

Gail Porter Episode

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Welcome to Women Are Mad, where we invite women to bring their anger into everyday conversation. We're all feeling it. Let's get together to work out what to do with it. I'm Selima Saxton, I'm an actress and writer. I'm Jennifer Cox and I'm a psychotherapist. We notice that anger is the one emotion that women aren't allowed to openly express. Meanwhile, everything around us is making us absolutely furious. By talking about women's anger freely. We hope will inspire you to do the same. Salma, what's made you angry this week? *1s* Well, funny you should ask. Um, my dealings with local politics. Oh. Just look. My short version of this is that I think sometimes people like things not to be resolved, and people find it easier just to keep the conversation going about nitpicky little things in their lives. Oh, I can't go into further detail, but that's been the very annoying thing about my last few days. I think sometimes people like, um, minor conflicts in their lives, and mine are kind of bubbling so that they can have coffee and moan and groan and feel things. And and this there's a kind of cause, rather than looking at the bigger issues in their life, is my takeaway from this week that I wish I. I wish that I could just have coffee and moan. I wouldn't stop if someone gave me a cup of coffee and and switched on the moan button. I you wouldn't get me to shut up. Yeah, but you actually, you actually want to talk about that. The stuff that is really, um, instrumental to your big life plans. So look, feel free to moan away with me at any point for that, because I would give you as much space as you needed as you do for me all the time. But I think it's when people are using little things to, um, you know, things that need to change locally. Um, um, as, as, um, as a way of not looking at their big stuff. Oh, okay. Okay. Because I feel like, yeah, sort of is the opposite for me at the moment. I feel like I'm sitting so much in the topic of women's anger and the details behind it. And I suppose wedging myself deep into the dark as research. And it's really getting to me. Yeah, I'm not surprised. I mean, I'm not. So I do wonder with you and your work and being, you know, being a therapist, writing your book, um, being somebody that we all go to to ask specifics about all of this. It's a lot to hold, isn't it? I guess it is, because I just crack jokes or kind of, I don't know, ask Jen. But you do. But but you're my way through it like it is. Only by laughing that I think I actually don't tumble off into somewhere very, um, unpleasant. Um, a quagmire, the quagmire. Can you tell me who our guest is? Yes, um, I can. Our guest today is an icon. She's a former model and current television personality, but she's also been open about her experiences of homelessness and mental ill health. Please welcome the incredible Gail Porter. Yeah, that's. You must shake your head when we're saying I love that. You were like, *2s* come on. Oh, no. I'm just it's been around for a long time. So this is so typically woman. Yeah, yeah. We're not taking that. Gail. Sorry. No. No minimizing. We we refuse all of that. Sorry. *1s* I work as hard as I can do to try and make a difference, but I don't know. Well, you. *1s* You do. Um, Gail, I'm going to start with our very first question, which is what we always ask people and we always ask Gail Porter. Were not always asking Porter. We always ask. *3s* Everyone else. *2s* Porter. What do you know exactly? Okay. This week, Gail Porter. What makes you angry? What makes me angry? Yeah. Um, *1s* people being disrespectful and people not, um, showing kindness. So. Because I live in London, I'm from Scotland. So if you see somebody with a big suitcase at the tube, then you see, may I help you down the stairs? And then you see all these other people just walking past, or if you see somebody with a shopping trolley that's struggling getting up the stairs, you just say, May I help? It's really so that makes me angry. But it's not angry. Angry, but I just want to sometimes say to them all, it takes you two seconds or a minute out of your time to walk up the street and ask them, have you had a good

day? Are you okay? Is everything alright? 1s Do you think you've always been like that, Gail? Or has that changed as you've got older? Were you this person in your 20s too? Yeah, always, I think. Well, I think so. You're getting phone calls. No 1s I 2s wasn't you didn't carry my bag, so I pushed my suitcase down the stairs that time. I'm sorry, I tried. Try to think that I am that person all the time. But there are times that sometimes I think, oh, my gosh, if I don't get on that train in one minute to Edinburgh, it's going to cost me a huge amount to change into another train. And I'm looking at other people going, that lady or that man is struggling with that bag, and they just look at me as if to go. 1s Bill votes and I say, well, I am to go. But yeah, you sound like you sound like you're someone who's very community minded like that. We all we're all part of something bigger. Um. Oh, yeah. So if I go to the supermarket, which I did today, I always book two hours out. It's just around the corner. But I know that people 1s know. But everyone will chat. Everyone will stop and see something, and I'm more than happy to listen. I'm not. I can't help everyone. But if someone says, oh, I haven't seen you for ages, how are you? And you think you know what? I've just given myself an extra hour, so I've got that time to go. I'm okay. How are you doing? Are you all right? Is everything okay? So, yeah. Supermarkets take a long time. Oh, wow. So? So on a very practical level, that's the kind of thing that makes you angry in daily gale life. But like, macro level anger, the big the big leagues is. Are there any causes that are dear to your heart that which can fill you with fury? Well, maybe it's not even theory these days. We've had people say it's no longer fury, it's other emotions. Well, I work a lot with, um, homeless charities, and I know it's changing, hopefully for the better. But sometimes you just feel like, you know, anything to do with politics. Are you just. I don't even want to get into this because, again. Exactly. There's no where to begin. And they're always going, yeah, we're going to have a look into this or we're gonna have a look into that. And I was like, seriously? Seriously, are you really? I did a talk about mental health at, um, the Houses of Parliament not that long ago, and only one MP turned up. Everybody else was from different charities. Yeah. And I was thinking, no, it was great because there was lots of people to talk to each other, but one MP and you're thinking, oh, and it was about 8:00 in the morning, so they couldn't have been in the bar or there could have been, I don't know, but it could have been or not. But they were going, you know, we gave you that space to talk. And I was like, well, I'm just talking to everybody that's like, 2s we all know each other. We need you to listen. Yeah, we will listen and we're going to bring it up. I still find it extraordinary how certain aspects of like being well and mental health, for example, is, are still not, not everybody's able to sit and hold that conversation, are they. Even people in positions of power aren't they're not necessarily very comfortable with it. All that's going on in your life, do you still come across that where people aren't comfortable or kind of navigating around it? 1s I'm very lucky because I can talk about it to my friends, and I use social media for a good thing. I know social media can be extremely dark, but do you know what I always say to everyone? Block anyone says anything mean? Look, it's easy. These are people you know. But if you can talk to somebody that maybe is going through the same thing as you, and you can have a, you know, a very positive conversation, then yeah, use it to your advantage. But unfortunately, there's quite a lot of mini pants out there, as I said. Oh, there are a lot of meanie pants because I was going to ask you this. What? I mean, how how does it impact you when you get a meanie right now, now, compared to how it might have done in the 90s or the noughties, like, has that changed? Thank goodness for that. So yeah. Cool. Yeah. God, you I mean, if you just think what you were doing in the 90s, if you'd had social media, God. Well luckily I can't remember the 90s. So it's okay, it's okay, it's okay. I'm just thinking, oh my God. And it's, you know, things like going to a gig that's like, put your phones down and enjoy the moment. But no, I don't really get mean comments. I think I've sort of made myself clear going, don't even bother, because if I see anything even slightly mean, I just blow up and it's done. I don't even need to read to the end of it, apart from one that made me laugh out loud. Like just like, yeah. He says, yeah girl, you're bold. I

bet you've not got any public hair. Oh. Public hair. Oh, it was like it's pubic. And no, I don't. And you're blonde. I know I don't, but it is quite funny. Thanks for that. But how were the responses to your amazing Edinburgh show, which I see that you're going on tour with in the next few weeks, right? Yeah I am. Well, um, Edinburgh was amazing because that's my hometown, I know, and I talk about lots of stuff that are I tell stories I don't get up there and do. It's like telling people about school days and this and and people things that people can relate to and even, you know, mental health. I bring up that and people relate to it. And there was one lady, bless her, because I usually go, hands up who's been sectioned and usually no one. And then this one woman went, yeah, me. And I was like, oh, there you go. So have I been. I went seven times. I was like, wow, okay. Um, but, um, it was great fun. I mean, I was pretty unwell most days just because I was nervous. What do you mean, unwell girl? Like, tell me. Nerves. Oh, but everyone say that does shows up in Edinburgh. And I said, oh gosh, I have to go to boots. And they went, are you back for Busker Person? And I was like, yeah, for cramps. So I was like, wow, they're cool. But um, but no, it was amazing and it was terrifying. And it was something out of my, um, you know. Yeah, absolutely. And then when I spoke to other comedians, they said, or performers or anyone, they said, you know, if you feel sick or you're nervous, then you're obviously really into what you're doing and yes, you're invested. Oh, this is a great way of looking at it actually, isn't it? Yeah. That you care. That you care. So why why did you even do it? How did it come about? Oh no. No. 2s Come on. Yeah. So I did well obviously from Edinburgh. And then last year I went to John Bishop and Tony Pitts had uh, that was called Three Little Words and sort of live podcast that they did. And I went on there and I do like talking and I was on there for ages, and we were all laughing and crying and laughing and crying, and then I don't know which one said, but they said, you should do this next year. And I was like, that's a great idea. And then I yeah. And then you did. And he did like I think and I thought, this is terrible idea. This is awful. But yeah, I did it, but it was a girl. You just think where you've been in your life like we've all grown. I think we're all a similar age. The three of us. We've all. We've grown up with you. Okay? And to see how you're young. So you definitely know my age. It's very dim lighting in here. Um, but I to see how graciously you have navigated all that has gone on and spoken about it. So in in such with such clarity and with such rawness and without, you know, with fearlessness actually, is to be really, really applauded. Um, is there is there a moment in all of this where. Uh, you've been angry with somebody in particular or something? Through. Through. Through all the ups and downs of where you been the last 15, 20 years in particular? Well, I mean, my phone was hacked for years by, you know. Well, everyone knows. Yeah. 1s And so that made me angry because I didn't know about phone hacking. Mhm. So I'm angry at myself because I was thinking it must be one of my friends. How did you find out, Gail. What was. How did you even know. But no. Well I didn't find out for a few years. And then I got a phone call from a friend of mine that was working in law, and she said, we'd like you to come into our office. And I was like, oh, wow. She went, no, but, you know, we need to tell you something. And of course, I'm thinking, well, gosh, is it I don't know. Anyway, he got in there and then there was just files and files and files and files on this table. Mhm. And they were like sit down. These are all your conversations from the past few years, like when my mum was dying of cancer because they turned up the press were outside the, the place that my mom the, the sorry the hospital that my mom was in when I got sectioned. They were outside there and I just think so I'm angry with myself because I was thinking. 1s It must be one of it. Can't be one of my friends. None of my friends has done that. So I'm angry for even thinking that. And then when I found out what happened, oh my gosh, I was so unwell and I thought I was this even a thing? But how did you. So was there a point at which you were able to convert that anger that fell back into yourself and onto yourself out there at the target, or the people that had done it? Did you did you ever manage that? No. I just kept my mouth shut because by this point, I didn't want to speak to anyone, and I didn't want to speak to my friends. I didn't want to do anything. Um, I'd go for a run,

but I know that someone would be watching. And I'm thinking, well, nobody cares. Nobody cares what I'm doing. But there was always somebody there, somebody doing something. So I just sort of, uh, retreated into my home and just thought, who? Who do you trust and who do you not trust? Who do you trust? I mean, this wouldn't make anybody paranoid. Yeah. I mean, how do you not how can you not be paranoid? And over what period of time was this? You can't not be paranoid. I'm still paranoid. So do you think you are? Do you think you are from that? Yeah. Even if someone's, like, hunting outside my house, I was thinking, oh, gosh, I don't know, because, I mean, people were going through my bins. People were, you know, I'd get up in the morning and my bins were all empty. Just my bins, but not the neighbours bins. And you're thinking, oh. So now I've got a cat. I just put loads of cat litter shit in there. Oh that's good. Yeah, yeah, ^{2s} I saw girls or whoever's going through the poop theory. There's a lot of poop. So did that do you think, did that directly impact your mental health? Was that a stupid question? Well, you know, I've suffered mental health problems since I was younger, and it's got nothing to do with TV. It's got nothing to do with media. It was my little head and. But that yeah, that knocked me for six. And it's still like the fact that, you know how many years ago and I'm going to be 53 and I'm still nervous if someone's outside the house or I'm still nervous if someone's got a camera and I don't, I'm not bothered about them taking a picture. I just I'm bothered about is it someone, how do they know where I am? Right. So yeah, it's that kind of wider question. Um, lots of things that are happening in the media, which obviously I'm not going to go into, but, you know, certain TV presenters are getting people that are not being very nice to them. And I had a stalker that used to be outside my house and, um, eventually had to get the police because I thought, well, maybe he's okay. Uh, when he applied for a marriage license, I thought, yeah, no, he's not that well, so you just have to, I don't know, I feel like I'm always very aware, apart from if I go out at, um, to, I don't know, to a gay club in Soho on a Friday, then I don't care because everyone's lovely. But it feels so sad. Especially because you're somebody that is so warm and sociable that that would be exploited and sort of infringed upon, you know, somebody like you who isn't a kind of sort of jealously guarding yourself away, like you're trying to share yourself and to have it met with in this really cruel, really cold way. But I think this is the case, isn't it, of so many women in the public eye. Of all kind of generation, you know? Yeah. It feels very unsafe. It's very odd. And then you start to get angry with yourself again because you think, oh my gosh, that person across the road is probably waiting for something. But I'm thinking, are you watching something? Or oh, I don't know what's happening. Anger mixed with fear and also just confusion because you just think, why write to other people? Why would anyone do that to someone? Why would you follow someone? Why would you go through people's meal? Why would you do this? Why would you I don't know, and then you feel for other people thinking, well, I'm not scared of, you know, I've got two seconds on black belts. I'll be all right. But, um, it's just the whole thinking, and then it makes you paranoid. Like you said before. Has it affected friendships and close relationships? No. I've got good friends for that. I've had for a long time, since school and stuff. So, you know, they're all here and they've always had my back. But I'm the sort of person, you know, when I go to the supermarket for two hours, like I told you, I will give someone my number if I go to, if I go to. So I'll give someone my number. Uh, yeah. So I'm my own worst enemy. But also 90% of people that I give my number to are absolutely joyous and wonderful. And we can share stories and we can have a laugh and go for coffee or something, but then. But yeah, I think it's easier now just to, as I said, block or if someone is being a bit weird. And also I lose my phone about once every six months, so it's a good reset. Yes. So my friends always go to like my friend Charlie. For me, she's like, I've got you under ten and oh my god, that's impressive. That's only been in ten months. And I was like, yeah, that's impressive. Yeah. I was like, I don't know. No. But you know, it's always insured. And then I think I'll just change my number. And so no one knows where I am today though, I, I, I really think, like, I think it's great to be open because that's how you meet people, have meet the most amazing people

and have the most wonderful conversations. But I'm also a big believer these days and if someone shows you who they are, then believe it. Like I used to kind of go back and go back and go back. Whereas now if I see if someone shows me truly what they are and I don't really resonate with it or like it, I exit and that's different for me. As I got older, I used to be like, oh, that didn't. I misunderstood, I misunderstood, I've got a bit. Oh, so you kind of thought you must have got it wrong rather than being. Yeah, I'm a bit better with like boundaries and things. Now I don't get that. How are you with boundaries? And I'm terrible. None. Uh, 2s as I say, the only boundaries I've got is if people are outside the house and I don't know them, and then I get okay, which is fair enough. But maybe also the kind of losing your phone is an unconscious way of enforcing a boundary. You know, I think I'll take that. Okay. Yes. Have that one, because it's almost like the good ones stick then. But you lose all of the dead weight. Yeah. And also people really want to find you. They'll find you. They'll find you. Yeah. In a healthy way. Yeah. Not in a serial killer way. Yes. No. Exactly. Yeah. 1s So when I think you do, it does sound like you blame yourself a lot, you know? Oh, I'm terrible for this. And I'm too open and like, that's a these, these feel like they're positives that become negatives. And I want that feels again makes me feel quite angry listening because the world's done that. You should have been able to be out there and open in yourself. That got distorted and sort of manipulated. Yeah, a little bit. And, um, 2s I do get angry with myself because I'm very patient with people. And so there was a group of lads and, um, they were standing outside of the tube station that was coming out of, um, because they're all, you know, young lads all together, balaclavas or whatever. And, um, one of them went. 2s Oh my God, is that a woman or a man? Look, she's got no hair. And I went back. I just went, you know what? Fuck off, I would say, can I say fuck off? I've just said it. Yes, yes. I was like, do you know what? Fuck off. I will talk to you like that. All like this. I'm what I was going to. And another thing today. 2s And I was like, don't do that. If you if someone did that to your mother, if your mother was going through cancer or chemotherapy or did it, did it and did it, it it. And I've got two seconds on black belt. So don't ever, ever fucked me again. Okay. And then I went, I'm so sorry. And then I walked away and 2s that was good. They're gonna they're gonna like, hit me or something. And they didn't. And now every time I see them like, all right, I bet they are I bet. Oh. Because usually I keep it all in and I get home and I'll cry if someone I know, not many people will make fun of the way that I look. But when they do, and if I'm not in a great mood, it really hurts. Yeah, yeah. If you want to talk about how I look, maybe just keep it to yourself. Don't say it out loud. Just let me have the freedom to walk down the street without saying, oh, bold woman. Yeah. And then I get other messages saying, well, you could wear a wig. And I said, yeah, it's, you know, one. But if it's uncomfortable and also of a certain age, I'm quite hot. Right. Okay. I got none of those. Okay. Oh, isn't it interesting that people feel, you know, like they, they want to advise you, right. Like, is that I mean, like, if I shaved my head tomorrow and people said to me, oh, you know, you could grow your hair or, you know, wear contact lenses or you could wear. I mean, it's interesting that people feel the need to say, have you ever heard of a wig? I mean, like you would many people do it, but somehow you could wear a wig, you know? And I was like, yeah, I have got one, but I will wear it. 1s So why do you care? I don't even know you. Why don't you? It feels like I know this. It feels like a real infringement in that, isn't it? It's like cringe. Yeah. Nice. Nice. Very good. You go 1s base. Pardon? But it's, um. It feels because it's like an attack. It's like they've kind of come and pushed you with a word. And why is it any of their business? Why would they get to do that. Like do you think women this is a is this a bit about how we're, we're all meant to look as women. So if you're not necessarily obeying the rule with your hair so people get a bit kind of, you know what I mean? Oh, so, you know, back in the 90s, I did the whole magazine stuff and everything. But, you know, I was in my 20s and I was just having a lot of fun. And so now I feel like, you know what? Yeah, I did stuff that probably people thought, why did you do that? And I was like, because I was in my 20s and I don't know, I wore a bikini or sometimes didn't. But, um,

but also the Houses of Parliament, the Houses of Parliament. None of us will ever forget that amazing thing. Yeah, but that *1s* this is when I started realizing that this is not great. Um, because they took the picture, they weren't using the picture, or they were going to put it in the magazine. And then I got a phone call in the morning. No, I watched the BBC news and they projected it without my knowledge. And they didn't. They didn't pay me or anything like that. What what I saw in the news, the same as everybody else did. They did. And they you, of course, you had no idea that that image that, you know, very like, you know very well it's fine. No. You know, when you get to 53, you well, you know, even though it was very airbrushed, well my arse was on a massive building, but at the time where they didn't tell you and I'm getting the phone call from my mom. And what have you done? No. And I was like, I don't know what's happening. Put the news on your mom, okay? You know, my dad never talked about it. Never just ignored the whole thing. Did he not? And then my grandpa, um, Horatio Walter, Stanley Twitty. Uh, that's his name. Real name? Uh, he could have just invented the world. But then he called me up and he said, hey, Gil, I just saw that your ashes were in the house. *2s* And I was like, oh, God. Grandpa. I was like, I'm so sorry, grandpa. And he's like, no, it's great. I just went out and bought five copies. Copies. So there's one for me, one for uncle. I was like, don't stop talking. Enough, enough, enough. It's like I saw you since you were born, so it's not a problem. And I was like, so, okay, grandpa's attitude was great. Mom was freaking out. Dad refused to talk about it. Then the press were all over it saying that I was involved. I knew what was happening. I had no idea. And then I never heard from him again. They just did. They did. And apparently it was the biggest selling film they'd ever had because of the course. It was, of course, nothing, not a word. And my God, I didn't even get a copy of it. So yeah. Oh my God, I don't want magazine in my own house. Everybody look at my bum. No, but yeah, it was a very weird time, but it was the 90s and we're all kind of doing weird things, you know, we weren't we weren't seriously thinking about, you know. *1s* Uh, impact of what we were doing. It was kind of like, go with the flow, have a laugh. And then it's not until you get older you think, wow, I wish I'd thought that through. But also, listen, I just feel like all of us as women, we like young women around, around about then I, I just accepted a lot of lad isms. First of all, I accepted that as part of kind of like, you know, jokes. Whereas now I wouldn't stand for that with my own teenage daughter. Um, and a lot of the language that we were all party to you in particular, girl, because you were so much in the public eye then I now look back on it and think, My God, it's extraordinary how far. Thank God we've come so far from then. Yeah, well, I guess you have to go through those times to, um, evolve and and get better, I guess. Yeah. Have we though? I don't know that we have, really. But things like me looking after my daughter. So, um, one of her friends. Because when she went to uni, her friends moms were all going, you know, don't do this, don't take drinks from strangers. And I was like, honey, use that elbow, stick it to the back of the neck, right like that. And then you do that and then you do. And she was like, ah, I don't know. I was like, yeah, that kind of stuff. But don't, don't like make it really bad. Bad. But you can just knock them out for a bit. And she's like, oh my God, that's so Scottish. But I love it. Did she ever use it? No, of course she could. But she could. That's that's the point isn't it. Yeah. That's you *1s* know, nothing nothing is really changed. I mean oh my gosh. No, you kind of hope it does little bits and pieces, but it seems to take forever. Seems to be by then something else has come in. Was it, don't you think, with our own, with our own daughters. I've got a daughter as well. And yes, she's a teenager, Harold. Yes. And my eldest is nearly 14. And I just think she won't take anything that I would have taken at that point already. So her, her, her acceptance of certain behaviours is like zero, right? I think that shifted. And you must see that with honey, I bet she's probably more able to like, hold a line now. Oh yeah. Oh my gosh. You know, apparently I know nothing. She knows everything. So yeah they're good at that aren't they. Yeah. Very good. So Gail, can I ask you another question? Yeah. When has anger driven you to do something incredible? *1s* This anger makes you like, I don't know, I do a lot of charity work and

that's a lot. A lot of it is down to anger. Well, we see anger as a real fuel for good ultimately. Yeah. And when it comes to things like homelessness, which should not be happening or it comes down to mental health and people should not. You know, when I had a breakdown and I went to the doctors and I was literally on my knees and I was so angry and I was like, I just need to see someone today. Tomorrow, someone please help me. Oh, you're on a waiting list for however many weeks. And then that's when my anger made me think, well, you know what? If nobody's going to help me, I'm going to join whatever charities I can do to try and make a difference and stop being angry and sitting in my house thinking, well, I wasn't in a house. I think it was on a bench at that point, but I'm thinking I'm going to use my anger and see if I can help other people. So yeah, you can use it in a good way. When you find yourself like call to action like that, do you think it sort of helps you process your feeling? Well, it kind of does. But when you're at that sort of despair that I was at at the time, you do get angry. And then. There was part of my brain that's thinking there's no point in carrying on. There's no point in this. No one cares. But obviously I've got my daughter and I thought, right, you know, let's use this and be positive and try not to focus on myself and try and focus on understanding that there are other people around going through the same thing. So we can, instead of being angry, angry, we could be a little bit angry in our tummies. Uh, but make it good to your heart too much. I know. Is that anger in your tummy to do your wee tiny fire that goes up to your heart, and then your heart goes on fire, and then you go, we can try and make a change. I love that. Do you know what that's useful? Way to put it actually. I'm going to use that on my kids actually. That's really so because also just because we can all feel these really uncomfortable things. Right. It's then depends what you what you use and how you feel, how you use it for fuel, whether you let it eat you up entirely makes you more and more unwell. If you sit and think, you know the world's against me, everything's against me. Yeah. Angry? No. It's just, you know, we're only here once, and, um, we're going to be all right. We're going to be fine. We're going to use that little bit of fuel, but turn it into a good fuel. Not a bad fuel. Okay, before you go, we always invite everyone into this virtual rage room of ours. Um, and we kind of ask you what you'd like to kind of swing your baseball bat at. Jen, do you want to go first? *1s* A quick fire, a quick fire. I'd love to. Okay. Yeah. Um, Gale, current news item making you seethe. *1s* Uh, too many. Many. There's too many. And also, I'm not really up for a baseball bat. Can I just use a potato gun? Oh, what's that *2s* gun? So it's like a gun. Well, you just, like, get a potato and then you, like, suck up a bit of the potato so you're not really hurting anyone. And then they smell a bit of potato, huh? *2s* I've got one of those. Yeah. I mean, use whatever you want, whatever you. If you're comfortable with a potato gun, which I'm going to order for my son, I think as soon as I can make for the really good fun. But also I think with when it comes to news, what makes me angry is the way that sort of. Ah, I hate, um, I don't want to see certain programs, so I don't want to upset people, but sometimes when it's sort of a little bit frivolous and so they'll do something extremely serious and then they'll go, oh, here's something I don't just, you know, either have, you know, it's whether it's on the TV and then they'll come up and go, oh, what's coming up on the thing today? And then they'll go, oh, your hair looks nice. And they go, oh, you look lovely, I use yours, I don't care, I think I know which program you might be talking about. You know what I mean? I just want to just tell me the news. And if you want to give me a Wii. Happy sport. Half an hour in. Yeah, no problem whatsoever. I don't I don't care about your hair. Okay, listen, number two aspect of modern life that makes you fume cars. Just because we don't all need cars. And especially when you're in London, you can get the tube. You can be a bit more, um, aware of your surroundings and aware of the climate. And I'm not going to like, preach about it. But do you really need a car to drop your child to the school? That's. I can see it from here. Right. And why do you buy for. So if you need to use a car 100%, get yourself a car, get an electric car. But why are you people buying these massive big four by fours to roam around London? Yeah. And especially, like, roam around a few tiny streets of London. Exactly. Because I can watch, like the lady down the road.

Get to the 4x4, and then she's back in about 20 minutes for what you see is ego and performance, isn't it? That's it. That makes me a little bit grumpy and also just rude. Rude, rude rude. Okay, so this might say segway into the next one behaviour of others which gets on your wick. 1s Um, if you are walking up the street and you see someone walking down and you think I'm going to wait for them to come pass the tree because we can't all fit on, and then they'll walk past the tree and then they say, thank you. Oh, yeah. That I'm so with you on that. It is so. And also I'm the, the old lady who now kind of mutters thank you all. Kind of like I, I, I do a really cheery thank you. Oh yeah I, I'm so with you. Thank you. 2s Yeah. We're so British gin and English. I know it's so fake. Like. Thank you. I just think, you know what I've moved out the way, and. Yeah, I just like politeness. I like polite with you. I get very angered if people don't say thank you or please or just. It's just basic niceness. It's it's not going to take anyone a long time, and it's not going to affect anything in your life for the rest of the day, but it might make me a happier person. Or I will say thank you to you even I'm going to go. But, um. 2s Gayle, you've been extraordinary. And we stand by. We stand by what? You were shaking your head out at the very beginning. You are an icon. Take it whether you like it or not. Thank you so much for joining us. 4s So once this conversation brought up for us. So I thought what was really inspiring and really moving actually, was how she talked about the use of anger as a kind of as a driving fuel, but also how in her body she really felt it to be located. So when it's creeping up unprocessed into her sort of heart area, that feels unhealthy, but even in the gut, and she can use it in this much more active way. So she's on top of it. Um, she can really make use of it and then and actually do some processing of those very, very uncomfortable feelings and see how, um, see how it's possible to do so much good as a result and how that must feel somehow quite reparative. Yes. Or could you just put it in your brilliant psychotherapist language? Because I, because I was going to say how amazing someone has gone through so many things, has managed to make so much good out of it. But in your terms of using it to process feelings as well, I think it's a really interesting thing to acknowledge. It feels like then everybody gets helps, you know, yes, yourself, but also others like it's a really generous way of giving yourself what you need. Yeah. Um, so I think that was what was so striking about her, actually, her just immense capacity for giving and generosity and love. 1s Thank you for listening and sharing in our anger. Tune in next time. 1s And remember, you're not mad to feel mad. 3s Got.