

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Jen Bauer: A little bit passive aggressive.

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Jenn Prochaska: I am always worried about hurting feelings. Meanwhile they've probably gone on with their life and I'm sitting there.

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Jen Bauer: Reeling

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Jenn Prochaska: Did I hurt their feelings? They're what are you talking about.

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Heather: I forgot about that

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Jenn Prochaska: right.

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Jen Bauer: Yeah, well, that's kind of like with a point of some of the things too. We get hung up on saying no because we're worried about what other people are thinking and really they're not even thinking about it as much as we are, like they're like okay, okay, and then we're like you know, 500 scenarios later. But if I say no, this could happen and this could happen and this could happen and really just say no and see what happens you now.

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Jenn Prochaska: it's funny as you're talkin. I realized that I got very anxious when she was in the family part, when she was talking about different ways to say no to things. Not just family actually was the event. So wedding, baby showers, like even now there's like the anxieties. The little bit like you would say no to a wedding, you know. But she had some. I mean if she had duelling weddings, obviously she had to make a choice or the one that she taught. I really appreciated the one that she talked about, where her good friend was getting married and then, like family friends, ended up having a wedding at the same time and she wrote a note to her assistant that the note was beautiful. It was. This is what's happened. This is the truth, but I love you so much. So let's do something different where we can take you out and and have a special. So like no, doesn't when I hear no, I often think now shut the door and her you now the no and switch or the no and later, all those kind of things. So it's like no. However, we can do this, so I appreciated that nuance

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Heather: Yeah, and I like, I like kind of the the not madlibs and the and the different examples, because there are some situations that I have found tricky in the past and

TAHN S3 E31 Book Club Roundtable

I was like, oh yeah, that's a good way to do it. But yes and no, I just thought it was really helpful. I really loved her mantra thing, her visualization where she like she, constantly refers back to that baby shower. Right and you know professionally I have, you know the postcard that went through 18 rounds of revisions, that that's one that sticks in my head. So you've heard me, I'm like now, before we give you this creative product let's talk about designed by committee and why it's not a good thing, and you know. So I've learned how to prevent that. I have to figure out and there are some interpersonal relationship type things to that I refer back and I'm like, oh remember that, blow up, let's not let's nip this in the bud now, so I don't have another one of those. Did you do that cause any reflection on your part or do you have anything like that on mantra that you're a thing you think back to?

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Jenn Prochaska: So I read a while ago, and this this is related tangentially, but that when what overthinking is is really your brain trying to prevent your brain trying to keep you safe. Right. So we start to overthink because there's danger. So when I start to overthink about the no you know, or if the inlaws in my family have something at the same time, how do balance that? And you know this because I care about them both and you don't want somebody to feel like they're not. So I start to over think things. And now, after I read the piece of advice that I did, I say now there is no danger here and I think that that's her point. Yeah, there is no danger here.

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Heather: That's a very good point.

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Jenn Prochaska: Yeah, there's some guilt on my part and if somebody else is upset with me, then truly it is their responsibility to say to me: listen, you hurt my feelings and I've had experiences in the past where people have said that and I've had it where they haven't and the relationships have just kind of gone away, which makes me super sad and I don't know what happened. But you know if somebody is not going to respect me enough or our relationship enough to be open and honest.

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Heather: And talk to you about.

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Jenn Prochaska: Which I think is her entire point. All you're doing is protecting yourself and that other person, and she keeps saying this is only when you want to say no. I should say no, it's not when you really want to do the thing right.

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Heather: And on that note, we'll be right back.

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Heather: I'm back with my buddies Jen and Jenn, the two Jen's.

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Jenn Prochaska: squared.

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Heather: Let's talk about power no's. I literally caught myself like the past week. I'd be like looking like just not, like she's like don't respond. That's the ultimate power no.

TAHN S3 E31 Book Club Roundtable

I'm like power no, power no, power no. I literally get five emails a day from people saying can you use a \$100 leads a week and I'm beating work back with this and it's like they're all written by the same person. But it's from a different person and I just get so many offers for things, so many pitches for things, so many random newsletters. I never signed up for. There's so many things. So I do a trick. I've told her listeners about before where every now and then I'll go into my email inbox and I'll just search on the word unsubscribe and all these newsletters will come up that either I forgot I signed up for or I didn't sign up for. Then I go through and unsubscribe and then I delete them all. It's like my favorite thing to do.

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Jen Bauer: I always worry, like you know, especially the ones that I certainly I know I did not sign up for. I'm like how did I get on this list and like I feel like clicking on unsubscribe. I'm like: am I actually on unsubscribing or am I getting more?

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Heather: I'm definitely on list somewhere.

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Jenn Prochaska: Oh yeah, we're all.

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Heather: So I just feel like I'm inundated all the time, so I'm just like I have. I have no qualms with no, no, no or like I get a text, just start, stop, stop. It's just like my, my go to thing now. So what are your power no's?

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Jenn Prochaska: I'd have to think about that. I don't know that I really have any.

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Jen Bauer: I don't know. Nothing's coming to mind. I mean it might have some, but it's nothing immediately like being asked coming to mind.

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Jenn Prochaska: I think for me it goes back to the kid thing because they're especially at the end of the year. I mean we just ended school. It's the hey, here's the sign up for this and the sign up for that and the sign up for this. And I have two kids at two different schools. So like trying to keep all of those things straight and I screwed a few things up last week, last week of school, nothing major, of course, but like today's field day, just getting though it's not, and I had the date write, I just had the you know, because our brains can only hold too much anyway. So I think that those have become, now that I think about it, my hard nose. I just leave the email.

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Jen Bauer: I do remember being in like the younger grades, where I was like on every PTA possible and everything. I was like, oh, I need to know this event and helping with this and helping me with that. And then I kind of burnt myself out and was like okay, I'm not doing any of it anymore, like I kind of got to a point and then came back a little bit. But I was more of a reasonable once they got older and then there's less demand on immediately the parents as they get older. There's like you know, the sport boosters and those things which I would now do my share of. But I was not like I'm not a committee person anymore. I've I've overcommitted to committees, you know, like being the head of something where it was like just so

TAHN S3 E31 Book Club Roundtable

much more stress, but I felt like I needed to do it. I had it was my duty to do it and also I wanted to be involved. I didn't want to be like not involved, but then it was like you know, like there had to be like a balance, you know, with, with everything, a balance.

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Heather: Also a fear to volunteer also because you're like once they've got you volunteer for everything. Yeah, so you have to kind of really find your boundaries like I can do this, but I'm not going to do everything. I kind of did what you did. I kind of got a little overwhelmed with it and then had to pull back, and then I kind of miss those days now, but.

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Jenn Prochaska: Well, I'll send you my email and you can volunteer for whatever it is we're doing.

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Heather: So I wanted to talk about FOMO as business owners, because you're both own your own businesses. Jen owns Joop Art Studio. She's at joopartstudio.com. She's fantastic. Hire her, she's great and the other Jenn is theWriteDifference.com, which is fantastic. I trust her enough. She's rewriting my website, so good. So you're both business owners. You both struggle. The three of us and the pair of us have all covetted with each other about boundaries as business owners and you and Jenn Prochaska and I, we've had a whole conversation about it. Do you feel like this book like for people who are reading this? Do you think it helps mostly with personal life or with work and career, or do you feel like it's like pretty well-balanced for everybody in all situations? How did you when you were reading it? Did you feel it impacted, like personally or professionally or any?

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Jenn Prochaska: Yeah, I think it tends to lean more personal because there are so many more opportunities. I mean she has. You know she talks about professional and working for others and you know like being your own boss a little bit for me. I think what I've learned professionally is it's it's not so much that I think this is going to be the big breakthrough or whatever, because I've had those large projects. It's well, I need the money, but meanwhile, what has come to me when I'm doing as one person? You know you do like five little projects. Well now I probably ruin the opportunity to take on that true message strategy project because I'm over here writing things. You know little things because somebody will come to me and say: hey, do you have time for xyz? And she talks about that... And I'm always like yes, because I need the money and and.

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Heather: And that's where that abundance mindset we've talked about comes in, where you have to trust that it will come.

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Jen Bauer: Yes, it's hard to say no because you feel like if I say no to this, I'm not going to make the money to be able to say no to things that you're like. Ok, saying no to find the right yes and your like. It is a leap of faith, kind of like sometimes where you're like should say, really should say no. But then you know I find myself and I

TAHN S3 E31 Book Club Roundtable

have a client right now that I probably should be saying no to. Even this morning I was like about something and I'm like, oh, come on, like I probably do need to like form an email that says politely thanks, but I need to step away because it's not serving serving my needs. I have other clients that I'm pushing off, that I would be making more money than what I'm making with you and then there's less aggravation or more creativity or whatever. It is that the answer is, but it's like I'm leary of saying no.

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Jenn Prochaska: This is in our f*ck notes!

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Heather: They're not bad, but there's there's also this, this, this fallacy of sunken costs, right where you've worked with someone over years and you've invested all this time and you've done all this stuff and you're like, well, I can't turn them away now already or I've done all the work like I don't want to throw that away. But sometimes a relationship or an arrangement doesn't serve you any. Just have to be like, okay, yes, I put all that into it.

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Jen Bauer: I feel like for me and I'm trying to get better with this, but I feel like for me I have blinders on until after the fact of a scenario that comes up and then I'm like I was way past. I should have said no, like multiple times, way longer and realizing that after the fact that I'm like why I'm so free right now, not do this earlier, and I'm trying to get better with it. And I think I have been getting better and more aware of what's going on when I'm in the moment and realizing this is maybe not the right thing and I need to switch things around or, or you know, try to. Bolster the ones that I'm like you know, like I think you've told me before where you dread, if you dread something when you're.

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Heather: If your stomach drops when the name pops up on your phone, you don't need to be working with them.

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Jen Bauer: For whatever reason it is, whether it's personality or just the work or whatever it is, you know, so there's a couple of things that I've.

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Heather: How do you in the moment, like you said, you're getting better at the moment of like recognizing things? Are there certain telltale signs?

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Jen Bauer: Part of it is because I have plenty of things coming in right now. I've got. I've got things where I feel comfortable enough to say no to things, because I don't feel like if I say no, I'm not going to have anything coming in. I do have like plenty of plenty of work coming in, which is good, but they're been before, especially starting up the business too, where I was like I'll do anything, you know, even if it was like not something I really wanted to do. But I was, like you know, got to pay for this giant computer I just bought or whatever it is. You know. So I think, and maybe just you know, listening to things that you've said or gone through and trying to put things in perspective, we're trying to be a little bit more. When somebody asks me to do a job,

TAHN S3 E31 Book Club Roundtable

not be so eager to say right away, maybe take a pause and let me think about it or let me get back to you or you know, and if it's still, if I still feel that like this is not something I want to be doing, then maybe I need to be more emboldened and.

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Heather: A pause is really important that, taking a minute and be like, I'm not sure, let me check my calendar, let me get back to you. I think that's so important, even if, even if it's just for deciding whether or not you want to work with someone you know.

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Jenn Prochaska: Yeah, I also liked her. Thank you for thinking of me. Please think of me again. Yeah, yes, that's always my fear, like well, they're going to go to somebody else. It's I don't have time right now, whether that's true or not, doesn't like I don't have space right now. Please think of me again for your next opportunity that I'll take with me for sure.

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Jen Bauer: Yeah, I love, that's a good. Well, I think most of these, I like the scenario I mean there are certainly times when you say no and you don't feel you shouldn't feel you have to explain yourself. But I think sometimes it is helpful to be like you know, give a little bit more of an explanation or be a little more open with the reasoning and then help the person that's getting the no get the understanding of why. And it's maybe no now. But maybe yes in the future or no to this. But can we do something else like a personal like you know? I can't come to your wedding but I can agree, go to dinner or something.

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Heather: Helpful, like social lubrication, and I think, just as people in society dealing when you do want to just burn every relation now you have right. So I found it very helpful and kind of. Yeah, you can see I've got a bazillion.

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Jenn Prochaska: Don't you think like Covid has helped? I mean it is awful, but COVID has helped a little bit.

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Heather: I think so. I think people people think feel less obligated to get together and and had to become more mindful of their own personal well being or suffered.

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Jenn Prochaska: When your f*ck budget went from this to this?

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Heather: Or they got completely overcome because, they have kids at home and they're working, you know, and so I think people kind of learned how to stand-up for themselves a little bit.

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Jenn Prochaska: Yeah, and the one line that she had that I really liked was: oh, I just made a note. People do understand when you say, you know, my week is already packed with things and for me that came from covid because I don't even directly know why. But I think it was this realization of how packed my schedule was and then it went zero. And then when you start to put stuff in, it's like you know what some of

TAHN S3 E31 Book Club Roundtable

that downtime was really helpful, to be bored or to be whatever. So when I say to people, you know what I've had said to me, you know what I've over my week is packed. That's enough that I accept very easily. I'm like I get that good for you. We'll do it some other time.

00:29:36

Heather: Before we go, there's one story in this book that I keep thinking about. That cracks me up, and that's the one where she's on the subway.

00:29:44

Jenn Prochaska: Oh yeah with the little boy

00:29:46

Heather: This little boy was screaming and there's this boy screaming. I want to sit-down I want to sit-down and the dad's like he's fine. Don't worry about people. Keep offering the kid to sit and keep screaming, keep screening the dad's like he's fine. We're gong to get off soon and then he just blows up and says: I want to sit-down and she just looks right in the eye and just says:

00:30:03

Jenn Prochaska: we can't always get what we want it or something,

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Heather: and I was sharing that with Noah and he's like you know, that was like a formative life experience for that kid right. He's never going to forget that and I was like, oooo, I wonder.

00:30:15

Jenn Prochaska: She even says she's like you know, that's a little bit more mommy dearest than I wanted to be. I'm not proud of this, but the point is, the kids shut up and everybody moved on.

00:30:23

Heather: Yeah! And sometimes I mean they say kids like need structure, and so sometimes I think as parents.

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Jen Bauer: Well, I have to give them. I bet, though, because it wasn't coming from dad, it was coming from someone that he didn't know. It's much more that was more

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Jenn Prochaska: A stranger, an authority

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Heather: Who was annoyed with him and let it be known: yeah, I love that story, so I think about that story. all the time.

00:30:46

Jenn Prochaska: That's a good one,

00:30:47

Heather: so funny. I don't know if I would have to have a hoofspa to do that, but now maybe I will.

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Jen Bauer: It depends, it depends on the scenario. Actually, yesterday I came home

TAHN S3 E31 Book Club Roundtable

from baseball and there were. We have little neighbor boys that just moved in this last year and they're always out playing, which is great. But there were some other kids that were like similar age, maybe a little bit older, that we're riding a bike together and the two of them that were like one was standing on the bars or whatever, riding together and they're like yo bro or something.

00:31:15

Heather: To you?!

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Jen Bauer: Yeah I'm like looking around who you're talking about. I'm brow, but whatever, and then they just don't know. We're chatty or whatever, but they got farther down and they were across the street from the other boys and I don't know who started it. But they were going back and forth and the one was yelling like a 14 and you're not going to treat my cousin that way and it was just like they kept going and I was like this is. So I just kind of walked over closer and closer and was like both of you both, you guys stop talking and you guys keep going like. Are you mom? I'm like no, but I'm a neighbor

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Jenn Prochaska: No, I'm like the bro

00:31:50

Jen Bauer: I should have said that.

00:31:54

Jen Bauer: I don't know if it did any good, but in the moment...

00:32:00

Jenn Prochaska: I'm all for that. It's true that, like I've become that mom at the playground, like, because so many parents is sorry to say, yeah, they're there, can solace and look at their phone and then our kids being in a hole, and I'm like I have found myself so rude or anything. But just you know, I'm going to go in and protect my kids and I didn't think I would be that mom, I thought I would be a little too, was that politeness would kick in but seems to all go.

00:32:27

Heather: I was Mamma Bear with mine, my son, Matthew, who happens happens to be at the studio today. He's 26, has always been the gentlest, nicest person and I remember we were at Mcdonald's playland

00:32:40

Jenn Prochaska: Say no more.

00:32:41

Heather: This is the last time we were there. There were two things that happened there, so one was he was up in the like tube, crawly things and some bully, bigger kid pushed him and Matt, being polite, said: excuse me and I went to hell and I crawled in the tubes. I was like her, you don't mean literally like. Mamma Bear went nuts and then and then Matt continued to play and then I'm sitting there eating and I hear one mom say to the other man: she pulls her kid over and she goes. Look at this is this pink eye, and I was like: let's go that we're leaving, never been back. That was hard no. That's funny, like, anyway, hard no! So you guys thank you so much for letting

TAHN S3 E31 Book Club Roundtable

me talk you into reading this book and for coming on, and you know I love chatting with you. Both you and I are always like.

00:33:37

Jen Bauer: Like one more thing, one more. I'm really going to say now we're really going to say good by now.

00:33:43

Heather: Anyway, you guys are the best you know. I love talking with you. Thank you for reading this, listeners. I hope you'll you'll read the book and enjoy it and let us know what you think. And if you have questions or comments you want to add to the conversation. Go on our website, hardnopodcast.com, and you'll see all kinds of ways you can do that. So thank you, everybody.

00:34:02

Jenn Prochaska: Thanks for having us.

00:34:03

Jen Bauer: Thanks for having us, me.

00:34:12

Heather: Got questions or boundary setting, success story or flop. It's easy to get in touch with us. Send an email through our website. hardnopodcast.com on social Were @hardnopodcast or leave a message at 2163703410 will be featuring some of our favorite questions and messages in future mailbag episodes. So get in touch. You can find show notes and a transcript of today's episode on our website hardnopodcast.com, make sure to like and subscribe on your favourite listing platform. So you don't miss any new episodes and if you like what you heard, please give us a rating and review, especially on Apple, so others can find us. That's a hard now is a production of Clever Marketing, my strategic marketing agency based here in beautiful Cleveland Ohio. You can learn all about us at CleverGirlmarketing.com. It's written by me, Heather Drago, and our amazing marketing and production coordinator, Maura Del Rosario. Production support, Evergreen podcast, Noa Fouts, producer and editor. Extraordinary. Our awesome new rock anthem was written by and performed by his band the Big Leagues. I love it so much. Thank you. Shout out to Jake Donal, the videographer and photographer. Who's the creative force behind. Are you two videos? You demand Jake? You can find him at rjdonnelly.com until next time. Thanks for listening and remember saying no isn't just saying no is the key to living an authentic, fulfilling life. So do I find your note and say it unapologetically.