

Sara Barron

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I am more emotionally intelligent and articulate than most men, so they don't know what's hitting them. I'm going to win this. 2s Welcome to women, our match, where we invite women to bring their anger into everyday conversation. 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. We're all feeling it. Let's get together to work out what to do with it. 3s Saleem. Um, yes. Can I talk about what's making me mad today? Yeah. I mean, from the pauses in your hair that you got something up your sleeve, something big. So, you know, sometimes I just find it all too much. As in what women are going through in the world. And I've really. This week, I've had a I've had a bad one for that. I well, well I, I've actually written down a little kind of I had to sort of try and make some sense of, of why I was feeling. So it kind of pained. Um, you can hear it in my voice probably. I'm. Yeah. Yeah. So I've written it down, so it might sound a bit stilted and weird, but I just thought it at least clarifies it. So I think based on what I've been hearing this week in terms of like, um, clinically, but also, yeah, women, women around me, um. 1s We? This is what I've written. We could be mistaken for thinking our existence is made sense of by other people's needs. We are the unpaid therapists, doctors, cooks, personal shoppers, but at a darker level. We're also containers for others violent impulses and sexual issues. And, um, I saw in the news today that women were wearing white ribbons. I got them really crying as they ran around at a park in Leeds today. And that was, um, to protest against violence against women and girls. And it just struck me, God, this is the best we can do. There's more. If got to remind people that we aren't there just to be used to gratify their needs. Um, and that's where I am at today. I think in 2023, I can really understand why you come close to tears at this, because when I was 13 and reading, I, you know, God knew all groups, all the little bit and forever all, you know, my duty blooms and all the books that told me stories of what girls could actually potentially do and become. My thought I was part of something. That was historical. When I read my Sylvia Plath, *The Bell Jar* and everything was all history, history of how women had been perceived or had been subjugated, even creatively or whatever, and that I was part of a sea of change. And what I'm hearing from you is that is still on the horizon. You know, we're not we're not there. I mean, really shocking. It's very shocking. And there's something also about thinking that we must have reached this point where surely it's happened and we kid ourselves, we're there and we look as if we're there because we've got all the jobs and, you know, that type of thing. Financial independence for some of us, all of that. But actually we're doing that as well. We're doing well. And it doesn't mean we're not still being totally exploited and used and taken advantage of in all of these other ways. It seems to make it worse. So what's to be done? Ah, thank God, I, I know what what is to be done is to keep talking about this. Shall we keep shining the light? Yeah, we're trying to do it. Basically. This is what we're trying to do. Uh, we're bringing all these amazing women on to do it with us. Exactly one of whom I shall introduce now. So you'll recognize our guest today from her appearances on *would I Lie to You* and *Richard Osman's Home of Games*, among others. She's a comedian. She's a writer, and she's a tonic for our flayed souls. Please welcome Sarah Barron. 49s And what makes you angry, Sarah Barron? Okay, what makes me angry? So I thought about this, and I think, like I'm 44 and where I'm at as a middle aged woman is I get very angry with double standards like that. I find myself really angry at a friend or a circumstance or my husband or whatever it is it will be because I feel like they've done a thing. Yeah, that they couldn't manage if it was done to them. You know, that stuff

really like so, so unfair, like unfairness. But we all hate unfairness. But I think it's it's like double standards from people. Mhm. Mhm. Can you give examples. ^{1s} Gosh I'm trying to. Yes I'm going to give you an example without throwing anyone under the bus or being too recognized. Yeah. That's hard. That's hard. I mean let's divide it into personal microcosm tiny stuff and then professional. I mean I imagine working as a stand up. I imagine that there are often situations without being specific, um, where you have to navigate an awful lot. Do you know what I'm just thinking? As I say that, I think the double standard thing is less of an issue professionally. What I get annoyed with professionally. I think this might reflect badly on you, but I get really angry if I feel I'm being taken advantage of. Oh, do you get openly angry about that then? No, I don't, I think I'm, I don't know if you guys have experienced this. I have a really hard time being directly aggressive with women and by directly aggressive, I don't I don't mean in a bad way. I mean, actually whether it would be really healthy to be like, hey, can I just flag this? I really can't do that with women. But like, whether it's my husband or some booker for a club, I would never yell, but I'd be like, I don't, I don't want to be difficult. But you said that we would run to time on tonight's gig, and I've got a, you know, I get or if I feel someone's asking me for something and they're not. Um, I did some I did some charity work recently, and, um. What does that even mean? Sarah. That could mean it. Me I, I comedians often, you know, and like, if you're really famous and I think you have to do it all the time for huge things. But like, even if you're not, it'll be a charity is asking for your time to participate in this way. But they're not going to pay you a fee because everything's going to charity. Yeah, right. Nice. ^{2s} And you know, you're like, oh, okay. And the thing is, it's like it's just it's part of the job. Well, so I said yes because. And the reason I said yes, this is going to paint me in a terrible light, but I think it's also a very real light is I said yes is the reason a lot of people say yes to this stuff, which is I was like, we you know, we are we need to appear to be succeeding. So I'll be. ^{1s} I'll get my things for the socials. It's like, okay. And I care about the charity. The charity, most importantly of all. Exactly. Of course, we all care about the, you know, um, and the long and I worked really hard because I wanted even I just wanted to do well for myself or whatever. And basically, like, they forgot to send me all, like, the social media assets. Oh, like, I wake up the next morning and all the other people are doing. They're so amazing to appear on such and such. And I'm like, they didn't fucking send me the shit. Like, come on guys, I'm working for free. I was on, I worked real hard and and it's so dumb. It's a nothing. They have all these other things to do, but they and they. And then there was no apology. There was like, I'm so sorry. She slipped through the cracks. We just it was like I did a little favor. And this made me feel unrecognized. My generosity. Yeah, but I think I think it's feeling unseen, isn't it? It's like putting an effort in and then, like, tell it. Hello. And also, do you think it's that it feels very wrong to make a fuss in certain situations. So in the face of this wonderful, noble charity, how can you go and make a scene about your socials? I, I, I mean, yes, that's a very fair way to perceive it, but I feel like it's such a known thing in my industry that, like, everyone has to do charity shit, all like it becomes. It's like that thing I know I'm filming me so horrible, but it's sort of like if part of your job was very consistently being asked to work for free, you would of course do it. But then you're also like going to turn stuff down because you can't you can't just like show up. You've got to like put some effort into it. Um, so and, and I just felt like they weren't working for free. The employees on the show, they weren't doing it for free. Right. And the thing that bothered me, it didn't bother me that it happened, is that I was just sort of like, hey, I just wanted to flag. And then I know, um, no apology. It was just like they then. So the show aired on a Friday, and they sent me all the social media assets through on a Sunday. And I was like, come on, you don't know is I hear myself say this. I, I'm finding it like humiliating but kind of healing. Yes, I bet. Hey, we're with you. We're with you. But it is. You can't be with. This is so stupid. It's so stupid. But there must be other equivalent like this. I think we all have equivalent. Yeah, less glamorous equivalent. We all have. It's the same thing. But yeah, at the school gates, be it, I don't know, the local bank, whatever is the

same. It is. Being good, behaving well, being a good person and give me my credit. Yeah, I want my credit. Yeah. I'm interested. You were saying that you find it quite hard to be angry with women or to express yourself. Very interesting. We're surprised as me because you seem so full of clarity. Like when I met you, I thought what I enjoyed about you, that you're clear and that you communicate. So kind of like, yes, I do. I pride myself on the clarity. And someone said what you would practice on, I'd be like the clarity of my communication. Yeah. I mean, I'm so in this way I was having a, like a really shitty day a couple days ago and I was like, oh, I'm gonna cry. Like, I'm gonna fucking cry today. And I was trying like my husband and I like, I was already upset. He and I had a thing. I was just like, walking. And there's a mom who I'm like, sort of close with and a fellow mom, but we're not like, we don't hang out one on one. But I know her schedule because that's how it works with people in your neighborhood. I know she'd be at the gym and I was like, hey, random, but are you at the gym? She's like, I am, why do you ask? And I was like, I think I'm about to start crying and I need a person to unload it on. And she was like, so happy to do that for you. And then, you know, she was wonderful with me. And we talk and she's like, you Americans, you are so good. I was like, I was like, I think I seem like a crazy person who's imposing on a semi like a friend, but, you know, and she's like, I swear to God, even if she's being nice to me, she was like, all I thought was, this is the healthiest expression of. She was like, you identified what you needed. You ask for help, whatever. So, Claire, um, okay. But come on. Do you have that clarity yet? Getting angry with me, for example, might be difficult for you. Why? Or she's telling me I'm trying to think about. ^{1s} Oh, like, you know, like like getting into it with, like, like, you know, very, very close swimming friends. And what is the it seems so contradictory to who I perceive you to be. Yeah. And I, I've, I've been working on it really hard. My I get afraid of women in a way I'm not. You know, to your point, I think I get afraid of other women and I'm very I don't get triggered by almost any male behavior. And do you think it's the straightforward way that men tend to have, tend to have of communicating and expecting communications back? Because I do think this is something that we totally shoot ourselves in the foot with as women is that we it's all underhand. It's backstabbing. Yeah. Round the sides. We don't talk to the face. We talk, you know, behind. And it's so damaging. And actually it's it's a way of the patriarchy kind of getting us to sort of grab among each other and kill each other off without them having to do anything. Yeah, I think that's it. I, I think it's I'm. And again with its like so gendered and very self delighted. I am more emotionally intelligent and articulate than most men, so they don't know what's hitting them. They don't think I'm going to win this, whereas I feel, I guess I feel a little bit more afraid of some of my friends being able to give me a different kind of run for my money, or being less of like, my husband is very smart in that way, but he, like, is more afraid of me, I think in some way, like I'm afraid of him. But, you know, it's more I feel so aware of his fear of my anger or my upset, the way that I'd be like, I don't want to say this will make him angry. Whereas with friends you don't have that same kind of power or. Yeah, yeah, no. I also think like my dad is, is very meek and my mother is a fucking bulldozer. Oh, you see figure into some of this as well. Yes. So so going back to this point though, about when you last maybe got angry with someone, um, can you give us an example of what that looked like, of what happened, of how you responded and of how they responded to your anger? So if I get angry at my husband, it's very and we we snipe, you know, we're a very out emotional fit. Like I'm always around other people for work or traveling or a car show or whatever. And people will if I'll be like, oh, I'm sorry, my husband and I are. Having a tiff or whatever. Like a thing that I hear back that's nice is like, you guys are very direct with each other, like I've heard other friends do, like you to say shit to each other in a casual conversation that other people, other people would get divorced. And it's just give me an example. I'd be like, um, what's a good example? Like, um, I would he, he was adopted. And so I would in a very casual way, be like, yeah, but this is the whole thing he does, which is about like his attachment stuff, like, because he cannot be alone, but it's because he, like, never fit in with his

family and felt excluded. And so now I'm fucking paying the price anyway. Or you get like something sort of like, does he talk about his own adoption in an open. Yes. So that what that wouldn't be as a violation of his. Is Just checking. But so the point is, is like it's all out there. But I think sometimes sorry because I can be so how I can be that I would have. And what what is that how would you describe that. What is the how you can be. Um, my husband says I have almost like. I'm just thinking that I'm presenting this into, like, heroic of a way. And it's not, you know, I don't mean to. There's, like, all these dark things about it, but I'm almost allergic, so I'm like a such a fucking liar. Like I'd lie about anything. Anyone. Shit. I'll fucking lie. But at the same time, like, in a real way. Yeah, I, I'm, I really struggle to not be honest about something because a conversation is so, like, physically unsatisfying to me. So I want to know, have you always been like this? Have you been like this from year dot? No, I don't think so, because I can remember, like a really humiliating thing. Like when I was like a teenager, you know, and I was a very late bloomer or whatever. And like, one of my earlier sexual experiences was like, I asked a boy to kiss me. And he was like, oh. And he was. So, you know, he was like. Oh, Sarah. Like, I think you're so amazing and I love spending time with you, but I don't think we're quite like that. Like. And it remains to this day, possibly the most humiliating I have. I feel it, even though I was 17, I think it was a formative. I'm like, well, because I'm disgusting. Like, I really feel the sense of myself as a fucking disgusting person. And I think that that was like, not irrelevant. And I, um, I don't know why I'm telling you that. Oh, I asked you about formative years. Yeah, because I wouldn't have. I was so humiliated. I think I was, I think I was like closer to 27 when I was like in some therapy session and was like, I need to say the like what feels like one of the worst things that's ever happened to me. And I'd had friends who'd been through much worse, like sort of more real trauma and abusive relationships and stuff like that. And I was, you know, I had friends who'd gone through that stuff by the time I was 27. But something about my thing felt I wouldn't have traded with her. But I was like, you just a horrible thing happened to you. Um, you're amazing. And something horrific happened to you. But I'm a disgusting, unlovable pig. And that seemed to confirm it. It landed it in exactly the right way, exactly the right time, but must have had some kind of sense that was sweeping around by 17 that then that there were a couple other things. And you get such a message. I don't know if either of you have daughters, but I, I, I don't, but I think all the time about the message that young women get that men will fuck anything because that's what it's like. They'll fuck anything. You don't have to. They'll fuck you. All men will fuck you. They just want to fuck you. They'll do anything. And I had a couple of sort of like some that was the blatant and then sort of more amorphous rejections. And I was like, they'll fuck anything. Like they'd fuck a dog, but not me. Oh, God, you're right. This is really damaging, isn't it? A way that nobody would talk about? No, and I think so, so I, I didn't I mention all this to say I didn't that wasn't stuff that I was. Now I'm like anything but like there was some point where I just got much more forthright. Um, but I don't know. I don't think I was ever like, not, I've always been, like, talkative and big, but this thing of, like, I have to share every. Thing constant. So how is this shaped your stand up? And if anyone hasn't seen your stand up, they must go and see you immediately. Because one thing that I really enjoy about you on stage, I feel like you won't let me say this. I feel like I feel like you're a are you good at points for a compliment even. Look at you. You're not poised. You're braced. I'm ready. Yeah, right. Brace yourself. Know, what I observe about you is that you get. You get to that absolute painful nub of whatever it is that our darkest, deepest place. And you say it and, um, we laugh partly in recognition and partly in painful acknowledgement, like you're you're a very astute, um, observer of humans. That's so nice. I, I like that idea. You know, that's what I would. I always feel about, like, I feel I like to think that a strength we've all got our our comedy strengths and weaknesses. And I feel like I'm the best writer. You know, I always feel like I need help being like, why isn't this quite this? Why isn't this? Did you know when I'll call up a friend and they'll help. But I like to think I know, I think I'm good at being

like, oh, that's this thing that people do. I've not heard someone say that this is what we're doing when we say this about our friends, or say it about our spouse or whatever. So the kind of connections you're making, the connections for people in a way. Yeah. Like my husband and I joke, like, all I ever want to do is gossip. That's all I want. Like, he's like, what did you think about this politics thing? Or what do you think about this album? Or and I'd be like, I don't know, but can we talk about that mom at the school gate? Because what actually conduct yourself? Like, I just want to talk about people **Is** all the time. Mhm. And yes magic storytelling. And it is magical. And I think this is the honesty thing as well. I think. Yeah. Isn't it. It's like we can get absolutely addicted to what's really going on. And it is so compelling. Yes. Endlessly fascinating. That's why it's let me know. That's why I like your story so much. Because I was just like that every night. You know, so many people are going to just love some. Like, it felt like fucking, um, not therapy, but like, like a balm. Just listening to someone be like, this is what we're fucking all dealing with. Like, um, and it's so it's, you know, I it's just it's a service. That's how, you know, because that's how I feel. And I think sometimes that I. Because I like talking about myself a lot. You know, I sometimes think that I. **Is** I wonder sometimes if I get into dynamics where like, what I love to do is like, talk about myself and talk about myself and talk about myself, which is narcissism. But also it's a little bit generous. It's generous. Exactly. Well, you share yourself. I'm. I'm sharing myself. But then sometimes, you know, with my friends, I'll be like, it's your fucking shit. You give out, you give him, give me some. Whatever that weird fucking thing you said was going on with you and your husband. Is that gone? We're acting like that's not going on no more. It isn't it. But I think that's fair, because it's really gentle when you're sharing and we talk about this, don't we, Salima? That we really do when you're. That's why you don't do it back. Yeah, and I think so. Jen and I have known each other since we were 18. And, you know, look what perseveres. And our friendship is one that kind of radical honesty. But also. Yeah, I give, she gives. So I hear the mess. She hears the mess. Yeah. Honesty like you will tell each other when you're angry with each other. Yes. Yeah. **Is** I mean, she is a psychotherapist. Yeah, but no one gets away with it. Mom's a psychotherapist, and she's got, you know, it's like my overbearing mom. You know, like. Yeah, possibly. You know, I mean, among the most messed up people on the planet. We have to know our therapists. I, I always I mean, it's the thing that makes me like, even when you both just were, like. Like your two little faces when you're both like. Yeah, I was like, I'm. I'm really jealous of that because I don't, I don't think I have anyone. I'm like incredibly close to platonically where I'm like. **Is** Hey, that felt a little weird the other day. When you or who do it, you know, like, don't do it enough to me either. And that is so admirable. But it's very, very rare. And also I, you know, a long I'm in my mid-forties now in, you know, along the way I've mucked up loads of potential friendships or whatever by either saying too much, saying too little, mimicking, pretending to be somebody that I wasn't, ghosting, disappearing, I think. But this is it. It feels like my life's mission to get women to be able to do this with each other. Why am I so fucking scared? What is it? Um, I mean, I, I would love obviously, I would love to go into this, but we don't have time because we but we will at some point. We will. The conversation will continue. Um, can we ask you, when has anger driven you to do something incredible? And by that we mean good or bad? **Is** That's so interesting. I've never thought of anger. Well, I think like, is it anger or is it entitlement? I, um. Like so. **Is** I think I have a lot of anger and it's always it's like forever a mystery to me if it's a normal level or. If it's not, I don't know. But I think of myself as really and I'm, you know, I'm embarrassed by it. Like, I think I myself was quite angry. Um, so I'm trying to work on that by which, you know, because it's like just toxicity in your own body, blah, blah, blah. But I think, like, um, when I mean, this is just like, I'm like trying to make people hate me, but, you know, this is a very American stereotype. God bless the NHS. It's part of the reason I live here. It's the most amazing thing. Also, there have been a couple of occasions where like the care has been poor for important things and I will fucking go. I did a whole

standup bit about it, like where, you know, it's like I will go in and be like, I'm so sorry you're overworked. Let me list a few things through here for you. Here's what's happening here. How's my here's part of how my husband's body is now disfigured because your care has been so he, like, broke his hand earlier this summer. And it has been. He has like a gimp hand now because. And I have a friend who is like a comedian and he's like one of the. He's like a Cambridge Footlights brainy artist genius guy. And he has the reason for everything. He's like, oh, yes. Um, well, that is because there's like a reason that there aren't that all the best hand surgeons are. Like, in Singapore. There's like a whole it's a whole, like, real, actual thing. So I have called up on the phone and I mean, I will. And if I'm, if, if the stars align for me and I'm in check, I am so comfortable. Like, people don't want to drain the NHS. Um, I did not grow up with that mentality. So I'm like, this is my shit, so free. Here we go. And I mean, I will. It's all for me. I don't think about anyone else who's in a queue like we got on. We got on a train recently like a, you know, multiple trains have been cancelled and it was insane. And it was like end of days and these boys shoved in front of me and I went. Grazie at these boys. Wow. How old were the boys? Roughly 21. And they basically, they were holding seats. Oh, and you can't. But here was the point. My husband made that he was right about he. And I was like, you can't. He was like, I'm holding these. I was like, you can't hold these seats. I'm sitting here. And I was like, you don't have to move, but this is me and my husband and my son, and we're going to sit at the other three seats, so no, I'm holding him. I was like, you're not my son. This is a child. And he's like, she's pregnant. I was like, of course she's pregnant. She's sat right there, you can go, but you're not allowed to hold. The point my husband made was that right behind them there was a completely empty table of four. Oh, okay. So they could have gone and said that you're being Jennifer. He was. He was a dick. But the fact that he was a dick, um, coupled with the frenetic ness of the train and that he knew there were like, so many people on this train, just the audacity of saying, I'm holding a seat. Yeah, it was all very I was blinded and I really didn't see that two steps away. I could have just gone to the, um, I still, I still I'm seeing you as a knight in shining armor on your white horse. You're still. You're still like. You're like, I'm using Iowa as a means. I'm a warrior for justice at all time. But I'm sort of. I'm just saying there is a loss of control. Okay. Oh, this is a good time for you. Oh, this. We're gonna bring you. We're gonna bring you with that loss of control into our virtual rage room. We're handing you a baseball bat. This is quickfire. ^{2s} We will say that. And it never works out that way. But let's try and do it this way. Yeah? Yeah. Okay, so this is what objects to whack your batter. That sounds actually, like rude. Oh, I didn't hear it that way. Okay. Um, so current news item making you seethe. Oh. Um, you know, anything to do with, like, Suella Braverman? Like, just any time her name comes up? Okay. Wow. Wow. Aspect of modern life making you fume. An aspect of it. Anything. Anything to do when a delay on a delayed. No, sorry. A canceled train leading to an overbooked train and then not being allowed into first class. Oh, nice. Cancel the fucking trains. I don't give a shit. But then don't keep me out of business, class, bitches. I'm good. This is good behavior of others. Which gets on your wick. Double standard. I'm going to treat you this way. But if you treat me that way, I'm going to lose my shit right here. Angriest moment on public transport I'm getting was too many to mention, but my most recent, the most dramatic recently was it was, you know, Tin Tin sardines, this kind of stuff. And a woman, a tourist, I was able to tell had her shopping bags on a seat. Oh, she was stood up, but the bags were on the seat and I was like, do you want that seat? And she was like, no, it's from my bags. And I was like, it's not a seat. It's not a seat for bag. So you sit down or I'm sitting down and you're gonna hold your bags, special bags. It's like, ^{1s} you know, go. Then I'm gonna say you do it, I don't care, but it's not for bags. ^{1s} I would like you to be by my side most of my life. Um, just feel my life would be because you'd be like, boom. All we have to get you to be able to do is say it to friends. I know, but can you work on this? That's the missing link for this is what I'll have to I. It's it's. ^{1s} It's where it's missing. And even as I said, all these things are crazy things I've said to women, I can. It's just I'm

going to do a reel on it. I'm going to do a guidance reel. Yeah I do. That would be interesting. Yeah. Okay. Give me a guidance reel. Yeah. Maybe you and I can act one out. Okay, good. You've inspired us. Um, we will come back to this at a later point. Definitely. It needs resolving. We think we'll go in. You are amazing. Thank you very much for having me. 3s So what an interesting conversation. And. And what, um, something that you could probably shed more light on than me is the way that she was such a strident, clear thinker. She's much more able to get angry at a male audience, get angry at the woman in the street, but not get angry in a constructive and clear way with women who are close to her. Yeah, it's so interesting. I mean, there's definitely something about the way that we're conditioned to, um, socialize as women. You know, there's emphasis is on obviously language and, um, intimacy and deep sharing. But I think that takes us to places that are more dangerous emotionally. And I think it's, you know, it's the woman or, or pair of women or group of women who can walk that through and dissect it and sort of come out the other side having gone somewhere constructive. Um, yeah. Yeah, lots to think about. 4s Thank you for listening and sharing in our anger. 1s And remember, you're not mad to feel mad. 2s Please like and subscribe. It helps other people find the podcast.