

## The Elegant Warrior Podcast

### Episode 190 - Allergic To Myself

[00:00:00] **Heather Hansen:** Hello, my Elegant Warriors. I'm Heather Hanson. And this is The Elegant Warrior Podcast episode number 190, Allergic to Myself. So this episode is going to be a little bit different because it's a mish-mash thanks to my fabulous producer, Jessica, of another podcast. And this one, as you may have heard in previous podcasts, I now have a private podcast and on that private podcast, you sign up to get it, and then it comes every other Thursday to your podcast app.

You don't have to do anything. But in that private podcast, I dive deeper into how to become your own best advocate. I give you specific tips, specific stories, and I always share three queues. One question, one quote, and one qualified recommendation that will help you to become a better advocate. But I know that not all of you want that.

And so I wanted to make it private for you. I also wanted a place where I could be a little bit more vulnerable with you guys and Brene Brown, who is sort of the queen of vulnerability, she has a great [00:01:00] quote that says that 'vulnerability without boundaries is invulnerability'. You can't be vulnerable with just anybody.

People sort of have to earn your vulnerability. And for me, when you sign up for that private podcast, I feel like you're telling me that you want to get that much closer. And so it makes it a little easier for me to be more vulnerable. And I'm going to continue to do that. Some of you have asked for a little bit more about my weight loss story.

So that's coming at the private podcast as well, but the most. Private podcast was about my self advocacy story, how I learned to advocate for myself and why it had to happen. It's also the story of how I learned to lead. I was allergic to myself specifically to my own stress hormones. I shared that, but a week ago on the private podcast and I have gotten so much feedback from the people who listened to that podcast.

So much positive feedback about how it has impacted the way that they see themselves and the way that they see advocating for themselves, that I felt compelled [00:02:00] to share it with you. I also had to answer a question that went on answered in that podcast. So I'm doing it here for everyone to hear it. Some of the feedback I have received is that a lot of the listeners thought that lawyers were.

Than what I described and that they didn't have the depth of feeling that I described. And it wasn't as hard for them as I described. And that advocating for myself comes more easily for me, Heather Hansen, than it does for them. And that this episode really helped them to see things a little bit differently.

It's also funny because one of my clients, he doesn't listen to the private podcast, but I was telling him about it. One of my courtroom clients who I've taken through trial more than. And I was telling him the story. You're



about to hear about how I was allergic to myself and ended up in the emergency room because I was allergic to my stress hormones and he was shocked.

And he said, I never knew that you. We're that stressed that you were, that that [00:03:00] could possibly happen to you. You always had it all together and nothing ever seemed like it bothered you and you always seemed so in control and so credible and so relaxed. And so in command of the courtroom, and I said to him, you know, It's not the best when your attorney's like, oh my God, I'm freaking out.

You want someone who looks like they're in control and in command in those situations. And those are situations where you don't want to show your vulnerability, but here with you, I can. And so I'm going to. The episode, that was a private episode, the last private episode, and encourage you, if you want more of this, if you want to hear my story of weight loss and how that's helped me so much in advocating for myself and various things, and also get these three cues every other week, then you just need to sign up.

The link is in the show notes at the end of this podcast. So we're gonna mash it in here through the magic of Jessica. So you will now hear the entire private podcast as it went to those people. But then at the end of the private podcast, I'm going to answer the other question that many of you have reached out to.

[00:04:00] So you'll hear the story of me ending up in the emergency room during a trial, but I never told the podcast, listeners what happened in that trial? I never told them whether I won or lost, and I didn't even realize that I hadn't done that until many of you reached out and asked me whether I'd won or lost, but I've been thinking about it.

And I think I know why I never told you. And I think it also has to do. With this story of self-advocacy. So here you go. Here's the episode. If you want more, you can sign up at the link in the show notes and I hope you enjoy.

This is the elegant warrior podcast. It's the podcast about elegance in all of its forms. We're talking about our definitions of elegance and how we maintain it in times of trial. We're also talking about how we can [00:05:00] advocate for ourselves with elegance and in a way that makes us most likely to win. I'm your host, Heather Hansen, author, speaker consultant, trainer, and self-advocacy expert.

Let's talk.

This is my story of self-advocacy. It is the story of how my self advocacy journey began. I am 49 years old and it's hard to admit that it only began truly living four or five years ago. For 20 years, I had been advocating for my clients in the courtroom and I was really good at it. In all of those years, I can count the number of times that I lost.

On one hand, I had been consistently named one of the top 50 female attorneys in the state of Pennsylvania year after year. And I had been inducted into the American college of trial lawyers, which is a huge honor. And I had just started doing television legal analysis. Uh, Fox news, Fox business, MSNBC, NBC CNN, and [00:06:00] good day Philadelphia, which I absolutely loved.



I had once heard someone say that I was a shark in the courtroom, but sharks don't cry. Or if they do, they live in a place where you can't see their tears. I used to hide my tears as well, but I would do it in my car. I had a Toyota RAV4. And on this particular day, five years ago, I was in my car.

Hysterically crying, having a breakdown. And I was supposed to be going in and doing a hit for good day Philadelphia. I was just finishing up a trial. In fact, I was just finishing up two trials and I had three more to go. And this was unusual because all of these trials were back to back to back to back.

That meant no time for. Reading or meditating or working out, which were the things that I use to help keep myself sane and grounded. During trials, I was in an unhealthy relationship. My partner lived far away, which meant that when I wasn't on trial, he [00:07:00] would insist that I would come to him. But when I was on trial, he didn't come to me.

So I didn't have a lot of support. And while I used to love being a trial attorney, I had gotten to the point where I hated. I dreaded every minute of every trial, I really wasn't loving the trial work at all. And anyway, it was a constant fight trial attorney. That job is one of the rare jobs where it is your job to win a client.

I always say that the only jobs like it, our politics or sports where there's a conflict and someone wins and someone loses it's your job to whim. And it's very public. Everyone knows whether you have won or lost. And because of that, yes, there's a lot of stress, but there's also a lot of fighting between attorneys because the stakes are high.

And so every day, without exaggeration, someone yelled at me and the opposing attorney would yell at me. The co-defendant attorney would sometimes yell at me [00:08:00] almost every day. Someone was yelling at me and I was yelling at my son. I took my clients and their wins very seriously and very personally, and put a ton of pressure on myself to win for them.

I had seen two people have heart attacks in the courtroom, and I totally understood how that could happen. I myself had ended up in the emergency room in anaphylaxis. Having an allergic reaction to my own stress hormones. I had been starting a trial and we pick juries on Fridays and then we start on Mondays.

And so we had chosen a jury that Friday, but my doctor was not in town. She had moved from Philadelphia to another state to practice, to take this phenomenal job that she was very excited about. And she was flying back over the weekend to be there for the. But the day that I picked a jury, I called her to tell her about the jury.

And as I was walking home from court, she told me that her [00:09:00] administrators, her bosses had called her in and said, if you don't win this trial, we have to take this job away. It was an administrative job as well as a clinical job. And she was the main breadwinner. They had moved to this state for her to have this job.

And I knew all of that. And as she told me this story, I could feel my face blowing up. And when I got home and looked in the mirror, my entire face was unrecognizable. I was in having some sort of an allergic reaction. So I took myself to the hospital, the emergency room, and they told me that I was having an allergic reaction.

My throat was swelling up. My tongue was swelling up, so they gave me a cocktail of steroids and Benadryl and had me stay there overnight. The next day, the swelling had gone down. I went home, took a quick nap,



and then I got up and went to another emergency room to prepare my doctor for trial, because it was an emergency room case that we were trying.

And then I just kept going. I just kept trying cases. I didn't [00:10:00] stop to say, you know, maybe there's, maybe there's a problem here. Maybe I should be thinking about whether or not this is the right life to be living at the moment, but I just kept going. I kept trying cases. I had a job to do. I do remember thinking that someone else should stop this, that someone else should fix this, but I just kept going and years had passed.

Before I was sitting in my car outside of good day, Philadelphia having a breakdown. And in that moment, outside that car, I recognized that from the outside, it looked like I had it all. Anyone looking at me would say, well, she's got a great job with great clients. She makes a really good income. She's got a successful boyfriend.

They seem to be happy. She's got a nice condo. She just started doing television. What does she have to be unhappy about? She has it. And yet I knew I wanted more. I knew that I wanted to one day write a book. I loved to read. I had actually started a novel, [00:11:00] which one day I'll return to. And I knew that I wanted to write a book.

I knew I wanted to start a podcast. They had just become popular. I loved listening to them and I knew I wanted to have one. I knew I wanted to use my psychology degree in a different way. And I had just been certified as a mediator. And I wanted to use that as well. I knew I wanted to do more television.

I loved the opportunities that I had to do television and I wanted more of that. And I knew I wanted a relationship that was both give and take. I knew I didn't have any of that. I didn't know how to get any of that. And I sat in the car. And cried. I couldn't go in to do the television hit because I couldn't stop crying long enough to get the makeup off my face.

And in that moment, I had a terrible thought that I have never had before, or since the thought was wild. I didn't want to die. I also didn't want to live this life. And that's when I knew that something had to change. I remember thinking I need someone to help me. You know, if [00:12:00] you listened to my last episode of the elegant warrior, we talked about that.

"I've got you energy." Gosh, did I want that? I wanted someone to look at me. I could get teary about it and say, I've got you, but no one was going to do it. And that's when I realized that no one could, that I had to have. That I had to advocate for myself that I had to know what I want and own. That I had to ask for it.

And that I had to ask for it in a way that would allow me to get it. I had to do what I did in the courtroom all the time and start advocating with the tools of a trial attorney because no one else was going to do it for me. And I couldn't go on this way. So I did, soon after that day, I started advocating for myself.

First, I started with my partners. I knew that I couldn't try these cases back to back, and that meant that I needed the help and the resources to continue to serve my clients. But pull back on trials. So I advocated for that and I got it. [00:13:00] And then an opportunity came up to anchor at the law and crime network.



And I knew I wanted to do that, but I also knew that the compensation had to be right. So I advocated for that compensation. And I got it. I advocated my way to living in New York city, which is something that I had thought about since I was a little girl. I advocated my way out of that unhealthy relationship.

I advocated my way into writing the elegant Moyer, which was an animal. Cellar and into doing the elegant warrior podcast, which is now one of the top 200 career podcasts on apple. I advocated my way into the business that I now do, helping people like you advocate for themselves, which is growing faster and more steadily and serving more women than I ever could have imagined every single one of my dream.

Was on the other side of learning to advocate for myself, yours are there too. When you start advocating for yourself, you will get them. You have some of the [00:14:00] tools, you get them in this private podcast, you get them in the elegant warrior podcast. You get them in my. You can get more of these tools and more help if you work with me personally, one-on-one, I have a mastermind coming up in early 2022.

I have strategy experiences that allow you to work with me and provide all kinds of amazing over delivery of services. But no matter what you have got to stay. Knowing and owning what you want, asking for it and asking for it in a way that allows you to get it. Those are the three steps to advocating for yourself.

And I can tell you that when you do, your life will change as you will find your dreams the way that I have found mine, you've got to believe in yourself. You've got to believe yourself before you can start advocating for yourself. And sometimes it's just believing that no one else is going to do it. I mean, that's the moment for me in the.[00:15:00]

Is that no one was coming along to, to fix it. No one was going to tap on my window and say, oh, don't worry. I've got you. I had to do it. And once I believed that I started recognizing that I had to believe in myself to prove myself and I did over and over and over again. And there are opportunities every day for me to do this.

It doesn't get easier. It does get when you have the tools, it gets simpler and it gets repeated. And it gets scalable, but you always have something new that you want to advocate. I'll be honest. You always want more. You deserve it. Go out and get started advocating for yourself today. If you want help with this, you know that I'm here.

I have this strategy experience. This experience is phenomenal. It's time alone with me. It's email coaching with me. It's private podcasts that are created for you personally. It's books that I send you. It's a whole experience. So that's available to you. I'm starting this mastermind in the spring per your request.[00:16:00]

That's available to you. If you want to talk to me about those opportunities, the link to consult with me is in the show notes. Gosh, do I hope you start advocating for yourself today? Have a great one. I'll be back soon. Okay. I'm back. So the question is who won, who won? I won. We won the doctor and I won.

It's an interesting case because the co-defendant did not win. In fact, the co-defendant was hit for many millions of dollars, which made the win bittersweet because you bond with your co-defendants in these types of cases, but the doctor was thrilled and she continues to practice where she practices in the job that she loves.

But the question becomes, why did I forget to tell you that we won? You'd think that that's sort of the point of the story. At least if it was a movie or a TV show, right. That woman ends up in the emergency room, goes



back, fights her way to the win. And when the first person asked me, why didn't you tell us whether or not you won?

I actually had to go back and [00:17:00] listen. Cause I was like, that is weird. Well, I didn't die and tell them that we won. And I think the reason is that it was just my job. It's part of the reason I think I burned out is that is the way I saw things. I saw it, that it was my job to win. If I lost, unfortunately, that didn't happen very often.

But if I did, I was heartbroken. I thought I hadn't done my job. I thought I hadn't served my doctor, but if I won, I didn't celebrate the win. I just went onto the next thing. And that for sure is a recipe for an unhappy work life. If you don't celebrate your wins and your personal life, it's a recipe for an unhappy personal life.

So now, I really work hard at celebrating my wins and I use the five CS of an advocate to do that. So I choose to celebrate my wins. And remember our definition of win here on the podcast is to receive something positive because you have earned it. So anytime I earned something positive, anytime that [00:18:00] I have something to celebrate, I try to do so.

So the first C is a choice choosing to celebrate the wins and the next C is compassion. And part of self-compassion is doing. It's celebrating your wins. It's not beating yourself up over your losses and then letting the winds just sort of slip under the rug. So we've got choice. We've got compassion.

The next C is creativity. And I try to celebrate my wins creatively. Sometimes it's a facial. Sometimes it's a massage. Sometimes it is, um, a long walk with a good podcast. So I try to be creative about how I celebrate my wins. The fourth C of an advocate is curiosity. And I'm curious about was that. Where am I missing some wins because my tendency is to overlook them.

And I try to get curious about that. And the last C is credibility. When you celebrate your wins, you start to believe in yourself that you can do good things, that you can do hard things, and you start to believe in yourself when you make yourself a promise that you're going to do that [00:19:00] thing, you do it. And you start to believe that you can help you by celebrating those things.

So celebrating your wins brings you credibility, which makes you such a better advocate. I hope that you use the five CS. I hope that my story of self-advocacy is helpful for you. And if you're interested in more of these personal stories, the next one that's coming is going to be about my story of weight loss and how that has made me a better advocate.

You can sign up for those at the link in the show notes or on my Instagram, which is at I'm Heather Hansen. The link is always there in the. I have a guest for you next week. One that I think you are really going to enjoy, and I will be back with another solo episode after that. Take good care.

