

# Episode 300!

**Jill Stoddard:** [00:00:00]

We listen to each other's episodes too, and I get so lit up when I'm listening to your episodes , , I have a positive reaction when I'm learning something and the content is cool, but I have an even.

Positive reaction. That's kind of like when I feel really proud of you because the interview's going really well

**Yael Schonbrun:** I feel. It makes me feel old. Old is a podcaster.

**Debbie Sorensen:** It's just helped me feel like a lifelong learner. And I have really appreci. You know the ideas. We sometimes have some really groundbreaking ideas, but then also the practical application of it, how it's really been helpful.

That was S Joel. Yeah. L and Debbie celebrating 300 episodes of psychologists off the clock.

**Yael Schonbrun:** We are three clinical psychologists here to bring you cutting edge and science-based ideas from psychology to help you flourish in your [00:01:00] relationships, work and health.

**Debbie Sorensen:** I'm Dr. Debbie Sorensen, practicing in Mile high Denver, Colorado, author of Act Daily Journal, the Act Daily Card Deck, and the upcoming book Act for a

**Yael Schonbrun:** I'm Dr. Yael Schonbrun, a Boston-based clinical psychologist, assistant professor at Brown University, and author of the book Work Parent Thrive.

**Jill Stoddard:** And from Coastal New England. I'm Dr. Jill Stoddard, author of Be Mighty, the big book of Act metaphors and the Upcoming Imposter. No more.

**Debbie Sorensen:** We hope you take what you learn here to build a rich and meaningful life.

**Jill Stoddard:** Thank you for listening to Psychologists Off the Clock.

**Yael Schonbrun:** Hi ladies. Happy 300th episode.

**Jill Stoddard:** Happy 300th episode.

**Debbie Sorensen:** Woohoo. Thank you.

**Jill Stoddard:** Can you believe it? This is so exciting.

**Yael Schonbrun:** I feel. It makes me feel old. Old is a podcaster.

**Debbie Sorensen:** the other day I was thinking about when the podcast first started, how young my kids were. Well, wow, that gave me an indicator that we've been doing this a while cuz I was thinking some of the earlier episodes were more oriented toward little kids [00:02:00] and now I'm doing all these preteen

**Yael Schonbrun:** You

**Jill Stoddard:** see how your your interests have evolved

over time.

**Yael Schonbrun:** Listeners can probably tell like what a little bit what's going on in our lives and what we're most interested in by what the focus of the episodes is.

**Jill Stoddard:** Yeah, I think that's really true well, we thought today we would just, um, have a kind of behind the scenes conversation about what we love about psychologists off the clock, what we've learned, the ways in which this is really values oriented for us. Like basically just a celebration of 300 episodes.

**Debbie Sorensen:** Yeah. And one of the things we're gonna do is we've all been thinking a little bit about some of the meaningful moments that we've experienced. We're gonna have a few little flashback moments where we play some excerpts of some meaningful moments we've experienced in some of our previous episodes.

**Jill Stoddard:** And maybe some never before heard bloopers.

**Debbie Sorensen:** Ooh, maybe. Maybe

**Yael Schonbrun:** There might be some behind the scenes negotiations [00:03:00] about what gets included and what

**Debbie Sorensen:** as long as there's no public humili involved, right.

**Yael Schonbrun:** But maybe we can start by even just talking about what the podcast means to each of us. I always share with people that, before you guys invited me to be a guest, cuz I didn't, I wasn't a founding member of the podcast. I am not sure I really knew what podcasts were. And it's so funny because just a few years later, it's such a central part of my life.

It's what I spend a lot of time doing. But, , it's, becomes something that brings a lot of vitality professionally and personally. I always think that, you know, my, my life is richer professionally, but I have so many more friends because of this podcast that, you know, you guys, but also the people that we have on and listeners through the book club.

So it's just become such a central part of what really matters in my life. It's, it's, I would not have predicted it because I didn't know what they were.

**Jill Stoddard:** I love that. Yeah. It's become connecting in a way that I don't think I would've predicted at the outset.

**Debbie Sorensen:** Yeah. And I think that that [00:04:00] team part of it is huge for me too. Just having, because this truly is a collaborative effort, and maybe this is a good time to give a little nod to the people who have been a part of the podcast. Currently we have a team and we have had a team of people, you know, we've been doing this long enough that we've had some new people come on, and some people who kind of get to a point where they, , decide to move on to.

Pastures and it's just, it's, I've so appreciated the people who have put heart and soul into this and just what a team endeavor it's been and how much that connection has mattered. And our guests,

**Jill Stoddard:** a little bit about the history that you know for anyone who's a newer listener. Debbie, you began the podcast with Ray.

**Debbie Sorensen:** Ray Littlewood,

**Jill Stoddard:** With Ray Littlewood and Diana Hill. And what year was that?

**Debbie Sorensen:** was in 2016. . So it's been six and a half years about since we started it, which I would've never guessed back when we first started it out that it would be going this long. [00:05:00] Honestly. I mean, and I occasionally, I have this thought, well, should I? Okay. We can. Occasionally I have this thought like, is this really, does this make sense to be spending this much time doing this thing? But I feel the same way you do, right? The vitality. Like I learn so much and it's so fun to do these interviews and have this experience that I just, I can't give it up. At least not yet, maybe someday.

But it is truly, yeah, it's kind of grown into this thing. It started with us just wanting to do this. It felt a little bit, at the time, it felt a little bit like we were just gonna try it and see what happens. We didn't really know what we were doing, so we were trying to learn the technical stuff behind the scenes as we went, which took of course, a lot of time and effort to do, you know, a lot of late nights trying to figure out how to get this thing going from the tech perspective and.

You know, we had a little bit of a, well, Jill, you have your book coming out [00:06:00] soon and Imposter No More. We had a little bit of a feeling of like, well, who are we to put this into the world and what do we have to say? . But I also felt like we felt compelled to share something with the world and this was a format in which you can do that.

And so we just sort of did it. And in hindsight, wow, that was sort of a courageous thing to do, right? To just create that and put it out into the world.

**Jill Stoddard:** And there's so many like gazillions of podcasts, I think to still be going strong after seven years and to be growing in listenership and to now have sponsors, it's, it's, you know, it's really a testament to the work that you and, and Diana and Ray did right at the outset.

**Debbie Sorensen:** And I remember very early on I read an article in the news about how there were all these podcasts out there and that the market was saturated and you have like zero chance of your podcast going anywhere and feeling kind of demoralized by that. We

had already started it, but it [00:07:00] wasn't very far into it.

And. I mean, it's just proof that, oh, there are so many more podcasts now than there were then six and a half years ago, and some great ones. And we do get a lot of listeners. And just to think sometimes if you have a calling to do something, if you have the sense of like passion and purpose around it, don't get

discouraged by something like that because I kind of thought, well, this is never gonna go anywhere.

Why bother? But I also felt like, Why not just do it anyway? Who cares if we get listeners or whatever,

**Jill Stoddard:** If you build it, they will come

**Debbie Sorensen:** right?

**Jill Stoddard:** My Field of Dreams

**Debbie Sorensen:** Field of dreams. Yes.

**Yael Schonbrun:** It's a good example of process over outcome because if you're focused on the outcome of, you know, are we gonna get X number of listeners or are we gonna stay around for X number of years?

Then you get, it's. Scary and it is demoralizing. But if you just focus on, you know, what I wanna do is share information, and this is an interesting thing and a connecting thing, then it allows you to [00:08:00] kind of stay in the game and by focusing on the process, you're much more likely to get to the outcome.

Right? Hold the outcome

lightly. That's something we talk about a lot on this podcast.

**Jill Stoddard:** Yeah, for sure. Such a good point. And then, yeah, when did you join the podcast?

**Yael Schonbrun:** it was tw episode 20 something I was on as a guest to talk about working parenthood. The first episode that I did was about straddling work and parenthood and I was such an enthusiastic guest that you invited me to.

Um, I think you invited me to sort of be a contributing guest host. Not even like a, a co-host, but I, my first official interview of somebody else was with Alex Sujan, Kim Pong, who I have remained really good friends.

And my second interview was with Barry Schwartz, who I've also collaborated with and developed a friendship with, which is kind of crazy cuz at the time,

again, like I had no idea what I was doing, but I was like, Ooh, I get to, I have a reason to contact these people who I am just a huge fan of, and ask them the questions that come to my mind as I'm reading their books.

Like, [00:09:00] how amazing is that? So that was, um, about five and a half years ago that I joined.

**Debbie Sorensen:** How about you, Jill? Tell your story of when you joined.

**Jill Stoddard:** Well, I was on as a guest twice, once I, I don't know why I remember this episode number, but episode 77,

**Yael Schonbrun:** You remember it because we are constantly suggesting people check it out. It's still one of my favorites because it provides such a good act. Overview. Such a great episode.

**Jill Stoddard:** Well, thanks. Thanks. Then I came on, did I come on to talk about Be Mighty? Yeah, I think before I was a, a co-host.

**Debbie Sorensen:** No, it was

actually Jill. It was when you, well, it was your first episode, right when you were becoming a co-host because your book was coming out, Be Mighty, and we announced around that time that you're going to join us.

**Jill Stoddard:** Yeah, you're right. So I think I joined like toward the end of 2019, which is the same time the book came out, and then my first interview was aired I think in early 2020

**Debbie Sorensen:** Yeah.

**Jill Stoddard:** a y'all.

I'll [00:10:00] always remember my

**Debbie Sorensen:** and well, and we had toyed with the idea of inviting you on cuz we thought it would be nice to have another co-host and, um, we just remembered really liking you and liking your. Interview that you did. Um, and then you reached out to us about potentially starting your own podcast cuz you were toying with that idea.

And we were like, okay, we have to ask her because she's gonna go start her own if we don't and then we're not gonna have the chance. And so that kind of got us to take action

**Jill Stoddard:** It was the best day ever when I was like, I'm, I'm thinking about doing this, but is that crazy? Is it like so much work? Would I just be insane to do this? And instead of you responding with whether it's a good idea or not, you responded with an invitation to join you. I was like, oh my God, this is like the best outcome that ever could have happened.

And I feel like I remember you guys. Saying something about like, you couldn't believe I said yes. And you were like so happy that I would re, I would come, you know, do this with you rather than on my own. I'm like, what, are you kidding me? Like you already have this well-oiled [00:11:00] machine where you've done all the legwork and I just get to like float right in without having to do any of that hard stuff.

So it definitely felt like it was, I was the fortunate one for sure to be able to do that. And it's just, it's. Such a gift. I mean, I love you guys so much and I like so value how close we've gotten. I mean, it's still, it's crazy to me how little time we've actually spent together in real life, but how close we've been able to get just over the airways being.

Far apart and you know, I think just it, it's sort of a dream come true. Then to also, I think we're all like pretty nerdy and I don't know about you, but I get more starstruck by book authors than I would, you know, like really big actor, celebrities and musicians and, you know, to be able to talk to people, really smart people who have written these tremendous books.

It just like, I still kind of pinch myself even what, 4, 3, 4 years later, three years.

**Debbie Sorensen:** You know, I just wanna piggyback on what you're saying about how [00:12:00] we, we do most of our work virtually, we all live in different places, although the two of you are closer now than you used to be since Jill moved across the country. But, um, we have seen each other in person and that is one of the meaningful things is that the rare occasions when I get to hang out with you guys in person, you know, when we happen to be in town at the same time or at a conference or something like that, it is just the best.

It is so much fun.

**Jill Stoddard:** It's such

**Debbie Sorensen:** So fun.

**Yael Schonbrun:** Although it's very funny because nobody knows how much taller I am than both of you.

**Debbie Sorensen:** I know. That was the shock. That's always the shock is the height thing. It's like, oh my gosh, you were so had. No, true. Jill and I are both shorties,

in fact, I think Jill, you might be shorter than me, which I rarely meet people.

**Jill Stoddard:** How tall are you?

**Debbie Sorensen:** five, three. How tall are you?

**Jill Stoddard:** Well,

technically five, two and three quarters. So you might have a quarter inch on me.

**Debbie Sorensen:** I always say five, three and a half, but uh, [00:13:00] my husband and children have been pushing back on that. They think I'm fian with that half inch.

**Jill Stoddard:** Well, you know, they, they, they measure you at the doctor's office. Again, once you're over 40, you know, they measure you as a kid. Then they stop measuring you and now they measure you again to make sure you're not shrinking.

That's like, you know, a developmental of passage that I am not a fan of.

**Yael Schonbrun:** So we've gotten a lot older as we've podcasted, but a lot of things have stayed the same. Like our mission is still the same. To share evidence-based psychology in an accessible way to bring new ideas, powerful ideas that can help people flourish in lots of different pockets of their lives, their work, their relationships, and their health.

So, We, have had a consistent mission throughout, but we've also tried to kind of move with the times flexibly and, and add new things. And one of my favorite new additions to psychologists off the clock is our book club. It's become a highlight of my month and it's an opportunity, you know, a lot of



podcasting is like you, you're talking with a guest, with an author or, You know, somebody who's an [00:14:00] expert in a particular area and then you kind of send it out into the world and you don't necessarily hear a lot back.

I mean, we know people are listening, but there's not a lot of interaction with people who are listening. But the book Club is this awesome pocket of time each month where we also talk about fiction and memoirs, which is really fun, but from a psychological lens.

And, uh, it's just a really great opportunity to engage with people who are interested, who are not necessarily the people that we have on as guests, but who are, who are really, gaga for the same kind of content that we are.

**Jill Stoddard:** And it's a real book club, not a wine club. Like, you know how so many people have book clubs where they like go to their friend's house and never talk about the book and just drink wine That there, it's not drinking wine and not talking about books. Although maybe people would like that, maybe. Maybe wine should be consumed at the book club too, but it's

like actual talk about books, right?

**Debbie Sorensen:** you can bring whatever beverage you want to the book club. And

actually, my favorite thing, I love the book club. And by the way, occasionally I don't read either don't read or don't finish the book. And that's [00:15:00] okay. Like, so I want people to know that if they are thinking of joining the book club but aren't sure they'll be able to finish every book, it's okay.

You can come anyway. Um, but also to me, one of the things about it is that it's a chance for us to interface with our listeners directly, which sometimes you feel like you're putting this into a black hole and you don't know who's hearing it. And I love being able to have that kind of interaction and relationship.

So we always wanna invite our listeners to be in touch with us. And one of the things that I love is, when we do hear from our listeners, especially if we've done something on the podcast that has meant something to a listener or that you know, touched a nerve for them or enhanced their life in some special way, I think it just is a reminder of.

Wow, this is work that is having a positive impact on people's lives. And one example that I will remember, I just remember this from years ago, is that we

had done an episode specifically [00:16:00] about, um, gender and sexual minorities. And this was an episode we did years ago with Matt Skinta and Aisling Leonard Curtin about clinical work with gender and sexual minorities and. Afterward, a transgender listener reached out to thank us for doing the episode, and I just felt so, um, I don't know. I just appreciated that so much and it felt to me, so values aligned like that We had done an episode that somebody found important in some way, and especially someone from a group where maybe they don't get that kind of representation very often.

**Jill Stoddard:** Well, you guys know, you all, you like literally saved my child from being sexually abused.

**Yael Schonbrun:** I was

just gonna say, Jill sent us an email. Feather your interview with Feather Berkow and that was an example of, that's how we got that. I think that was how we ended up inviting Jill, because at the bottom of her signature of the email, it said that she was the [00:17:00] author of the Big Book of Act metaphors, which of course I know that book.

And I was like, oh, this is such a nice email. She was talking about what a difference the episode had made and I was like, and, and also she's author of this book, we should have her on.

**Jill Stoddard:** Yeah, I mean, really like that, that, that's a pretty powerful, , I listened to the episode with Feather Berkow about protecting kids from sexual abuse, and she was talking all about signs of grooming, many of which, I mean, I really learned so many new things, like many, many things I just really did not know before.

And shortly after that, I observed every last one of those things happening. Right in front of my eyes, which that was one of the things I didn't understand about grooming is that often perpetrators do this right in front of you because it sort of makes you think like, oh, well they must not be doing anything.

Bad. But truly, like, I don't think I would've known what I was seeing if I hadn't listened to that episode. And yeah, and I, I almost didn't reach out to you. You know, I was like a huge fan. This was my favorite podcast and I felt like such a silly [00:18:00] little fan girl.

But because of act and psychological flexibility, I was like, no, I really wanna share this appreciation. This is values driven, even though I. Silly and I didn't

get a response right away and I was like, oh man, you know, now I really feel silly. Of course, these big celebrities, they aren't gonna write

back to me.

**Debbie Sorensen:** I just have to laugh at

that. Huge celebrities right?

**Jill Stoddard:** that's how it felt at the time. And then I think it was yell that wrote back saying, oh, you know, just to kind of slip through the cracks. They had been behind on email or whatever, and. And y you had shared my email with Feather, and I forget if it was you or her, but one of you said, you know, you did the right thing.

And I was just like sobbing because no one had really, you know, the way that I intervened, intervened when this thing happened. No one had really said that to me before. I mean, it was like, not only did it protect my kid, but it was like really healing for me to have that interaction, especially from people who I see as [00:19:00] being like, so, Competent and it, it just really meant the world to me.

And then to have that email end with, by the way, you wrote one of our favorite books, wanna Come be a Guest. I was like, oh my God, I'm having a panic attack. And I, and I was so nervous to come on and be a guest, but I also loved the way something that was very ver a very, very painful experience, turned into like one of my most cherished professional. So I was one of those listeners. I actually just got an email that I think I shared with you guys. Somebody who had a traumatic brain injury and had said that he hadn't experienced a lot of laughter and joy in a while. In listening to the episode with Kelly, Leonard had like really activated that that part of him, and he was feeling really grateful.

And I shared that with Kelly too. I thought it would be meaningful for him to get to read that as.

**Debbie Sorensen:** And just so our listeners know, those kinds of. Emails we do, those do mean a lot to us. And so if you are thinking [00:20:00] about sending us one of those and you're feeling a

little shy

**Yael Schonbrun:** as many compliments

**Debbie Sorensen:** please send us, send compliments. No, but I do. I just, I, I do, we do love hearing from our listeners.

It helps us feel like we have a connection with you that's more direct. So if you're, if you're thinking about it, reach out. We'd love to hear from you.

**Yael Schonbrun:** or join our book club and come chat about books that you love with us, cuz that's fun too.

**Debbie Sorensen:** Yes, for sure.

**Jill Stoddard:** I really liked recently, so Debbie and Yale and I, in addition to co-hosting the podcast together, we're also writing partners and we read each other's drafts of things and we offer suggestions for edits. So when Debbie and I were reading Yale's Early Drafts of Work Parent Thrive, I noticed that many of the people that she cited.

Were our previous podcast guests. And then when I wrote My Imposter, no more book, same thing. I mean, so I, I think I cited Nira Yell, Erika Suder, Kelly McGonagal, A Yell at Fishbach. Just Leahy, Juliet Lit, godd, Hammus, [00:21:00] Michaela Thomas, Zoe, chance. And there might have even been more, I mean the tho those were just the initial people that came to mind and yell.

I'm sure your list is just as long and, and I think part of what I appreciate is of course, The real reason we're doing this is to get this information out to listeners. And for me, a big part of it is that it's free, right? It's like not everybody has the resources to go to therapy and podcasting is a way that peop, not that it's a replacement for therapy, of course, or, but you know, it's not a substitute for therapy, but it is a way that people can access this information that doesn't require having a lot of resources.

But I think the other thing that happened that I didn't realize would happen is like how much I have learned personally and how much I've grown and you know, how much I use the, the things that we've learned in, in these episodes in my everyday life. Have you guys found the same?

**Debbie Sorensen:** Oh, a hundred percent. I mean, I use it in my clinical work. I use it in my life. I purposely have picked a few [00:22:00] people because I want to write about them in my book, my burnout book. And so I'm like, Ooh, I wanna talk about this in my burnout book. I'm gonna invite them on the podcast. Um, but then also, We do tons of reading for the podcast.

So, you know, if we interview an author, we read their books. . But I love that because I, I think sometimes it's hard to motivate to do professional reading, but because I have to interview them, I need to get it together and spend a couple days trying to make it through as much of the book as I can.

And so, I mean, it's just helped me feel like a lifelong learner. And I have really appreci. You know the ideas. We sometimes have some really groundbreaking ideas, but then also the practical application of it, how it's really been helpful. How about you? Ya?

**Yael Schonbrun:** Uh, yeah, without question, I think so many of. I would say that I have interviewed authors who have changed how I approach clinical practice, how I approach relationships, how I approach parenting, how I approach, my[00:23:00] to-do list, how I approach mindfulness, how I interact with my own anxiety.

And it's just really, , made such a huge impact on my life and I find. You know, my favorite episodes are the ones where I picked up a book and I'm like, wow, this is like transformative. I, I wonder if I get, can actually speak with this author.

That's happened a few times where I have encountered a book where I'm like, this changes everything

**Jill Stoddard:** Give us like your top one, two, or three examples. Do you have like any specific examples that have really transformed you?

**Yael Schonbrun:** for sure. So my, one of my more recent ones that I'm still feeling a little obsessed with is Quit with Annie Duke. I just love the idea of rebranding, quitting, right?

It ch I feel like that's like a change, everything kind of idea where it

is okay to leave a s to leave behind the things that don't work to quit them because it opens you up to really whole heart.

Engaged with the things that are gonna continue to be important to you. Um, some of [00:24:00] the more surprising ones are, um, rethinking Delusions with Victoria Shepherd. That was a book that I never would've picked up because it's a history book, but it really changed the way that I think about delusions and, and.

Kind of recognizing that all of us to some extent have delusional thinking and how to engage with people who maybe think in drastically different ways than you do. And I think that was one of those conversations where as we were going through the episode, she and I were both having light bulbs, like going off and like, oh, I never thought about it that way because I was coming at it from a, as a clinical psychologist and she was coming at it as a social historian.

Um, and then, you know, other ones that I think were really transformative, Episodes that I recorded at, at like really pivotal moments in my life. So the one that comes to mind is bearing unbearable Loss with

Joanne Kaia, Tori. Um, so I recorded a few episodes on grief and death and dying right after my father passed away.

Cause I was really struggling and it, I, so I did what I always do, which is I start to read anything I can get my hands on that I [00:25:00] think could be helpful. And I found some really beautiful transformative books in that book. Really powerful and I, it was so incredible that I had the opportunity to talk to her in this time of deep grief, you know, this expert in loss and grief.

And I, I think I cried during the episode, but it was, it was one of those episodes where I, I just have so much gratitude for, for being able to have that conversation and being able to bring those ideas to other people who are going through difficult experiences too.

**Jill Stoddard:** Yeah, that's.

**Yael Schonbrun:** How about,

how

**Jill Stoddard:** quit too. Um, well I was just gonna say with the quit episode, you know, you were saying that it really helped you personally and it helped me with parenting because it made me rethink when my kids wanna quit something in a way that just like made me feel like I could exhale and that I'm not like a horrible person if I let my kid quit something, you know, before the season is done or, or whatever the case may be.

But I think the two that were the most professionally transformative for me, Are probably the joy of movement with Kelly McGonagal. I mean, [00:26:00] this book was like a love letter to exercise and my whole life I've had a really

complicated relationship with exercise and it really changed the way I, I thought about movement and you know, now I exercise nearly every day.

And the other one of course will come as no surprise cuz I'm such a huge fan girl. But Eve Rodsky and Fair Play. Literally saved my marriage and my marriage is truly better than it has ever been. And that is a huge part to that book and to Eve's work on, you know, having an a fair distribution of labor in the home with your partner.

**Yael Schonbrun:** I just wanna sort of comment that Fair play in those episodes and, and her book are ones that I'm constantly recommending to couples in my private practice because it is such, it, it is a, she offers a really transformative framework to think about distribution of domestic labor that I think isn't necessarily intuitive, but it's just so helpful.

So,

um,

**Jill Stoddard:** Cause [00:27:00] it's like a

**Yael Schonbrun:** yeah. Yeah.

**Jill Stoddard:** Yeah. Oh,

and I will

**Debbie Sorensen:** it too.

**Jill Stoddard:** Oh, it's so good. And she has a documentary now with, um, Reese Witherspoon's, um, what's it called? Hello

Sunshine Company. That's wonderful. I mean, she's just amazing. And I will say the other ones, it's several people, but it's all similar ideas. So like free range parenting, the gift of failure, how to raise an adult and be an adult.

You know, Julie Lithco, Hames, Jess Lehe, um, um, Leno Kinese are, are there others with that same, they're really

**Yael Schonbrun:** self-driven child Will

**Jill Stoddard:** Self-driven child. Yeah. So like all of those that have that similar theme about like letting your kids be independent, those were really transformative for me as well and have, have like tr really influenced the way that I, I interact with and raise my kids and I, I, I think for the better for sure.

What about you, Debbie?

**Debbie Sorensen:** So a couple things. I'm gonna start with the very kind of day-to-day transformation, and this is a shout out to Diana or former co-host. We did an episode [00:28:00] really early on about the relationship between. Food and nutrition and mood. Um, and Diana talk, she had this whole, she's kind of into that and she had this whole thing about different oils.

To this day, I have two kinds of oil in my house. Olive oil and avocado oil. And it's because of that conversation with Diana. And so, you know, I cook with those two oils. Pretty much exclusively, maybe a little sesame oil once in a while for a stir fry or something like that. But so that's, you know, kind of a more small scale day-to-day thing.

Um, I think two that really stick out to me though more on a philosophical level, Oliver Berkman's time management book, 4,000 Weeks just really was transformative to me. And that's another one I've talked to a lot of clients about, just in terms of really. Taking a big picture, look at what's important to you and letting yourself off the hook.

For, for me it's email. Like, I'm just so terrible at keeping up with email and it really stresses me out and I blow off a lot of [00:29:00] emails and now I feel like Oliver Berkman has given me permission to do that because sometimes I'm doing in the service of, you know, spending time with my family or writing a book or something.

That's ultimately more important to me and I And I feel like his work just really, that book was so influential in my life. In fact, I saw someone checking it out at the library recently and I had to stop her and be like, I love that book. And

She's like, me too. I've read it before.

I'm checking it out again so I can reread it. So, um, and then the other one was Devon Price's book, um, laziness does Not Exist, which, Think we're so hard, hard on ourselves sometimes, and we are in such a hustle and grind culture. And to me, Devon's work really helped me take a look at some of the ways that that



shows up for me and my clients and my friends and family, that it's just really problematic.

And so another one that philosophically just helped me see things in a whole new way. And I just really appreciate their voices in terms of having a big influence on how I, [00:30:00] how I look at certain.

In a new light. Yeah.

**Yael Schonbrun:** Those are such good ones. Can I add a few more because I, I feel like what I love about our podcast is that we talk a lot about our, you know, individual wellbeing, but we also talk about relational wellbeing, and we've done a couple episodes on relationships that have been so impactful, so, So I did an episode on Influences Your Superpower with Zoe Chance, and I'm constantly recommending that one to other people because I, I think, you know, what we want is to matter to other people and to be connected to them and to feel influential, you know, so that we can get more of what we want so that we can feel like our presence really makes a difference. And she offers some really cool tools to be able to do that. And then, um, I haven't done too many episodes about this, which I think is unfortunate because it's such a core piece of doing couples therapy, but I did have a chance to do one episode on sexual.

Let's talk about sex and intimacy with Zoe Kors, and I absolutely love that episode. And again, that's another one that I recommend all over the place, um, [00:31:00] in my couple's therapy practice because it is something that we don't talk enough about and it's, it was so great to be able to bring that to the podcast.

**Jill Stoddard:** Yeah, and we've talked about trying to do, do, do more in that area and we haven't done it. We'll have to put that back on our,

back on our list. Yeah.

**Yael Schonbrun:** Oh, maybe this is like a good moment to just invite people, you know, if there are topics that you feel that, that are important to you, that feel like relatively untouched or, or, or just that you'd like to see more of. Please feel free to email us. We, we love to hear sort of what's important to you and you know, it's always, there's so many interesting topics and things that we want to cover in this podcast, but it helps us to know what's important for listeners, um, that can help us to sort of like orient or, or sort of hone in, in, in ways that are most helpful.

**Jill Stoddard:** And we've, we've taken listener recommendations before and found books and guests based on those recommendations.

**Debbie Sorensen:** It.

is true.

**Yael Schonbrun:** another favorite episode of [00:32:00] mine is, , the episode Future Future Tents with Tracy Dennis Tiwari. Moises Hernandez, who's a listener, who's n you're now a book club member, recommended that, and that's like one of my favorite books that I recommend to everybody too. So yeah, there's, there's others as well.

But absolutely we take recommendations and it's, it's fun for us because sometimes we. We wouldn't otherwise be aware of a really great book. So

for people to call things to our attention is quite helpful.

**Jill Stoddard:** I think going back to something you said earlier, yell about how you can sort of tell where we are at in our lives, you know, like going from parenting episodes of younger kids to parenting episodes of older kids.

Or maybe that was you, Debbie, that you were noticing the shift to like the tween between kids

**Debbie Sorensen:** from toddlers to tweens,

my interests have shifted over

the years. Right?

**Jill Stoddard:** and that's one of the greatest things is that we can interview people that are like related to our personal inter interests that we still think are going to have value to our listeners.

And I've noticed just how many episodes we've done similar to 4,000 weeks. [00:33:00] They all have their own spin, but they kind of boil down to. Stop doing the stuff you don't wanna do anymore. Ha. Get some rest and only do the things that really, really matter to you. Right. So we've had, well Alex Payne came on to talk about rest.

We've had essentialism, I just interviewed Vanessa Patrick on the power of saying No. 4,000 weeks. I mean, I, there, there are several more that all have the same theme that I think, you know, it's like really a comment on the culture we live in and how busy we are and how much we're all really craving. I don't know, just really like spending this limited time that we have in ways that, that really matter and that are, that are quality.

Oh, subtract is another one.

**Yael Schonbrun:** Mm. That's one of my favorites too.

**Jill Stoddard:** Yeah, that was a good one. With lighty clots. Yeah. So, so everybody's, it's like a projective test. Everybody's getting a little glimpse into what, what's going on with us, depending on, in fact, I'm doing an upcoming interview on. I'm turning 50 this month, so,[00:34:00]

**Debbie Sorensen:** Coincidence, I think not right. Asking for a friend. Rachel,

**Jill Stoddard:** yeah, exactly. Yeah, exactly.

**Yael Schonbrun:** And, and then there's sort of like the building happiness side of things. So not just, you know, reducing what we don't want, but increasing what we'd want more of. So we've done a number of episodes on happiness, for example, the Science of Happy with Sonya Luki. I love that episode.

Um, happier with Tub and Shahar Grounded to Soar with Brad Stohlberg. and happily, even after, with Jonah Paquette, And for me, I. Psychology can sometimes be unfairly pigeonholed as some as as a practice to kind of reduce the negative. But there's so, you know, positive psychology is just full of tools to increase the Which can help us manage what's hard, uh, you know, some of the unavoidable things in life that are hard. So that's been another, genre of podcast topics that I, I think, I know I can't get enough of that

topic

**Jill Stoddard:** I love those [00:35:00] two.

**Debbie Sorensen:** Um, this thought is just coming to me that I think there have been times too, you know, we do pick topics that have a personal relevance to our lives, but there's times that we've used the podcast to help us make sense of the world. And I'm really thinking, you know, we did a lot of episodes when Covid was first happening that were really meant to help our listeners and us.

Just come to terms with what was going on. And one that we did as a co-host episode a few months back was on hope in this dark world, in this dark time that we're living in. And that, to me, it was just such a chance to kind of talk about something that I personally was struggling with and grappling with.

And it really did help me make some sense out of what was happening. And so I love that too. And I hope some of our listeners share that experience that it can. Sometimes it's, we pick timely topics because it, we feel like this is what the world needs. I also think some of our racial justice episodes have had that, that feel too of, you know, this is something [00:36:00] we're all, we all need to take a look at.

Let's use the podcast as a platform for that. So it's helped me, I think, sometimes just navigate this world that we're living in.

**Jill Stoddard:** Yeah, I did a, a number of episodes that had a, a, a sexism bend essentially, and it was coming on the heels of me too and what was happening with, with Justice Kavanaugh and all of that kind of stuff.

And I think you're exactly right, Debbie. That was a way to try to like process and, and. Makes sense of the world. And maybe this is a good segue. One of my, I was gonna ask you guys if you had any like, really memorable moments from the podcast. And mine actually came out of one of those, , gender and sexism.

And it was when I interviewed Alicia Menendez, who wrote the book, the Likability Trap. And she's most known as being an anchor on M S N B C. And after we were, interviewing. We were just chatting, but I hadn't yet turned off the recording. And she called me a masterful [00:37:00] interviewer and she was like one of my early guests.

So I was still feeling a lot of the imposter, like, who the hell do I think I am to be interviewing a professional interviewer? You know? And so for her to say that, Was like, Ugh. It was just such an amazing moment for me. And then I was able to save the clip. In fact, we could even splice it into this episode cause I saved it.

So whenever I'm feeling bad, I just go back and remember that moment where Elise New Menendez has called me a masterful interviewer. . So I'm gonna go ahead and splice that clip in. Now, , this has never been heard before by anyone other than me. So have a listen to Lesi, Menendez calling me a masterful interviewer.

**Jill Stoddard:** It.

**Alicia Menendez:** You're such a masterful interviewer.

Thank you so much for the prep you put in this for your thoughtfulness, such as like natural conversationalist, I'm going

**Jill Stoddard:** to

well that means a lot from someone who does this for a living. So thank you so much

**Alicia Menendez:** for saying I am very critical of it and you are a natural [00:38:00] talent, and I can tell that you put in, in the work it's it's so it's like, you know, like it is, it is very gracious on the other side to the, Oh, you actually read the material.

**Jill Stoddard:** Well, I try to only do interviews with people that I feel really excited and passionate to talk about. Cause it just, you can tell, it just makes for a better interview and it's, it's more fun for me. I'm

**Alicia Menendez:** going to go buy a copy of the anxiety book for myself

**Jill Stoddard:** and for, Oh, thanks. I'll send you a copy now,

**Alicia Menendez:** now that I understand the economics to books, I'm gonna

**Jill Stoddard:** And what about you guys? Do you have any moments like that, that are, that are really memorable for you?

**Yael Schonbrun:** When, when you posed that question, the episode that my mind immediately went to was the episode for my book *Work Parent Thrive* that the three of us did. It was just like such a delightful conversation. It was so funny, and you guys were so encouraging and supportive and you, it was amazing because you'd been with me throughout the journey of the book and it was this opportunity to like bring the book out into the world and to do it with my two close friends in this [00:39:00] fun atmosphere.

So that was, the episode that immediately came to my mind is an unforgettable moment. Debbie, how about you?

**Debbie Sorensen:** Well, I, so we, we all thought about this question in advance and I struggled so much because I was thinking about how. So many of the people who have come on, it's just been so powerful. So one side of that is when somebody that I know, either a friend or somebody that I have a professional relationship comes on and we are able to.

Kind of use our platform to raise their voice. So, Yael, you were, your book was an example of that. And I was actually thinking of another example. There've been several, but, uh, so my colleagues and friends, Jennifer Sheppard Payne and Carynne Williams came on to talk about racial trauma, and Jennifer shared a poem.

She's Come on again. Since then to talk about her book out of the Fire. Um, but when she shared her poem and then Carynne talked about her experience, um, in the aftermath of the murder of George, [00:40:00] George Floyd and how that led her to start this whole program, it had this deep personal meaning to me because I know them both and I'm just so blown away by their work. , and then there are those people that we don't know but who are just lovely humans that we learn from and we connect with. And sometimes I've never talked to them before in my life. Um, but we connect over the course of an hour of having this conversation. So that has happened with a lot of our guests before. I was just thinking of Geoff Cohen who came on to talk about his work on Belonging Uncertainty. We really clicked and I really enjoyed talking to him. Um, and again, I feel bad picking one because there are so many of these moments. I could, it was hard to choose. But, um, so Scott Sonenshein had a book called Stretch and I, he was just a wonderful person to talk to. I really appreciate his work. I kind of wanna like, Spread the word on this one. So I'm happy to have a chance to do this, but, uh, he's an organizational psychologist who talks about this tension between [00:41:00] growth and kind of wanting to chase the bigger, you know, more, more, more versus when do you , kind of stay content with what you have and instead of trying to grow, you try to kind of stretch using the resources that you have. And I used the conversation on the podcast to ask him about that as relates to our work cuz we were kind of at the, the cusp of starting to grow as a podcast. And so I feel like I got a little expert consultation from him and I just really enjoyed what he had to say.

So here's a little excerpt from my conversation with Scott Sonenshein.

**Scott Sonenshein:** stretching is not about toning down our ambitions, deciding that we just should stay small. Stretching is also a pathway to success.

But the question you got to start with is how do you define success? Now, if you define success, as I want to think about impact, and I realized that if I've got more listeners out there. I'm going to be able to engage with more people and the [00:42:00] ideas and the guests that I have on the show are going to have a bigger impact on their lives,

that sounds like responsible growth. Now, if you're growing, because you say, uh, I want to be able to. Let people know that we've hit a certain audience number or you've had this amount of success or podcast, or you're supposed to have as many listeners as possible. Um, you know, those are, those would be more of the chasing type of growth.

So I think he should start off by saying, you know, what's the reason for the, for the growth and, uh, if it's about impact and helping other people, then it makes sense to go ahead and do that. If it's simply to put a trophy up on the wall to feel better because of what other podcasts might be doing or to even just get people to listen or to kind of get them signed up for the podcast, but not truly engaged with the material, just to inflate your, your listenership numbers.

That's, that's more of this, the Chasey type of growth.

**Debbie Sorensen:** thank you for the free consultation. Yeah. It's it's, it's very much values-based. What are we here for? What are we doing? And I [00:43:00] think there's a there's you're right. It's not either. Or that there's this. Sense of kind of quality and quantity, right? Like wanting to reach people and, but reach people who are going to actually want this and benefit from it and find it helpful versus just sheerly pursuing numbers for the sake of numbers.

**Scott Sonenshein:** Right. And you see this, you know, a lot on social media these days where people try and build up their followings to feel better for them about themselves to make it seem like they're more important than they are. And they're just getting a bunch of random people in there as opposed to thinking about what their purpose for doing any of this stuff is.

And if we start with our purpose and then growth growth is, is directed at something that we care about.

**Jill Stoddard:** You know, the other thing this is making me think of is how much I enjoy, you know, of course we listen to each other's episodes too, and I

get so lit up when I'm listening to your [00:44:00] episodes and you know, if it's just like, if I can really sense that you're like really clicking with the person you're interviewing with, like it's, it's not, I have a positive reaction when I'm learning something and the content is cool, but I have an even.

Positive reaction. That's kind of like when I feel really proud of you because the interview's going really well and there's a million examples of that. But the one that just happens to pop in my mind was when Yael interviewed Angela Duckworth about grit

**Debbie Sorensen:** Yes. When you said that, I had the same thought, Jill, that came to mind. I like applauded at the end of that episode, I was listening in my car because it, had that feel? Yes, same

**Jill Stoddard:** and, and, also when Yael interviewed Annie Duke about quit that interview was like 90 minutes. And when it was over, I was like, oh my God, it's already over. And it was like the longest interview we've ever had. And, and my like overwhelming feeling in addition to like, wow, that was really cool. Content was like, wow, good job.

Ya.

You know? And that's like such a nice feeling to feel like [00:45:00] proud of your friends and colleagues, you know?

**Yael Schonbrun:** the backstory on this is that I think that you guys sometimes feel extra proud of me because as Jill once put it, my branding is self-conscious so you guys are just like in my corner trying to bolster me , which means so much to me.

I think it's the sweetest thing ever.

**Debbie Sorensen:** No, but you also really did do a great job and did a great job with those and many others as well.

**Yael Schonbrun:** I am holding onto my branding So here's a clip

from my interview with Angela Duckworth, which happened actually to be our 200th.

A hundred



episodes ago. That's

**Jill Stoddard:** I can't, I can't believe that was a hundred episodes ago.

Wow. .

**Angela Duckworth:** When to grit and when to quit, would be one way to ask that question. And I think it's a very good one because you can imagine, in fact, I don't have to imagine much because I've done this before. Um, like the pursuit of a stupid gold stubbornly, you know, that is actually now crowding out energy that you could put towards a better [00:46:00] goal.

Right?

Um, I think the recommendation I have is that people ought to try for the following, know, try to keep your grit your higher level goals. You know, like have a higher, highest level of, so you've mentioned superordinate goals. I mean, if you I've recently in the last year, like realize that probably the most succinct way I can phrase my top level professional goal is to increase psychological literacy,

**Yael Schonbrun:** Oh, I like that.

**Angela Duckworth:** Yeah, I've been to class to undergraduates and, you know, I'm having them reflect on their goals and I, you know, do all the same homework assignments that my students do. So the course of that, experience, I thought like, you know, I think what I'm really trying to do is increase psychological literacy.

So anyway, so, um, I think I should be extremely gritty. About that highest level goal. And I don't know what would make me give it, give it up. But, um, but I think if it's a very particular low level goal, it's like, know, get this grant from this [00:47:00] foundation, you know, develop a paper with this particular person, I think you should be flexible actually.

And I have in my life, , like countless times, I think then gritty at the wrong level of my goal hierarchy.

**Yael Schonbrun:** . So, um, I, you know, of my cohost colleagues, practice acceptance and commitment therapy, but it really relies on this clarified value idea.

So like, and I, and I think that that superordinate goal is in a sense. Your highest level of value. And then the objective is to identify committed actions that kind of align with your higher level values. And then underneath what you're always aiming for an acceptance and commitment therapy is to develop something called psychological flexibility, which is the ability to persist or desist, depending both on your values and on your internal and external circumstances.

And so I actually think that that idea of grit and how you build it is very aligned with some of the philosophies of acceptance and commitment therapy.

**Angela Duckworth:** Now [00:48:00] I'm going to have to use a little self-control because now all I want to do is interview you because I'm very interested in acceptance and commitment therapy

**Yael Schonbrun:** Know, I think obviously one of the really cool parts of podcasting is that we get to interview, we get to like come face-to-face virtually, of course, with the people we idolize, the stars, the rock stars in our worlds, which again, are not like, it's not Bonjovi or I don't know, bon.

**Debbie Sorensen:** Um, Taylor Swift.

**Yael Schonbrun:** Oh my God, it's Taylor Swift. Wait, did I ever tell you,

Anyway. Um, but in any case, who have you guys been most starstruck to interview on the pod?

**Jill Stoddard:** Uh, I think for me that's probably Lori Gottlieb who wrote, maybe you should talk to someone. Uh, because I loved that book, you know, I'm like such a reader. I read every single day of my life, both fiction and non-fiction. And you know, for me, [00:49:00] when I really, really love a book, if I can connect with that author, it just, you know, it's like more meaningful than if it were bonjovi. And so that, that, and you know, that was like a really big bestseller and she's done her TED talk and you know, she just seemed like so famous. Um, and so that was one where I was, I remember being like very nervous and very starstruck.

What about you, Debbie?

**Debbie Sorensen:** Mine is not gonna resonate for people who are not ACT therapists. But when Steve Hayes came on the podcast and I interviewed him, I

felt so nervous and I felt, I think I just had him on such a professional pedestal, and I think he's a big figure within our field. And so people who. Not therapists and not act therapists would be like Steve, who, you know, they wouldn't necessarily have that association, but I think within our field I felt pretty nervous and intimidated and he was great and so nice and I've, I've met him before at conferences and that kind [00:50:00] of thing, and I think it was, I was very nervous about it though.

Very intimidated.

**Yael Schonbrun:** Yeah.

Yeah.

**Debbie Sorensen:** How about you? Ya?

**Yael Schonbrun:** I think I feel starstruck by everybody. I'm it. It's, it's strange. I've been doing this for a really long time, but quite literally, every single time I do a podcast interview, I get really, really nervous. , it takes me several minutes to settle in and to calm down and for my prefrontal cortex to come back online.

Um, and that's true of people that are sort of, I don't know, less famous authors, . Because I read the books and I'm like, wow, this is so brilliant. And I can't imagine like how a, how a brain could come up with that idea. That's amazing how they've portrayed it and made it so helpful for, for a reader. And, , I also, you know, want to like, engage in conversation and, and offer something so that it's more of a back and forth.

So I think I, I easily, , put myself in the starstruck mode.

**Jill Stoddard:** Yeah, I, I don't know what, something that you just said triggered this thought in, in me that one of the other [00:51:00] things I really appreciate in terms of the way I think this podcast has helped me grow is, Using psychological flexibility, I step outta my comfort zone to invite people who I think are too big, too important, you know, who dare, who am I to think I can ask this person to come on our little podcast and talk to little old me?

Right? Um, and. You know, I've just gotten to the point where I'm like, I'll ask absolutely anybody, because what's the worst that happens? They say no, and you can handle that, and it's not that big a deal. And do you wanna know who was the best model of that? It was Debbie Sorensen when she invited none other than

Michelle Obama

**Yael Schonbrun:** I

**Jill Stoddard:** to be on

psychologists off the clock.

**Debbie Sorensen:** I mean, this is a little embarrassing to think that I even did this, but I saw something about her new book and how it has all these themes, um, that are relevant to our podcast and. [00:52:00] You know, we we're in contact with publishers a lot because they send us books and sometimes they arrange interviews and they reach out sometimes to us.

And so I just on a wing in a prayer said, why not? Maybe

she'll come. She said No, and I got the most polite email back about how Mrs. Obama is very busy with her book tour. And I just was like a little bit like, I can't believe I just did that. It was just such a, you know, ridiculous thing to do. But yes, I did.

And she said, no, understandably, of course she said no. But

**Yael Schonbrun:** But

**Jill Stoddard:** you miss a hundred percent of the chances you don't take.

And she might have said yes, and You know who cares? Like, it's not like your ego is so bruised you can't get outta bed the next day.

Like we, you can. That's what I think the growth for me has been is I can handle, no, it's not a big deal.

Like it's a rejection and like maybe it stings the tiniest bit, but it's fine. And what it's led to is lots of people saying yes, that I never [00:53:00] in a min million years thought would say yes. And that's really freaking.

**Debbie Sorensen:** Well, and the truth is, if. Michelle Obama would've said yes, I would've been, I dunno if I would've ever been able to actually handle that. So we'll never know,

but,

**Yael Schonbrun:** anyway. You would've racked it anyway. It's true though. I mean that psychological, that practice and psychological flexibility of doing things. Even things that were like, who am I to to ask? This person has really. It just invites a lot of courage, which doesn't mean it's not scary, but it, it gives you, you know, a little bit of, okay, well, you know, what's the worst that could happen is they'll say, no.

I, I feel like that was the practice that helped me reach out for blurbs for my book. And,

and I was like, you know, a few years ago, I never would have reached out to these amazingly important, influential, busy people. And amazingly, a number of them said yes, and I also got some nos. But it's sort of that practice of like, okay, can I, can I.

Thing because it matters even if it doesn't turn out exactly the way that I want. [00:54:00] Because as, as you just said, Jill, we miss a hundred percent of the opportunities that we don't take.

**Debbie Sorensen:** Well, we will wrap up here in a minute, but we wanted to just thank all of our listeners. I mean, we really appreciate the people who have listened, the guests who have come on this show, and just wanted to give a heartfelt thank you to all of you who have been listening along the way.

Thank you. Thank you. We really appreciate it.

**Jill Stoddard:** We wouldn't be a podcast without listeners.

We love the support and thank you to our behind the scenes crew, to Michael Harold, who's our strategic consultant, and to Jaydeen Stout Williams, who is our podcast manager.

Well, you guys, happy 300th episode. Congratulations.

**Yael Schonbrun:** episode.

**Debbie Sorensen:** Congratulations and more to come.

**Jill Stoddard:** More to come.

And now for your listening enjoyment. A couple of our silly bloopers

**Debbie Sorensen:** Okay. Um, all right. Should I kick us off? Are you ready for this Jill?

**Jill Stoddard:** for it. I'm ready.

**Debbie Sorensen:** Debbie and Jill are here. [00:55:00] Oh, okay. Sorry. Sorry.

**Jill Stoddard:** That's a good blooper. Yeah.

**Debbie Sorensen:** Okay.

**Jill Stoddard:** We'd like to thank our strategic consultant, Michael Harold, our dissemination coordinator, Kathy Rothfeld. Oh,

**Jill Stoddard:** Well, we now have a blooper reel. Okay. Sorry. Let me do that again, except I know I'm going to laugh.

**Yael Schonbrun:** Hey, psychologists, off the clock listeners, I'm gonna guess that if you got to the end of this episode that you also love to geek out about books in psychology.

**Michael Herold:** If you don't know where to store all your books and people are already complaining that you talk about this book that you're reading all the time, then why don't you join us once a.

To read a book together.

**Yael Schonbrun:** If you're interested in joining us, we hope you are. Just send an email to off the clock psych gmail.com and we'll send you more information.

**Debbie Sorensen:** [00:56:00] Thank you for listening to psychologists off the clock. If you enjoy our podcast, you can help us out by leaving a review or contributing on Patreon.

**Yael Schonbrun:** You can get more psychology tips by subscribing to our newsletter and connecting with us on social media.

**Jill Stoddard:** We'd like to thank our strategic consultant, Michael Harold, and our podcast Production Manager, Jaidine Stout Williams.

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