

Triggered AF with guests Dani Foster and Alechia Reese | TIS Ep. 64

Lisa

Welcome to the introvert sisters, the podcast by introverts for introverts hosted by Sharon and Lisa to INFJs with a lot to say.

Sharon

Hi, I'm Sharon. And I'm Lisa. And together we are the introvert sisters.

Lisa

That's fine. Go ahead, go ahead.

Sharon

We are excited about this episode because it is a celebration of Black girl magic. We are happy and honored to welcome Alechia Reese and Dani Foster these two amazing women are the hosts of the famous Triggered AF podcast, which has been featured on XO Necole and Essence. Yes, The Essence Welcome to the show, ladies.

Sharon

Yes, yes, yes. It's been a good little while in the making. But I'm glad we actually were able to finally get together and do this. Yeah.

Alechia Reese

Hi. Thanks for having us.

Sharon

And so we want to find out how this all started. But before we get there, take us back to before you got into podcasting. What was your background? Let's start with you, Alechia.

Alechia Reese

Ooh, before the podcast, I owned a marketing and branding firm. And we worked our way one of our headquarters was in New York. And so we worked in New York, anytime. Like influencers, celebs, executives, and organizations wanted to bring a product or service or event to market, they would come to my company, and we would create a strategy for what that looked like. It was really, really dope work, we got to work with some pretty dope people from Xenia Coleman to sell it at O'Brien, UPS, Verizon, and it was really, really great work. And also I hated it every week.

Lisa

Oh, if I could just interject, you know, I'm a marketer. I still I still have a nine to five. And I'm a marketer. And I still understand that because there are some brands that you like vibe with? Yeah. And then

some you're like, yeah, it is what it is. Yeah. So what about what about you, Dani , what did you do before?

Dani Foster

So my background has always been in sales. So prior to the podcast, I was. And maybe during a little bit, right where we started, I had my nine to five, I was a sales coach for American Express, for the platinum team. So pretty much I would go into different teams and kind of help mold their teams with sales and help them to be better at sales. So I would have like meetings and workshops and all these things to kind of help people improve their sales. And then in right before the podcast, and maybe again, a little bit during I started my certification program to become a health and wellness coach. So I was I was doing that I was doing the double with the right. Got juggling. Yeah, so

Lisa

I'm still juggling. So I mean,

Dani Foster

the juggle, you know, like, you just have the struggle to be you know what it is you have to figure out what you have to figure out what are the glass balls? And what are the balls that you're you can allow to drop, right? So I just learned how to like, hey, if it's not that important, if it's not the priority, it can fall to the wayside sometimes. But the glass balls, I got to keep them up all the time. Yes.

Lisa

Amen to that. That's a wonderful analogy. So okay, so you guys are in marketing and in sales and doing all these things. So what made you get into podcasting? Like, how did you when did this transition happen? How did it happen? Where did this idea sprang from?

Alechia Reese

So Dani and I have known each other over 10 years at this point? Yeah. And we went to college together. And then we also worked together. And from the time we were in college, she was always a safe place for me. And I was always a safe place for her. We literally tell each other like that and friends for forever because we each know where all the bodies are buried. Yeah, yes. So we're gonna be bracer forever. And at this point, it's beyond friendship. She's my sister. Like, I can tell her every piece and part the good the bad, the ugly, the embarrassing, and it's never a year disgusting. It's always a okay, I hear you. But this is how you could have done it. I could have done it better. Yeah. Okay, I hear you I understand what you're going through Come Let me hold you hug you. Like it's a it really is a safe space, and the depth and the complexity and the types of conversations that we've been having. Literally since college, we feel like people need to see and hear this. Because even in our expansive friendship, we've never gotten in a fight that I remember ever.

Lisa

And I mean, we both college, college,

Dani Foster

never, we've never fallen out, we never stopped talking for a few months, if you'd like we're always I mean, life gets busy in life. But I mean, it's just all we've just, we just get along really well, we just always had, and we've done other business things together. Like I've started businesses, and she helped me like we've done other things, and we just always got along. So when it came to triggered, we just would constantly be like, have a conversation, it was so dope and it's like we cannot keep this just between the two of us like this needs to be shared with with other people. And we both kind of were on a healing, we've always kind of both been on a healing journey have been in similar spaces, I feel like at the same time, right, or maybe sometimes she was like a little bit more advanced or more I had in this area, and she was able to help me and that or I was like, I was able to help her. So it's just always been such a reciprocal relationship. And we always got along so well. And we did business before and it it went well. So we were just like, you know, we are safe enough and evolved enough and protective of our friendship enough to expand it and to go into business and trust that we'll you know, respect each other and put egos aside. I mean, it's just so easy. And we were like, You know what, let's just do it. And the pandemic was just the perfect right, there was a lot to talk about.

Sharon

There were a lot to talk about. So leading on from that, then how did you come up with the name Triggered AF and the theme of dealing with emotional triggers? Because let's be honest, in the Black community, talking about mental health is still quite taboo in many cases. Yeah. So I'm gonna go for it, Alechia.

Alechia Reese

I think so for us, it literally kind of we were had I think it was a conversation on her green couch, whoever,

Lisa

you know, I feel now I feel like I need to see that the green couch sells right specifics.

Dani Foster

i There was like an emerald green valve.

Lisa

Oh, funny. Let me just tell you, Alechia, when you said green couch, and emerald green velvet couches, what came into my life tufting may or may not have tufting. Costing. lives it's amazing.

Alechia Reese

I think we were on the green couch. And we were just talking about just the work that we've done and how hard the work has been, and how it doesn't look like how it looks on Instagram where it's these picturesque, like yoga poses. It's like it gets nasty, and it gets ugly, and it gets painful and there are tears. And it does not feel good. When you are really doing the work to heal, and what progress looks like and how you ensure that you're maintaining that. And we were like everybody's, I think Dani said it actually pretty positive negative to everybody. So triggered. And I was like, Oh, we can name it. We can name it.

Dani Foster

Yeah, we were trying to get her to decide what we were doing the podcast and we're trying to come up with like the right name. We're doing things back and forth. But if nothing was like, so we were like, Let's just talk, it'll come to us. Like we were like, everything else flows and comes to us. Let's just let it come to us. And then just came one time, like, we weren't even trying to think of it.

Lisa

Like when it just like happens organically right

Dani Foster

off the bat. And then I think as part was like, I know she were I said everybody's triggering he was like, Yeah, triggered as AF. Yeah. I was like, Oh, that's a great name. And then we were like, Oh, is that too controversial? Is that? Is that too raunchy? Is that whatever, but we were like, You know what the AF kind of softens it. If you know, you know, right. And we just decided that, you know, let's not it's not just about talking and shooting the shit, right? Like, it's not like, oh, let's just chit chat. It's like no, how can we help people witness information with our network with the wonderful people we can bring on? Like, how can we take it a step further as opposed to just like two girlfriends having a conversation, but how can we have conversations that can help heal that can help? You know, people recognize traumas that they probably didn't even think oh, I mean, the feedback we've gotten is, it's like, I don't know how many times I've cried reading. Because I just can't believe like, our little conversation has turned into this thing. Yeah. Where people are like, hey, like, I don't do this anymore because of you guys or I left this abusive relationship because I listened to an episode like that is like, I don't I don't think that there's any greater service than than that and helping others and making sure that they're taking a different route or changing their mindset. I mean, if you can change people's mindset, like best is the best. That's yeah, that's the best. That's it. That's all I need. Like that works for

Lisa

me. That's amazing. I mean, Sharon and I are, again, you know, wearing many hats. So another hat is that we're actually both Reiki Masters.

Lisa

Right? Um, so yeah, so it's just, every healing journey is different. And every healer has a different way of, I guess, doing their healing. You know? Absolutely. But it is all I think all of it all roads lead lead to Rome. Right. Right. Right. Right. So all of it is important. And, you know, the way you guys do it, you know, even just from the name, it's very, it's very, sort of both of the moment and yet evergreen, right? You know, so it's everybody knows now about triggers. The people who need to know about AF know about

Lisa Hurley

it, it's really, it's really, really catchy, anyway, but I have another question for you guys. Because, and you mentioned, just know, you know, some of your listeners have talked about, let's say, being in abusive relationships and being able to move on as a result of, you know, listening to you guys episodes. And so you guys talk about, like heavy stuff, like, you know,

Lisa

Friendship Breakups is one that I saw, generated from a boundary line, you know, I was going through, oh, my gosh, oh, my gosh, oh, my gosh. And so my question is to you, though, is, Have either of you ever gotten retriggered? Mid show, like in the middle of a recording? When do we not reckon we know what else started Alechia? Yeah, that's why

Alechia Reese

I really liked what it is that we do, because we honor it will acknowledge it. Like, just last night, we were recording and doing an interview. And Dani had a revelation. And she was like, Oh, my God, I just realized that this is a saint. This is something that I'm dealing with, we've become so open with. And now not all the things because you know, only an unwise man shares all his house. But we have become really, really open with sharing what our struggles have been, like, we did an episode called Trigger Happy, where we had a conversation with our lower selves. This is how my lower self has responded. And this is how me in my evolved place would have done it or how I'm doing it now in the future. Because it's not about showing I'm perfect, and it's great. And it's no this is my underbelly. The parts that I don't mind showing, this is my underbelly, these are the parts and pieces of me that are not necessarily the best of me, right? This is where I have hurt people, sometimes intentionally, sometimes, you know, not intentional, but this is how I want to be moving forward, I am able and you are able to decide today in this moment, in the next hour that what has been no longer can be and I'm going to make intentional and deliberate changes to change. I'm going to make changes in order to change. And for us, when we do get triggered, we'll give it some time to talk about him. Like you know what, that's, that's really frustrating for me, or, Hey, for us, I believe that Triggered is just the spark, right? Spark is an illumination, it is a highlight on Hey, these are the areas in which you might need to take a look at. And then in our episodes as well, we provide Hey, these are the different healing modalities that you can tap into so that you can go deeper because just listening to our podcast one time a week is not right or

Lisa

right to start but it's a start it is

Alechia Reese

it can be a catalyst for you. It's a game changing Catalyst. We literally there's at at this point of that 10 DMS that I have not read yet but I saw the beginning of and they're like oh my god, I listened to triggered a total life changes. One girl told me like she was gonna take her life. And she was like the conversation that Dani and I had about what the other side of it looks like because I speak very openly about the things that I have gone through. I

Lisa

saw a post of yours. I guess it must have been on in Okay, yeah. Talking about, you know, somewhat some of your journey. And as we go, yeah,

Alechia Reese

everybody wants to try and hide in the same perfect like, I just looked like this, please understand it my life don't look like my life has not looked as well put together as I am. It's been some major trauma, it's been some garbage that I have had a

Lisa

listen, when when you're going through trauma, right, but you're trying to you're trying to like fake your way through

Lisa

God then you go back home and you cry in a puddle on your on your green velvet couch.

Alechia Reese

Yeah. I love it. That's what Triggered is for us. And it's I'm so grateful that honestly, God trusted us enough to know that even when we do retrigger ourselves that we are so committed to still bringing a level of healing and a willingness to still show up. We're in season five now we've recorded at this point 75 episodes. Yeah.

Lisa

Because Because I guess the content, or the the topics create themselves, I

Dani Foster

guess. Right. Well, yeah. I mean, there's so many triggers. That's why I was like, this is perfect. Because there is a there there. I mean, anything can almost be a trigger, you know, depends on the person. Right. And I think as Black women, we have another another layer that can be uncovered, you know, so, for me when it comes to getting triggered, you know, throughout conversations after conversations, I mean, there are times where we'll have a conversation, and I'm like, brooding over it for three days, just like yeah, like, you know, or sometimes I will we listen to a conversation and I'm triggered by something I said, Wow. Like that, you know, I think it's just, it's just you it's just a part of it. It's I don't think that you can talk about things and not be challenged by them. I don't need you. I don't think that you should act like you're not either. I am really intentional about not talking at the audience, but talking to them. And being like, Hey, we're here together, like, I'm on this journey tonight, like I'm talking to you. But please understand that I have a whole lot of stuff that I'm still working on. So even as the seasons have progressed, I've tried to be more and more intentional, of showing my underbelly of being vulnerable, of just kind of being more myself and not being so caught up and sounding perfect or saying, right, fine. You don't like that I'm done with that, like you don't get if I changed my mind in the next episode like to that.

Sharon

Yeah, I love that approach. And, you know, that really resonates with me both in the work that I do in the newsletter, because, you know, I kind of like say, well, here, this is how it feels. And you know, this is how I felt about it, then this is how I feel about it now, you know, definitely in the some of the allies groups that I that I that I moderate, it's like, okay, well, today is not a good day for me to talk about this, I'm feeling triggered, or, you know, here is how some people are going to react when you come, you know, you come at this topic in this particular way. And it's like, it's not all going to be pretty, you know,

it's not possible. No, it's not possible to make things that are traumatic, nice all the time. It really is not. And I don't think that we should present that. We shouldn't we shouldn't present it that way. You know, we got to we've got to be real with people. So yeah. So kudos to you for for doing that.

Lisa

Yeah. And Alechia, you mentioned you both kind of like alluded to it, but you mentioned your lower self right. And so my question is, who are Lola and Elsa? Oh, yeah. Oh, yeah, I did my research. I did my research. I love it. I love it. Explain to our listeners and viewers who are Lola.

Alechia Reese

Lola and Elsa are some ratchet you mean, nasty find over your phone. Find hypersexual, just outspoken. Very rude, but also very protective.

Dani Foster

beings and loyal. They are very loyal. They really don't take from

Alechia Reese

anyone They don't take they don't take

Dani Foster

from you don't play the piano.

Alechia Reese

So they're not about their life. But they're about that life. They like to save like. But Lola and Elsa are lower selves, we named them and I'm a firm believer in naming things, calling them calling them or giving them agency so that you can better identify who they just like I named my lower self also named my joy. My joys name is Edie. And anytime I call on Edie, I do so and it literally brings me back to a place because I've attached a feeling to what my joy feels like looks like what that experience is. Same thing with low low, my lower self. When I identify that I am ready to snap, crackle pop, because the other side of this love in life is rollin ratchet. And that that roller ratchet side is Lola. But Lola only wants to protect me because she's afraid she was scared. I think Elsa might be a little scary, too. But they're not afraid of getting hurt. They're afraid of utter death. And so they do whatever it takes to make sure that Alechia is okay. And so with acknowledging that I do have a lower self that there are parts and pieces of me that still might need some work. I'm not resisting what I want to do, I'm acknowledging that Lola exists, that Lola is about to come on up because she feels like Oh, Alechia could get hurt. Alechia is about to die. So let me do whatever it takes to make sure she stays in the game. And I can say thank you so much, Lola, for your willingness and desire to protect me. And also, I got it this time, right. I do let loose, right. Okay.

Lisa

I feel like it's my version. First of all, I'm now going to have to come up with a name for my version of Lola. I feel like it's online because Sharon and I were both writers. Right? And she is the she is the measured intellectual state in academia. dignify it right? She is. She's all she's basically always herself. Personality. Wow. She's amazing. And I'm not just saying that I mean, you know, place Listen, she,

when I tell you what I tell you, I feel blessed to have her in my life. And I say I always embarrass her like this is an exemplar for me. Because I am that dichotomy that you just described.

Sharon

Listen.

Lisa

I don't know if you believe and you know, astrology and stuff. Scorpio. Yeah, they're come out my sister. Scorpio, I know y'all intimately. Oh, this isn't my forte for Sharon like she has her I am a Scorpio or daughter is a Scorpio her husband is a Scorpio you're surrounded

Sharon

by her you Sharon Pisces Pisces right right

Lisa

I feel bad I'm still like if you even just looking at our writing on LinkedIn for example right? And even if you took the names away you like okay, that's Sharon. Then you can tell Lisa was just like another thing by the way, I don't like you don't sound like okay maybe I'm always triggered from the position of not always but frequently writing from the position of my version of Lulu now so yeah, I don't know. I know I have to you see this is where people learn learn in the moment.

Dani Foster

Yeah, it was and it was important for us to share it with people because like i For me it was a little maybe more difficult to share it because I don't know I felt like it wasn't I didn't like that side of myself for a long time. Maybe there was some shame around being like that. And then when we started talking about it I was like you know what, like we do have to learn to love all of ourselves. Even the lower vibrational self even the mean self we don't have it you know, I'm sure you're saying that about Santa Sharon's like nice she's like there

Lisa

she is she is I guess you know, but like I never seen it well, Kazan well whelming I guess

Sharon

I would say that there are people who will you know, bring like a big rock with their views. And I'm probably going to be the stiletto.

Alechia Reese

So you might know black mama so used to like pinch you pinch your skin off in church like don't show me

Sharon

Oh, I see, you know, I still have I still have a lower self, I still have a low self made, you know, the way that she comes out is often very different. But she's there.

Alechia Reese

Yeah. And that's, I feel like there's so much strength and honoring that part of yourself. Yeah, like, it feels so good to know, I am not forced into this level of perfection that I could never achieve. Yes. Because what happens usually is when you try and push down your feelings and emotions, usually they eventually erupt. And then they erupt at a time when and you said all the time, the punishment didn't fit the crime. It was a little needle, but because you have been hammering it down so much. It's like, we know what that's it,

Lisa

let it go. It can come up verbally, often kind of preaching to the choir, it comes out in your body, like physical manifestations and symptoms, and so on. Yeah,

Dani Foster

there's so many. Yeah, and I think also, too, when you can kind of identify this other version of yourself, that isn't the best version, you also can learn to forgive yourself and be gentle, and have compassion with yourself throughout the journey. You know, once I was able to kind of have more dialogue with my lower self, from a place of love and compassion, and a place of a higher self that is more healed, you kind of realize that, like I need, I need her like she's here to protect me, she loves me, she is not as informed. She is not she doesn't feel as safe. She doesn't feel as protected. But there is a version of me that does. So maybe we can work together where she can be my voice. Sometimes when I'm too scared to speak up. She can be that extra thing. Sometimes that pushes me when my higher self is like, yeah, you know, whatever, let it flow, let people say what they want, or let me do one. And sometimes else is like, no boo like that. We're doing you know, so I feel like instead of it's like it's she helps reinforce my boundaries. Yeah. I love

Alechia Reese

that. That is probably why we have not argued because please understand, we both have extremely strong personalities I never

Lisa

picked up.

Alechia Reese

But we have extremely strong personalities. But I think because we have done such a good job at acknowledging when our lower self is like, you know, thriving, and we also were willing to have really tough conversations. Yeah, like she's told me things she's like, you know, I didn't like the way that made me feel. And then she's also open to like, hey, what do you think about this? Or, Hey, I responded like this. What did you think? And then I do the same thing. I'm gonna hear it all and nothing about that. And it should be like, Alechia, now. Yes, that was the day

Lisa

that I got a lot of that from big sis. Like, there was another way.

Alechia Reese

I got into this major argument on an airplane with a passenger who I was sitting next to. And again, we talked about everything. So of course, I'm gonna tell them I just I was like, Listen, my business say XYZ and I went zero to Ohio real quick. And she was like, I was looking for it the catalyst. She's like, why did you? Like why? How did you get there? So she's like, I think you really might want to start looking at what is it? Or why is it that you go off so fast? And literally, from that conversation that she had with me, I was like, You know what, that's not healthy. If I hadn't had another black woman on the plane, who was like sis switch seats with me, because it was a point to where love was about so I'm leaving. Wow, on that good passenger who was sitting next to me who thought because she was white, so she had to be right. Listen,

Lisa

I sorry to interject, but I was like, I was like, all right. No, yeah, yeah. Right. No, but they can they can push you there. Because there's so much that comes with it. It's not just so much. Yeah. Even responding. are you responding to what was happening then you're responding to you know what? My great grandmother okay,

Alechia Reese

I'm Harry. Aloma, Harriet Tubman came. Listen all I'm Cicely Tyson. She was like, Yes, this game If you do right by me everything you do feel like that type energy because it was just so blatant for me with it and I didn't even know and I even was it was kind of like my Alechia was over looking at it was all Elsa, I felt like I was literally possessed with the Lola. I'm sorry, it was all low but my base Yeah, we've been praying. It was all Lola literally like, I mean, unleashing on this lady because how she handled me was just so incredibly disrespectful and entitled. This is eight o'clock in the morning, which is why

she broke up and chose

Alechia Reese

violent live. She woke up and shows by us and Lola was like that I've been waiting.

Lisa

Let's go.

Sharon

Okay. So this seems a really good time to ask, you know, healing work can be fulfilling, but it can take a lot out of you. How do you practice, care, pour back into yourself? And so

Dani Foster

I think I think there's so many ways, I think the main way is, of course, having great friends, having a tribe that understand you that who sees you that cares and knows how to pour into you. I think it's really important to curate a tribe of women, specifically women, for women that know how to pour into you in a way that is really filling. I think sometimes we think we're around our friends and just being around me is not enough. When I'm, especially during the work that we're doing now. I can't just like I'm not really here to just have kickbacks and just chill. Like, what kind of conversations are we having, like, can I call

you in, like, Alechia will call me and be like, hey, I need to kind of emotionally dump Do you have space, and you hold the space for me. So just curating a tribe of people that can hold the space for you that understand that understand and respect your boundaries. I love little things like getting my nails done getting my hair done. Like, I do still enjoy that. And I do regard it as self care, especially as a mother. It's like just having those things for myself that I can do my longtime my workouts. I mean, I think those things are important for self care. But I think the most important thing is probably just who I'm around and who I surround myself with on a day to day like that is just that's been a game changer. For me just being very intentional around who I spend my time with. I had this period, you know, right after I had a baby where I was communicating more with some people that I didn't always communicate as much with and I literally felt the shift. Like I felt to them to the point where my now husband was like, What's going on with you, like you're being your best self and he like called me on and he was like, You know what, I think who you're talking to today is starting to have this impact. We don't even realize that

Lisa

we're energy to take and utilize,

Dani Foster

I'm just talking to you like what's the big deal? No. And I started to kind of pull back and the check. I mean, the change happens so fast like this is crazy, how quickly the energy can shift based on where you're putting it it was so for me it's that just making sure that I'm around the right people who are saying the right things to my spirit to my mind and making sure that my energy is used in a very intentional way. Yeah, I

Lisa Hurley

thought that's so important because you know energy you know energy existence, they're kind of like an ether and if you are a certain kind of human being you can pick up on those signals. Yes. Almost be Yeah, yeah, you can add an empath you can be almost like a dowsing rod and feel. Who is for anyone who is not but also you're so right about the conversations because you know, life and death in the power of the tongue or whatever, they no longer have that but you understand. Okay. Um, so literally every word that we speak is a spell they call it spelling for a reason. Yeah. If you are if you are spelling if you are speaking to somebody and what you are spelling or speaking about is all negativity, all gossip you know all that kind of low vibrational, low vibrational stuff that is going to show up.

Dani Foster

I mean, it was it was bad. It was like to the point where like, I've been an athlete all my life. I've worked out all my life. I didn't feel like working how I didn't feel like like all of the things that I just that come to me at this his point pretty naturally, eating well, working out, just journaling or just having like doing all my rituals, like all that stuff was out the window. And you know, you know, I'm not blaming or putting, you know, not taking accountability. But it was an influence. It was something that I was like he was like when he said when he pointed it out, I was like, like, you might be onto something, because he's watching me. And he's just like, your whole vibe has been different lately. I think you need to be more conscious of who you're spending your time with. First, so it was getting a little light.

Sharon

Right? All right.

Dani Foster

But then I was like, You know what, this man loves me. And if he's saying this, I need to I need to listen and take heat and do some inventory. You know? And yeah, so I just being really conscious about that stuff is a game changer. It doesn't matter if it's family, it doesn't matter if it's your bestie. Like sometimes some people you need to learn to love them from a distance, and put them where they belong, so that you can flourish and be open to new friends and new options. As I'm finding your real tribe who can take you to the next level.

Lisa

I'm okay with most of that up until the up until the new friends part.

Lisa

I try. I try. I do try. I try because I think it's important. It's important to be teachable and to be open and yeah, right. And I try I'm bad you know, people are gonna beat I always say people are gonna beat right. Yeah.

Alechia Reese

But here's the thing with people peopling Right, right? People don't people, people, but here's the thing with that you get to and Dani has such a really great analogy where she doesn't believe in throwing people away anymore. Because she used to love to, you know, play with scissors and cut people off. Actually.

Lisa

I'm looking, I'm looking for my minor nearby. Let me tell you right here, I'm listening.

Alechia Reese

And that's what she said she wouldn't normally do. But now instead what she does is because she's done such a major healing journey. And I've adopted this too, instead of cutting people off because I'm very much like that, like, I'm quick to like, ya know, you no longer exist in my world. I'm a Taurus. So we are very long suffering. By the time we're done suffering, Oh, you are dead to me. I have had your funeral. After that. You're still living,

Lisa

you are dead. Remember your name,

Alechia Reese

I will. Your existence, I will forget that we ever knew. It is pretty bad. But what I do now and I took this from Dani , is instead of damning you to you know, the grave. What I do now is this At first you may have been up on me where you were in my intimate you were in my bedroom closet. And you were in my bedroom closet, you were in my bedroom, you had carte blanche access to all the things that was me and said that I may put you in the kitchen, like that's downstairs in my house, you no longer have access to my intimate areas because you can't be trusted to manage the level of responsibility that

comes with having that level of access to me. And then if let's say you aren't prepared to be in my house, then okay, you're outside in the garage.

Lisa

You know, that's where I like your life. Because you know, like, is there a garden? Is there a garden or you go out into the field, are you out curbside

Alechia Reese

in the street because you can't be trusted there you have to understand there's a level of responsibility that you have to have when people let you into their intimate partner. And if you are not a place in space that you can handle that level of responsibility, then I won't give you that just like a baby. You don't give a baby meat because they do not have the capacity to break down the protein to break down the toughness of that meat. You are not prepared for that level of responsibility. So I remove it from you. You just know when I sit in front of you. It's okay. I love you. Right he's the unsee you love in light.

Lisa

Let's go. Yes, so interesting. I had a friend sorry sorry. Let me just say this I had a friend uh, well, I don't know friend former friend. I don't know what

Alechia Reese

to call this in your world who provided something at the time when needed. They

Lisa

used to be as just put it in the bedroom closet and then you know like, I don't know what happened randomly just goes to me cut me off one day. I'm okay fine. No problem.

Alechia Reese

Yes. We had that to happen as we talked about.

Lisa

Right you've talked about in a few of your episodes and so so good. Fine, you know, if we block in less block, so I forgot I forgot one channel and so I forgot Facebook and randomly Just recently, just the other day this person reached back out. Hey, how are you doing? I love you got a girlfriend, not a romantic nothing, right? You know, I just want to say I'm sorry. And I was like, I kept looking at my phone like, okay, like, what is wrong way? Like, this must be some kind of glitch in the Matrix

Lisa

How is this even happening? And so I said, Okay, I said I'm confused. Yeah, I'm, I'm confused and they were like, Okay, well, you know, I'll call you soon. And I actually laughed out loud, like a crazy person in my house by myself. Like you get called, but I didn't pick it up. And they didn't call you know, but they were on the curb. They were outside on the curb. I did not pick up the call. I'm like, because it was so drastic for me. Because it was like one day. It was like, like, who said, you know, super, super close. And then the next day, I don't know what happened then there was never any communication. Yeah, no. I do understand in cases if there's communication. And you can there's clarity around Okay, XYZ

happened there was some kind of inciting incident, then you might not like the result, but okay. You at least understand Alright, maybe this person, the beef, what I what I was delivering, and everybody's entitled. And that's fine. Yeah. If there's no clarity on this kind of situation, like no curb.

Alechia Reese

Yeah, I mean, that would literally like if Dani were to, like, cut me off a nursery can again, never have a competition. I'll be heartbroken. Because it's like, but you my sister. You don't think I deserve a converse? Face?

Lisa

Yeah, yeah, yeah. Anyway, I know that we are we are such a juicy, juicy conversation when you knew what was going to be? And so um, yeah, why don't you take next one says,

Sharon

Well, we still haven't found out about Alechia and self care. That's true. We still want to know what

Alechia Reese

you do to say. I say, I want to make sure I'm respectful of your time. For me, I'm a firm believer, I tap into joy. So then I align and that being around the right people is a thing for me. I collect good people, like children like love candy. I love good people. I love New Energy, because I get to learn more about myself and the energy. And as they reveal who they are, what their values are, their morals, their character, then I decide where there will be in my house, right. And then for me, I tap into joy, I travel extensively. I make sure I can't create or show up as my best self if I haven't been to somebody's country, or somebody's excursion in a while. Like, that was my sister the other day, my little sister, the one who my mother had, I was talking to her that day. And I was like, Okay, I have to am itching, I gotta go somewhere and do something. Because that is how I take care of myself. Like I really I am an introvert people don't believe me, but I am a whole introvert. I'm social because I know how to speak. I enjoy people, but love people, but people do drain me. Um, and so for me, I have to go and spend time alone and or travel. That's how I take care of myself. And I honor my needs. If I and I asked myself each morning, like what do you need today? Like, for me, that's how I daily take care of myself. Like, what do you need today, if it's that I need to be held. I know I have, whether it's girlfriends or boyfriends, intimate partners, whatever it is, because I've only been dating them all. I'm single till I'm married. I'm sorry. I'm single till I'm engaged to be married, then I'll put everybody out. But until that time, when I asked myself, What do I need? I honored that, like if I need to go out to eat out, go to one of my favorite restaurants and grab a drink and get really, really dressed up. I honor my needs on a daily basis by actually asking myself what they are. So that's self care for me on a daily and also, you know,

Lisa

I've learned so much already, you know,

Sharon

yeah, and obviously we totally relate to that need to have that alone time because you know, we are introverts we type as INFJs and so that was actually going to be our next question. So what about you Dani , do you identify as an introvert extrovert? So we're in between?

Dani Foster

I would definitely say I'm both I love I get my energy from where I need to get it from I you know, because I you know, the real meaning of introvert and extrovert is pretty much just like where you get your energy from right? Like I'm an introvert. So I just like to sit home and watch TV all the time. Like that's not like I hear people say, Oh, I don't want to go because I'm an introvert. Like no, you don't want to go because you don't

Dani Foster

want to go where you don't feel like doing Your hair makeup. You're a little lazy sometimes like that's what

Dani Foster

you know, like, there's just I, you know, I think that those words introvert extrovert are really misunderstood and they're kind of thrown around a lot. So I love it. You got Yeah.

Lisa

So clarify. clarify a bit a bit more for the people who are listening in. Yeah. Yeah, your

Dani Foster

interpretation. Yeah. So for me, I can get my energy from the crowd. I love people, I can go into the crowd. And if I decide that, hey, I want this energy and I want to soak it up, and I want to do all the things and I can do that.

Alechia Reese

And that's an extrovert, right?

Dani Foster

Yeah, but I also sometimes have times where especially if I feel like I'm vibing kind of low, I do need to be by myself. So for me, my extrovert introvert depends on where I'm vibing at the time. If I am in a low vibrational state, I know that crowds are not a good idea. I know that I'm too sensitive and too susceptible for some wrongdoing, right. So when I am by me low, when I'm not in a good space, I will avoid crowds and kind of tap into my more introverted self, to learn to kind of replenish myself and connect with the intimate groups of people that I know in my intimate friendship, to replenish and recharge and to get my energy from their one to five a high, I need the people to see me I need to be out of the screen up, up up. I soak up all these good people and we people I it just it feels so good to me. So like I said, for me, I get my energy based on where I'm vibrating. I'm just ready to get it for

Sharon

love. I love that. I love that I am a total introvert. I you know, I honor that I've learned on that, you know, somebody messaged me the other day. Do you want to go and do this this evening? I said, Well, I've been in calls all day. I'm not sure I'm going to be capable of doing anything social after nine to five calls. You know, it's like, yeah, I need alone time. I need recharge time. And that's what I've always said.

Alechia Reese

Yeah, and that's, that's me too. Like, it's an I feel. I used to feel really, really bad. Because people would invite me out. And they do all these things. And it's like, I need to spend time with me or else Lola will be empowered to come forth. And it's unnecessary. It's literally just because I'm tired. I have no energy. I was speaking with one of my girlfriends this morning. And he was asking me to go you know about our day and all the things that we have to do. And he was like, So what do you plan on doing tonight, I was like, I plan on sitting down, because I would have expended so much energy as I have to recharge. And I know that about myself. I must recharge and usually it's alone, and we're gonna have

Dani Foster

the same kind of day. And I'm like, she's gonna be here. That means I have a babysitter. Maybe me and my husband should go out. Going out. Right? Like we're gonna be around people, right? We have these interviews there in person, like we have a lot going on, right? And I'm like, I'm feeling good today. Like

Lisa

it's so funny because um, it's interesting what you said, Dani about just getting your energy from where you get it from get it from, because even though both John and I technically tape as introverts let there be a dance floor on some good Calypso music Come on.

Sharon

Up like all bets are off.

Lisa

That can be the introvert sisters because if nobody else wants to know

Dani Foster

well, there's a misconception that introverts are quiet or shy or not outgoing. And it's like, you know, intentional always trying to define that when people say, like, Oh, I'm an introvert. I'm just like, Okay, tell me more like what do you mean by that? Because you being quiet and shy has an every introvert I know is like a ray of sunshine, have a good time is fine, and the adventure is a good time. Anyone more adventurous than Alechia who jumps off any clips you could find? Like, you know, there's just I think introverts introversion gets a lot of time a bad rap of being boring. And that's just not my experience with the true introverts. I know I mean, they are a blast as

Sharon

an introvert lets you into their circle. Oh, right. You will see the side that other people do not see. Yeah, because we advocate we are picky. We are discerning. We are discerning the people that we let in. And when we let you in, we typically let you all the way in the front side. The people that are on the outside, see the reserved and what they call a loose side, which I call the discerning aside right they just see that you know those people are out in the garden right and then a few people in the bedroom right

Alechia Reese

still to let some music come out I mean Dani Bo I saw came on at the at the way and literally she's in her gorgeous Princess, you know go beautiful thank you my bridesmaids outfit the line and keep your heart through sex if you're hot man we literally are dancing to it back and forth. Another song came on I've been on the dance floor it's working shaky, shaky like soft like a like we're doing all the things and and yet and still like it's understanding that introversion truly just means where you draw your energy from you draw your energy being alone being with yourself extrovert you draw your energy from being within among people. That's literally it doesn't mean that you're boring like you were saying it doesn't mean that you don't like adventure if there's a plane that I can jump out of let me jump out of the plane let me scale the cliff let me jump off of it. Oh sharks Yes. Let me jump off the side of the yacht jump into the water with sharks like all the things

Sharon

I definitely feel you Alechia I've done the you know the plane flying driving the sports hovercraft the go karting all that kind of thing all these kinds of things that you would think are not difficult for an introvert all I'm gonna say finish doing those those those activities then I want my alone time I recharged.

Lisa

I am adventurous to I am like adventure in the Ritz I adventure and intercontinental right. Can I adventure into four seasons with some new surface I'm here for that. I'm really here for that adventure by getting my makeup done. That's That's my listening to she's like, oh, I want to go there. Where's the spa? There you go. Love it. Love it. Anyway, we are almost winding down ladies. And so we just want to ask you both. And we were fans, of course of your of your podcasts. And so what is the next? What's the next frontier for triggered as like if you can share anything? What can people look forward to? What's your vision?

Alechia Reese

Yeah, so so many visions. I'm a firm believer and say what you want it to be I know that we're going to be a syndicated podcast, we're going to have a television show. Those things are going to happen and come but what is absolutely next is we're going to start having some live intimate events and experiences that folks can join us that they can go to trigger af events.com To register for those we're going to be having our first one in New York pretty soon so we're super excited about that. Yes.

Lisa

I'll be like Mayor to Jersey City.

Lisa

Invitation thank you

Dani Foster

but we make new friends in real life. We really do. Yeah,

Alechia Reese

come on, you're invited. It'll be there'll be a fun day. We're going to rent out a boat going to be a lot of times, but what we'll start doing these events in different cities, so that folks don't meet us in real life like

the same people that we are on these podcasts. The same people that we are in person there is no difference we're not faking the front. It isn't this I'm actually a lot more myself off recording

Lisa

so it's a damn awesome. Awesome awesome. Um, so in addition.

Lisa

Viral how can people eat Beyonce internet? Well, can we can we do a split? Can we do a 5050 split? Because because we're from Barbados, can we split it between Beyonce and Rihanna? All right, okay.

Alechia Reese

Um, Beyonce. Rihanna has internet. You can find me everywhere at Alechia Reese. That's eight L

Dani Foster

e c h i a r e s e om for me you can say connect to me at Dani Bourdeau Bourdeau is b o u r d e a u and for triggered you can always go to trigger at triggeredaf on Instagram triggered af podcast on Facebook and of course you can listen to the triggered af podcast on all the places that podcasts are casted and you can even watch them on YouTube. It's just it's just been such a pleasure to be on this podcast. Thank you so much for having us. This was a blast. Yes.

Lisa

Listen, you guys have just so much. You are high vibrational. You are high vibrational, Lola.

Lisa

Right. Good vibes and you know just has been such a pleasure to have you guys.

Sharon

Thank you, Alechia . Thank you, Dani . Everyone, we are have been delighted to welcome the founders and Cohosts of the triggered AF Podcast. And thank you both for being here with introvert sisters, and we will catch you next time. Thank you and bye bye

Lisa

you've been listening to the introvert sisters loved what you heard. You can catch all our episodes on Apple podcasts, Spotify, SoundCloud, and all other major platforms. Subscribe rate and write a review. Find us online at the introvert sisters.com And follow us on Instagram and Facebook at the introverts sisters. See you next time. Peace