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Majo Molfino Break the Good Girl Myth

Majo Molfino: [00:00:00]

Being a good girl, social self that develops once you start going to school within family systems with your parents, it's like, we start to notice what gives us rewards, we get rewarded for. Being quiet. We get rewarded for being well behaved.

We get rewarded for, , getting the good grades for winning the trophy or the spelling bee. So we noticed like, wow, every time I do this behavior, I get a social reward. People liked me more. My parents liked me more. My teachers liked me more like this is great. You know, I should just keep doing this. So then , the good girl starts to develop.

Diana Hill: We are four clinical psychologists here to bring you cutting edge and science-based ideas from psychology to help you flourish in your relationships, work and health.

Debbie Sorensen: I'm Dr. Debbie Sorensen practicing in mile [00:01:00] high Denver, Colorado, and coauthor of ACT Daily Journal

Diana Hill: I'm Dr. Diana Hill coauthor with Debbie on ACT Daily Journal, and practicing in seaside Santa Barbara, California.

Yael Schonbrun: From coast to coast, I'm Dr. Yael Schonbrun a Boston-based clinical psychologist and assistant professor at Brown University.