



Brenda chats to David Bedrick

B: I'd like to introduce you all to David Bedrick, who's an educator and a counselor. Welcome David, it's wonderful to have you here

D: Thanks Brenda, it's great to be here with you too

B: Thank you and I'd love to hear a little bit more about yourself if you don't mind

D: What can I say, I'm gonna be 60 in a couple of months and I've gone through a few lifetimes in this one, as many of us have. I worked as a business consultant for 12 years although I always had my eager interest in psychology, I spent some time in business, I also practiced law for 10 years actually, well just more again out of my interest in justice and families, I spent time with custody issues and family situations as a lawyer. But the last 20 years, psychology, counseling, educating people is near and dear to my heart and the topic that you are focused on is really important to me. Sometimes people ask me, how come as a man this interests you, there are so many more women and girls that are really pained and therefore interested in the topic and I can say it didn't come to me easily or naturally meaning I didn't always struggle with my own body image but I was teaching at university a course on critical thinking actually. And I taught different methods to think about problems and new ways and different ways and I asked my students at the end of the class write a paper on anything you want, it can be a world problem, it can be a problem that you're having with your partner or your mother or father. Use these techniques and many women wrote about their bodies, saying I've struggled to lose weight, I did and I didn't, and I didn't sustain and try to rethink of things like that and after a few years of teaching that class I thought this is a common thing, I'd like to interview some of these women and say, what's going on with you, tell me more about it, I wanna learn for myself being it such a big topic and I ended up interviewing 21 women a number of times over time. I opened an interview with a research out to anybody, no men signed up, that's telling in and out of it self, that's not because men and boys don't look at their bodies in ways that make them feel unhappy, it's because it's less permissible for a man to say that and the culture focuses on women as we know in a harsher, more powerful and more painful way. There's more consequences for women's psychology and bodies so that more women would more likely become. Anyway, out of that research I started to write and teach and do workshops on this issue also based on what I learned

B: Wow, it's so interesting, I mean the other thing that's about women and young girls and body image is that sure it's something that they're getting whatever message that they're getting from the outside world but what is of concern, what you've just described, that it can lead to unhappiness, that it can lead to distress and it can lead to body image issues and disordered eating.

So in interviewing these women, what sort of negative impact did it have on them?

D: It's amazing, I mean you probably know about this. The pain that women and girls suffer is enormous. For instance, many more women when I was doing my researches 5 or 6 years ago now were dying of eating disorders than people were dying of AIDS. AIDS is very important, AIDS makes the headline news, eating disorders makes the style section, shoved away, tucked away somewhere as if it's a small thing. 7 million women in America have eating disorders, eating disorders are deadly, so you see some of that, and the esteem of women is hugely affected. 97% of women, says research, talk to themselves not just negatively, brutally everyday about their bodies, 97 %, like 4th grade that's 10 year old girls, 80% of girls are dieting to lose weight about 35% of them are considered overweight, that means the rest of them are working with a kind of self-hatred really, looking at themselves trying to make themselves into something, not being able to see their own beauty. What does that affect, it affects how the people feel, it affects how I relate to another person if I'm not feeling good about my body, I'm less likely to show you how intelligent I am coz I'm gonna be quieter, I'm less likely to be confident with you coz I'm thinking about how I look to you..... I mean there's lots of research that shows all kinds of things. But essentially, if I don't like my body in some way and that dislike is rather potent as you know, it's not like oh I wish a bit this, it's a very potent experience, it can be an all-encompassing experience in such that everything I do, my ability to focus, if you give me a math problem and I didn't like my body, it's be hard for me to do that. Research says that if you relate to me, I'm gonna relate to you differently because of my own sense of security or insecurity, and people will confirm that. So, it's a whole self-





experience. If I don't feel good about myself, I will try to hold myself in. In other words, I won't want you to see my bigness, my big body, or my cheeks look, or the way my arms look, or the way I'm gonna dress to cover that. If that happened, this is a radical thing now. If I'm doing things to contain not show you some of myself, even if that's the way I look. Even if that's my Jewish nose that's a little bit pointy. If I'm trying not to do that in some way, it will show up in another way. Think of this example, if I'm a woman who's trying to be smaller, that means that's not gonna only happen physically, it's gonna be a whole experience of myself being smaller, that means some part of me is not so small, is big. That's why women need to learn to take up more space, to use their voices, to be empowered. If I'm looking at my body, I'm taking each of me less than this, I will do that to my entire personhood. That will cause difficulty. If you try to tie me up and make me smaller, I'll burst out eventually and then that's not gonna be pretty.

B: My God, it's so heartbreaking to hear each person that way. Especially because the reality is most women and a great percentage of men every single day look around dissatisfied with themselves physically, with their physical selves.

Why do you think this has happened? Why is this happening? Starting from a baby to the childhood. It must have started at that stage. In your opinion, why has this been the case?

D: Such a great question. Why has it happened, I mean there's definitely for women and girls, it's definitely a sexist culture that has to be named. If it's not named, then in my opinion, girls and women don't have enough defense system, they don't have immune system from what's about to happen to them, how they're going to be objectified, pathologized, looked at, put down, ridiculed, made smaller, put into roles that are not them. So I think, when you use that term for a girl it has to be decided, but somebody has to say to even the young girls, you are beautiful, don't put yourself away. People have to be aware of the fact that somebody's gonna want to make you smaller, if you go out into the world as a girl person then that world will look at you in a certain way. It'll say you're better off being a nurse than a doctor, you're better off being a parent than a business person. Parents are great, nurses are great but we have to push the boundary out for you, so you have enough space to be yourself. You're a glorious, intelligent, beautiful, morally developed, spiritual centered human being. You should have all the space you need and it has to happen a little extra for girls, boys need that in certain areas especially around vulnerability but girls need that so that somebody knows they're up against a specific ring. So why does that happen, the culture itself is difficult, the patriarchal culture is difficult, sexist culture is difficult, then the girl needs defense systems, that means somebody says whoa look at you and if that girl gets a little bit big look at you, if that girl eats a little bit much, look at your appetite. We won't curb it, curbing it, eating healthy can be great but before we do that look at you, look at your appetite, look at your capacity, look how hungry human being you are, what else are you hungry for. That has to be celebrated otherwise we're suddenly falling into the "let's make you less smaller", that's not a good long-term strategy.

B: Wow, so starting this conversations, and it's almost passing the power, isn't it from as soon as they understand it coz the message is out there that unless you look a certain way, I mean studies also show that children associate positive characteristics with female figures for example and negative characteristics are associated with larger figures and these all start very early on in life so apart from conversation, I know how powerful it is, what other types of conversation or other tools can we implement, I mean for example I recommended in my own home I limit their exposure as much as I can to the video film clips that area so over the top that truly lacks of form is shocking, we don't have scales or anything like that in the home, we don't have magazines lying around.

I know that they're still gonna live in the real world and in the real world they have to be able to maneuver around it so what other tips and tools would you suggest?

D: I love that you're bringing up the media. Certainly by the time a girl is 6 or 7 probably even 5, you can watch a TV show and you can say, what did you think sweetheart about the cartoon character that had the shape of a perfect hour glass with the two inch waist, you can say what do you think, I wouldn't say make an opinion yet, I would say what do you think, and that girl can say I think she's pretty and I'd say why do you think that? Well, hmmm, well isn't that pretty, I don't know I like some of the women that have pictures of women that look differently for instance it's a conversation, you don't have to convince a person that young, it's not faith, you're not trying to fight them, but you could help them critically think about that.





B: Yeah, critical thinking, and also explaining, everybody's different, I mean really, everyone looks different, I've drawn attention to someone's got freckles, someone's got black hair, someone's from a different country right from the get-go with my children but still even the cartoons that they're watching, like you mentioned, even that outside woman may not have, I have my kids' friends, some of them have already dieted, it's crazy that they're also exposed to that so I guess it's just keeping up those conversations through every age, every stage of childhood that they go through. But also, I think it's important to bring their attention in terms of marketing from the food industry as well as the beauty industry I have informed my children that millions of dollars are spent on convincing them that certain processed foods healthy likewise million dollars are spent on convincing them that they're gonna need the next diet plan basically and we as moms and women have all been convinced of that as well.

So what are your thoughts on the whole diet industry?

D: The diet industry is a 60 billion dollar industry. I've read lots of research on whether diets work and how well they work like there's many people who's done studies of studies. They say here's 50 studies that we reviewed and you can get really high level research done on that. This research says that diets work in a sustainable way about 5% of the time. Sustainable means most people can lose weight in a few weeks, if I say to you, I would like to lose 8 pounds for instance, that's not a lot but if you said could you lose 8 pounds in 3 weeks, I could do that. Most people can do that, some people can say I'll diet for 7 weeks and lose 25 pounds, most people can do that. Will they sustain the weight loss? 5% of the time. So now, think about this, is a 60 billion dollar industry where the methods almost never ever work, and what people then say is oh, I have a better method. The better methods don't work, we've been doing this for decades now, the truth is it doesn't work, why would somebody engage that industry knowing that that's not possible.

B: Why?

D: Because the hope of feeling better about myself is such a big hope that I can now walk around feeling good about myself, proud of myself, some sense of self love or esteem is so huge that if you said to me 95% of the time David this drug will make you sick and 5% it will make you better, I will still try it, that's the level of desperation that's around, we have to be quite aware of that.

B: Can we just back step a little bit, backtrack a little bit just hold on to that point. When I approached you about talking about body image and children, I had a real light bulb moment when you replied to me and said we can't talk about body image and children without talking body image and parents, moms in particular. So what does that say, this whole 60 billion dollar diet industry, what does that say about us as moms and parents, to me it suggests that we are also a big influence on our children and their body image. That our comment, even our regular everyday comments can and throw away remarks, if you catch up with a girlfriend, usually the first thing you say is wow, you look great, you look like you've lost weight. And then ask them and our children can receive more critical comments, more direct comments like Eeew that dress doesn't suit your body or you don't look good in that dress or even you look fat in that dress. So it was really such a light bulb moment for me then I started to think about all of those influences, so can you talk to me about our role, our job in addressing our own body issue in order to help our children.

D: If I could get a room full of parents, let's say mothers for this example together, let's say we had 20 women in a room together in a room, 50 a hundred, seven, whatever it is, or let's say we had 20 women in a room, I would say to them take a moment and think about the way you talk to yourself about your body, take a moment and think is there anything about your body that you don't like, your hips, your arms, the way your belly is, the way you softening up or the way you're sagging a little bit more when you're 40 than when you were 20. Whatever way your thighs are, anything, find one thing and think about what you'd say to yourself about that. And then I would say share that with one other woman first, well, I gotta be honest I looked at my belly and I think uhh that's really pretty disgusting. Now I'm being very mild, if you go inside women's heads, women are violent towards themselves, it's much worse, it's very gross. There's a lot of research on what women say, it's really gross. The next thing I would do Brenda is I would say can we all get together, you don't have to say about yourself, can you all speak from the voice of that criticism. When you say it out loud, one will say you're disgusting, another one will say you're ugly, another one will say no one's gonna be ever interested in you, another one will say look at your thighs, another one will say you should wear certain colors, you should wear stripes. And if everyone will listen, those voices, out





loud, they're inside of us , people will be moved, because they would hear that, you will kind of go oh my gosh. So I've done that with women, woah that is really what is happening to us, that's really what it feels like and that empathy, coz that's what's happening to the world, already that empathy for that to know that's in there and to know what that feels like is a really important thing so there when the door comes home says you know so you lost weight, you remember that uuuh inside that hurts, that feeling will help you educate as much as any intellectual intelligence will.

B: But we have to probably work on a different level ourselves in order to clear it.

D: Yes.

B: Do you work with women in your counseling to clear this sorts of thoughts, these associations?

B: Yes, and I do classes on that issue. I do a number of different things, there's three that I think are super important, but one is for women to hear those voices and then the next thing that's important for them to do is to respond. Now I say to you Brenda, let's say you say to me I just wish that I was a little thinner in the mid section, I just have a little bit of, I'm grabbing my belly I'm pinching a little bit of that you can't see that then let's say I did that let's have a bit of an extra thing there, I'd say Brenda I'm gonna now criticize your flab, please respond do not take this and if you need help get some of your women friends to respond, react, not like this is an agreeable thing that you would like to learn to defend yourself and I'd say here I come are you ready for him get yourself ready coz I don't want you to take this criticism I want you to be ready to respond and I'm gonna say okay ready Brenda I don't wanna say this to you directly, I'd say ready Suzie, you know I'm looking at your belly and this morning when you were getting dressed, I noticed there's a little extra umph on that, that really isn't very attractive and I'd say stop me, Brenda stop me, learn to not let this go on and I would continue until you can find something in you that would say no way, or who the hell are you or you may curse at me, many women like to use the F word at this moment. And then they glow, and I say yes, you need that in yourself, that's part of the depot work and then when your daughter comes home and says that one's how and then you can kind of go raaah you're my curse, I hate that blankety blank when people talk to each other sorry I'm listening to you sweetheart . To have your daughter hear those words is very important, they know there's something that defends someone from the onslaught of criticism which doesn't help people lose weight, it just makes people feel bad. If someone says I really don't like you, if somebody comes to me and my practice friend and says I really wanna lose weight, I'd say and I don't care if that person is 370 pounds, and I've worked with women who are 400 pounds and that person says I wanna lose weight, I'd say how come? Just like that, I don't start by saying yes that's a good idea. Why? Even though it's a good idea, I'm not against the idea but I say why, because if I say yes you should, I'm one more person who has unconsciously agreed with your opinion of yourself which is usually disrupted and not helpful. You don't need me to gang up on you. You already have plenty in your head saying all the negative things. So instead of saying yes I'll help you do that, even if I'm a kind-hearted man who wants you to be healthier Brenda, oh you wanna lose weight sure, I'd love to help you do that, I have some ideas, you're subconsciously, I'm against you and you'll know it inside, is one more person who agrees that I'm not all I could be. That doesn't mean I can't help you, it means that I have to slow down and say how come, and if you'd say well because I just hate myself, I'd say can I hear about your self-hatred please before we go forward, then you say oh I'm this, I'm this and I say wow, you really don't like yourself, can we start there? Can we start with your dislike of yourself because if we're gonna help you lose weight, we have to deal with that first, you can't dislike yourself into being healthy, it won't work so that has to be interrupted coz the industry is saying oh great here's my method, as if everything you think about yourself is true and as if if I can get you to lose weight, all those things will go away. It's a lie, it's just a lie.

B: The answer's in the why

D: Yes

B: Everything starts from there really by the sounds of things

D: Yes, and even if a woman says because I wanna be healthier, I still say can you tell me what part of you, you would like to be different because people got very specific ideas, you know that, and I'd say well it's this area under my arm that's loose, I can say can you please tell me what you don't like about that, and the if I hear a tone that sounds self-effacing I say we can't





start on the lose weight part yet, first I have to deal with that voice, why? Because it won't help because gaining weight and losing weight in large measure is worse than being overweight worse than being mildly obese for your health

B: Oh, ok interesting, so you're saying being mildly overweight is preferable to or even obese is that what you just said?

D: Overweight, heavily overweight, mildly obese, all those categories, this is the journal of American Medical Association, thousands of women over many years, those figure, those numbers don't show up in greater mortality health risks. Yoyo dieting is hard on the organs, hard on the heart, hard on the liver, so it is actually worse to just try to lose lots of weight and not to be able to know what you're doing about that which again, 95% of people say the research will not work. Let's think of this, this is a radical thing, what question can you ask a person that would predict weight gain more than any other question. You can ask a person one question and you had to predict when they would be gaining weight in the next year

B: You have to help me out David

D: Some people say, do you eat, do you like pancakes, I'll tell you what the answer is, do you diet? "Do you diet" predicts weigh gain more than anything else ever studied. That's like hello, how do you say hello?

B: Wow, ok, alright, I just have to gather my thoughts because I keep on connecting this with our children. In my head, this is what we need to protect them from. These statistics are real and we need to protect them from ending up on this roller coaster because our course, Thrive: Raising Kids Love Real Food is about kids who know how to nourish themselves and treat themselves kindly so it just strikes me that this is such an important component of it all that if they are influenced as we all are by body image that ultimately at the end of the day, that's a precursor to determine what sort of health they're gonna be in if yoyo dieting is a reality that almost everyone I know and it affects our mortality and our overall health, so, it's just so amazing really to hear it in that way you don't really think about it in that way, I never knew that yoyo diet is more at risk than mildly obese or overweight people.

D: Yes, the health you bring up the food thing, the healthiness of food, you have different ideas about that but we know donuts are less healthy than broccoli, so there are certain things that we know, sometimes there's different diets that people like and will help you and that's good but the healthiness of the diet and getting some movement on exercise is much more important than how heavy a person is coz you can be heavier on good food. That's not a bad thing. But I love what you said Brenda about kindness, the kindness to one's self is such a profound thing, how does one act, and how does one act kindly towards oneself. And if you did nothing but talk about that question and get 50 people in a room, 3 people in a room, just you and I talking about that, how do we act more kindly to ourselves. If I would have start asking that question I would start this way, I would say, how are you unkind to yourself? Is that the question people will know in specific, how am I kind to myself, I should be nice to myself, maybe I should take myself for a massage, people have general answers to that question. But if I say, can you tell me the ways that you're unkind to yourself, people will tell you things. I put myself in vulnerable situations, I spent time with people who are hurtful, I talk to myself in negative ways. Those are very specific and we need specifics. So the kindness issue, how I talk about my hands, I talk about my face aging, they're very specific, that helps people in that kindness path more than the general because we're not used to, we don't treat ourselves generally kind, we treat ourselves specifically kind. You stop yourself from talking about yourself in a certain way. You say no to a person who doesn't talk to you nicely. Those are the very specific things, those are the details that people need to learn to be supportive, to learn about an act-on.

B: I can imagine in your work that not only are you addressing these weight issues, these body image issues, but these people's lives must completely change sometimes if you're talking about kindness and if you're talking about where the pain actually comes from. So much must change with these people that you see, the clients that you see, I mean it's about addressing your life isn't it.

D: It has to be about addressing your life, like any other practice, whether it's yoga or meditating or getting your advanced degree, it's not different than any other practice that you want to develop yourself and roll yourself about, except one thing when it comes to body, especially women's body, there's an idea that your practice is not so that you can roll yourself because



something is not good about you. Also you said I'm studying yoga, I'd say wow fascinating, tell me about it, well I'm learning this, I'm rolling this way and I'm developing my spirit and my focus, great. And if you said well I'm gonna get an advanced degree, wow I'm developing my intellect, I'm gonna develop my career. If you said I'm now doing meditation practice with a guru, yes my spirit is growing and my awareness is growing. But if you say I'm working on my body weight, my body image, oh really, you're heavy, you're overweight, it's as if there's something wrong with you, and that little seed that you're doing that coz there's something wrong with you makes the whole difference. It's a seed that can terminate the whole thing. I'm doing this not coz I'm an interesting person who's wanting to grow and develop, maybe I'll work on my body image issues. My whole life is my practice, cool. It is a yoga for any woman anyway.

B: Yes, that's exactly right, it's just another way to achieve self-care and self-growth but the stigma, there's a stigma attached to it.

We talked a lot about girls and women would you mind, coz we do have a lot of parents with boys and certainly I've got my son who's already starting to say things related to body which is really interesting to me and I'll be handling it as best as I can but can you talk a little bit about boys and body image?

D: Yeah, I mean one of the many things we can say, one thing that boys will want to be like in their bodies is strong. If you're a little boy, the culture pushes that too much, which means vulnerability is not gonna be supported, vulnerability in a body looks like non-muscles. Muscles look like strength, vulnerability looks like bellies that sag a little bit and non-muscular right. So in the culture sexist a girl should be pretty, and thin and boys should be muscular and strong. So we have to then be careful with that, so if a boy says to me, I want to, I don't like it, I want bigger muscles, let's say a 7 year old kid says to me I want bigger muscles, now I'd say how big do you want your muscles to be? And they'd say really big, I'd say show me, you want it that big, you want your biceps this big? You wanna be like this, you wanna be like Mr. Muscle? Show me how strong you would be if you had all the muscles you want, show me. And that kid might say Rrrrr. I'd say let's walk around the room making big muscular sounds "Rrrrrr, we're big, we're strong" and then what will we do with that strength now that we're that strong, what can we do being that strong. Well I might not get picked on so much in school. Ahhh that is so important, that person saying that they're looking to their body to take care of a problem and many boys do that, they don't feel good about themselves because they're not strong. Boys are supposed to be strong, they may need some strength how come? And they're also gonna say something to me, that if I was strong I will be a able to do my homework better, not get picked on in school, not feel bad when somebody does something to me, be like one of the other kids who gets called on by the teacher, they're gonna tell you a story that's not only body related, that makes sense?

B: Oh my god so much sense and so insightful because often boys in sort of research that they communicate in a very different way to girls and in order to get them talking, you have to approach them in a different way very much less directly. So that helps to understand how we can actually get the conversation happening with boys if we have any concerns as well.

D: Drama and role-play for young kids is so useful. You don't have to be like I study that but you don't have to have an expertise in that area. You can just play with your children. Even at 3 years old they're really good. Are you scared of Joey, yeah, what's it like, if I saw a Joey I would run, you show me Joey, rrrroah I'm gonna catch you. Aaaah. I'm serious you can play that out then play around with that. You'll get to see so much, and kids will do that very quick, much quicker than adults. Sometimes adults will take a lot longer to find out those deeper psychological things, kids will show you, I wanna run away, you shouldn't run away, why not I'm scared, I'm vulnerable, I don't feel so strong all the time. You have to be strong, I'm not strong. That's a huge conversation, you may not think that you put something in that child's head but you put a lot in that child's head through those role plays. Strength and vulnerability are huge for boys and girls, the boys have that big thing, can I be weak? Weak means, that if weak means to a young boy that I can get hurt. Of course you can be weak if that's the meaning, you can hurt me. Brenda you can hurt me as David right now, if you say something to me it might not wound me for my lifetime, I can walk away and go ooh that stung a little bit. Everybody gets hurt, so the issue of being strong, getting hurt, getting bullied, huge for boys but they think about that as their body can take care of that. I'm gonna go take karate lessons, nothing wrong with that, amen, go, do your exercise. I wouldn't try to stop a kid, but I also wanna see why they feel they need that strength or can't be vulnerable just like I wanna see girls, why they need to be thinner or bigger, or not have weight on their bodies.





B: Oh my gosh, you've given me so many tools that I can actually use with my own children. Thank you so much. Before you wrap up though, we do have parents with teenagers also.

I mean that's an interesting place and time to be for parents and often the damage is done, but if we wanna start unraveling teenagers and their perceptions of themselves and all that pain and suffering they're going through because that time whenever I think image is really playing out big time. So what would you say about that?

D: Modeling is great, modeling self-respect for yourself as a mother, as a woman, in that case of those girls, is a huge thing. That means how you are treated or allow yourself to be treated or demand respect from your own home, from your spouse, from your children is an important thing. Children can treat parents disrespectfully. We know that. I'm not saying that if the kids don't like what you're saying that's disrespect, I mean they can be contemptuous, nasty. And there has to be a boundary set that says I'm not happy being treated disrespectfully by you. That's an okay thing to say to a 12 year old that's an okay thing to say to a 14 year old. The way you're treating me is disrespectful, I don't stand for disrespect. Modeling that, and I'm saying that very specifically, modeling that is good. The children need to see, I never saw anybody say that, I never saw anybody either say stop or just not get nasty and hot and wanna kill somebody or run away. I never heard somebody say that doesn't feel good, actually I find that hurtful, some very basic statements are very important. But if you got teenage girls together, and I'd say please all of you think of the boy or girl that you would like to go out with, or that you would like that person to be interested in you, what might they think about you that wasn't pleasant, that you wouldn't like. Please think about those things and talk about those together, and let's say them out loud because we need a little defense from that same thing I was talking about before, of how people are looking at me. What might the girls, if you're interested in girls, or the boys if you're interested in boys, what might they think about you? Why do you think boys wouldn't like you? What do you think boys will be saying about you? They don't like you because those need to be outed so they can be heard out loud. And girls, if you got 15 year old girls together, 14 year old girls together, 13 year olds, they would be able to say, oh I think some guys would think that's about me, they would laugh about it, they would make statements. And if you want it to go further and role play that, if you're in that room I'd say I'm gonna play the voice of all those boys, please all of you stand together and fight me off. And I'd say yeah you're all this, you're all that, you're like this, we don't like you coz of this. If you said those things, they would all fight you. Happily, they'd be smiling, laughing, happy finding power in themselves. Huge, it's a huge thing.

B: And it's a great way to encourage them to access their feelings about themselves coz just asking a bit more directly as you would with an adult, they might not understand how to do that, or really know how they feel about themselves in the first place.

So imagining is a great little technique, imagining what other people think is gold for them to figure out exactly what's going on inside.

D: You've touched to me the magic spot or the question. To help another person, you have to know what it's like being them. You can't only have a good idea, good ideas are great. I mean I have a lot of good ideas, I like my good ideas but they're not gonna be helpful unless I have you tell me what it's like being you, or girls telling what it's like being them, or boys telling me what it's like being them. Why don't you tell me what it's like being you. I love hamburgers and I can't stand the fact that my mouth used to, I'm getting lines here and my face used to be thinner and I wish I can make my neck like this. If once you tell me that, we're in. The general stuff very hard, but once we're in to those specifics, oh you want your neck to be, I noticed beyond 60 my neck does more of this stuff, it used to be more like this, now it's like this, I'm older, right. So now you know something that's intimate, we're in it together and now I'm vulnerable actually. I'm thinking literally Brenda, she's looking at that, I wonder what she's thinking. I'm looking at your neck and she's younger, that's happening now inside me. I'm a human being, I can't help but do that. But now, I'm into a place where I can learn something. What's that, do you worry about your neck a little bit, David? Yes I have a little bit. I noticed the other day I was doing this, same thing I'm doing now with you. Interesting, you can actually talk to me about that, learn something about what I'm experiencing, not just oh well David maybe you should go get some kind of surgery and make that go away. I wanna know what's its like being you David. That's enormous.





B: Oh my gosh. And then you just... enormous. And then I've just remembered how much and how young girls are getting botox and surgery, and it's horrifying.

D: If you ask girls, you have to be at least 10, 11 probably to do this, if you ask girls when was the first time you can remember being uncomfortable or unhappy or criticized about your body. Whenever the person remembers, they have to remember the first time something happened. But they'll remember something, well I was in the school yard, on a swing and some boys looked at me and they said look at the fat lard, these are actual stories I've heard, or one girl says to me I remember my father said you're a little chunky. Those stories are so potent, they're golden, because they're gonna be the same kind of story that's gonna happen other ways and do I have an immune system for that particular moment. That's now gonna repeat in other ways inside my head and outside. Those early stories, and everyone will remember a story.

B: What do you do with that story? Just say you have that conversation with your child. What's the point of bringing up that story in that moment at that point? What do you do with it once it's out there, they've expressed that to you?

D: The theoretical problem that I've given the specific, the general point is to bear witness. Bear witness means you're sitting, watching a person be hurt by another person. What do you do? If you had somebody precious in front of you, I could be somewhat precious, it could be your child, it could be anyone, it could be a dog that you don't know and somebody were to injure it in front of you, what would happen to you? Well some people would say ooh God, I would be like ooooo don't hurt that dog. Please bring that feeling out. Oh, oh don't hurt that person, don't let somebody say that to you. Or if you would be angry, oh I never wanna let that person treat somebody like that again. Bring out that anger. Your genuine emotional response to watching somebody getting hurt is precious. People need to hear that whatever that is, maybe that brings a tear to your eye maybe that brings a story, maybe which brings hurt, maybe that brings anger. Anything that's emotionally genuine on your part will have power in the other person's psyche. They'll remember coz it has emotional authenticity to it. That goes in very deep. You know that from commercials right against why the people sell you something stupid or least they think about it is the emotional link. So telling a person your opinion is good but your genuine emotional response is enormous and the reason is Brenda, because if that hurt within, it means that nobody was there who saw it and responded appropriately.

B: Yeah, it's internalized.

D: It's now internalized. Now you need to internalize, Brenda, who goes oh ouch that's painful, hook that in there.

B: Wow, so powerful David. Do you imagine the inner life of their children.

D: The inner life of your children, that's a perfect way to say it.

B: There's so much going on we obviously are unaware of and we're not having these conversations. It's been so amazing talking to you and to get these tools that we could start to use and implement and know that we're helping out children avoid these issues that we experience as adults and that this calls for us in order to heal as well.

If people wanna find you David could you please tell us how they could do that?

D: Yeah, I have a website that's about to change in the next few months and I better give that to you. I wrote, I just finished a second book but my first book is called Talking Back to Dr. Phil. Is he a well known figure in Australia, okay well if he had a bunch of women on stage and he's done this and move on to lose weight he would not think any of the things that we're saying right now, maybe today he's changed, I don't know I don't watch him so much but he would say things that are inadvertently shaming. So he would say, oh let me help you lose weight. Don't just think that it's not working for you to do that. That's not the first place to stop, but anyway so Talking Back to Dr. Phil is a book I wrote on many chapters about that kind of thinking and my website is called talkingbacktodrphil.com and if you go there you'll find lots of articles, video





interviews, TV interviews I've been interviewed about diet and things like that before you can watch them with those interviews and things like that.

B: We'll provide that link for everybody and are you on social media apart from the website?

D: Yeah, if you go to facebook and you search for my name David Bedrick, you'll find me and if somebody says I wanna friend that person to read what they wanna say, that's great. I often write usually about 4-5 times a day about different topics, sometimes social justice, sometimes psychology, sometimes body issues, and then issues with pretty rich dialogue coz I like to encourage people to not just take my opinion but to converse, to disagree, etc. The disagreement in conversation is important to me.

B: Thank you so much again, we'll provide the link for that David. And it's so wonderful to meet a fellow feminist and to see your passion and even your inner child and if you don't mind me saying so you do look fabulous at 60. I know that's probably not politically correct considering the theme of our subject today but I really wanna thank you so much for your generosity in sharing all of that information and you really are gonna help the 500 people that have signed up to this course and start to help us make really important change.

D: That's so touching. Brenda what you said touched me a lot I just wanna say that I hadn't thought about the people out there who are listening to all of this. I was thinking just stat talking like you prepared, that touches me, it makes me feel like yes, this is meaningful beyond, and this is beyond our talk. It's a pleasure meeting you, your passion, your interest and your excitement. You have an energy and excitement energy, and a curiosity, your intelligence. I don't know a lot about you but I can see those things. The people are lucky to get to spend time with you and learn from you.

B: Awww thank you so much David, you truly have made my day. I'll just hang up the call but if you just hang on here. Thank you everybody. We'll see you on facebook.

