

# Conjuring Up Courage

## #108

Featured this episode: Shohreh Davoodi, Ally Ridnour, & Tiffany Cunningham

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**Shohreh Davoodi:** You are listening to episode #108 of Conjuring Up Courage. And the Girl Gang is ready to hit you with our best life hacks. To be clear, when I say life hacks, what I mean are tidbits that we have found helpful in our own lives and want to share in case you find them helpful too. And even if you don't find them particularly useful, you can always count on being entertained when the Girl Gang is on deck.

To access the show notes and a full transcript of this episode, head to [shohrehdavoodi.com/108](http://shohrehdavoodi.com/108). That's [shohrehdavoodi.com/108](http://shohrehdavoodi.com/108).

This episode is brought to you in part by Ample + Rooted, an inclusive therapy practice that provides an affirming and welcoming home for diverse individuals to reclaim their inherent worth. The folks at Ample + Rooted created a guided meditation on cultivating self-trust just for listeners, and it's available in the show notes for this episode.

[Music plays]

This is Conjuring Up Courage, and I'm your host, Shohreh Davoodi. As a self-trust coach, I help people come home to themselves so they can be more of who they are and less haunted by who they think they're supposed to be.

I created this podcast to celebrate what's possible when you commit to being brave. You'll hear from diverse guests who are refusing to let fear and self-doubt stop them from building fulfilling lives and creating a better world for everyone. I'll also teach you my favorite tools, strategies, and mindset shifts so you can do the same.

## Conjuring Up Courage #108

Featured this episode: Shohreh Davoodi, Ally Ridnour, & Tiffany Cunningham

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Consider this your invitation to stop living according to “shoulds” and to step into your motherfucking magic instead. Stay open, get curious, and let’s grow together.

[Music fades]

Hello Girl Gang. How is everyone doing on this oh-so-fine July evening?

**Ally Ridnour:** Hiiiiii.

**Tiffany Cunningham:** Hiiii...there was a question there, wasn’t it?

**Ally:** It’s July.

**Shohreh:** Well, the question wasn’t July, the question is how are you doing on this July evening?

**Ally:** When you said it, I was like, “It’s not July.” But it totally is.

**Shohreh:** It’s July 20<sup>th</sup>, thank you very much.

**Ally:** Oh my god.

**Tiffany:** I hate it so much.

**Ally:** I feel like it’s April. [Shohreh laughs lightly]

**Tiffany:** I’m still stuck in March of 2020. [Ally laughs] Like, let’s just be real about it.

**Ally:** Does that tell you how we’re doing? [Laughs lightly]

**Shohreh:** Hey, I mean, the pandemic is literally picking back up again, so it’s just like Groundhog Day where I’m like, oh, the never ending...

## Conjuring Up Courage #108

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- Tiffany:** No, we're not gonna talk about that.
- Ally:** I'm not in a mental place to talk about that, so...
- Shohreh:** Alright, so the answer is not doing well.
- Ally:** No, I would say I am doing well, but—
- Shohreh:** Okay [laughs lightly].
- Ally:** —well with an asterisk that if anything goes wrong...
- Tiffany:** Hanging on by a thread.
- Ally:** [Laughs] Yeah. I'm doing well, I just can't face the idea of, like, another year of pandemic, which I wouldn't say is doing badly. I would just say is, like, tired. [Laughs lightly].
- Shohreh:** Mhm. Yes, constant exhaustion [Ally laughs lightly]. Sounds accurate.
- Ally:** Yeah, but other than that, pretty good. Pretty great. Thriving.
- Tiffany:** Yeah.
- Ally:** Eh, I don't know. [Shohreh laughs lightly]
- Tiffany:** I mean, I've got my health. Now. [Light laughter].
- Ally:** Now. Oh my gosh. Yeah, both of us are coming off of a rough week, huh?
- Tiffany:** Yeah.

## Conjuring Up Courage #108

Featured this episode: Shohreh Davoodi, Ally Ridnour, & Tiffany Cunningham

---

- Shohreh:** I know, I was just telling my therapist this morning that both of y'all were sick. And I was like, I swear to god, if I get sick next, I will scream.
- Tiffany:** I don't want you to get sick, it was no fun.
- Ally:** Fortunately, our sicknesses were unrelated, and also we didn't see you in person, so...
- Tiffany:** Yeah.
- Shohreh:** Exactly, so, it would be random, but you know, it would just be, like, one Girl Gang member at a time down with illness. So it could happen.
- Ally:** For the listeners, I had strep throat, which was a delight. And a person had their tongue in my mouth and they did not get strep throat, so...
- Shohreh:** Pretty impressive.
- Ally:** I don't know if I'm just not that contagious or I just have the worst immune system, but... [laughs lightly]
- Shohreh:** Or they have an amazing immune system [laughs lightly].
- Ally:** Ugh, god. That's not—I mean, good for them.
- Tiffany:** I'm just having this weird, horrible image of, like, a dragon with their tongue down your throat, Ally. I don't know why. [Shohreh laughs]
- Ally:** That's what it's like when I kiss, yeah. [Tiffany laughs]
- Shohreh:** Just like, fire breathing.
- Ally:** I unhinge my jaw.

## Conjuring Up Courage #108

Featured this episode: Shohreh Davoodi, Ally Ridnour, & Tiffany Cunningham

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- Shohreh:** No!!!
- Ally:** And he sticks his whole head in my mouth [laughs].
- Shohreh:** Stop!!! [Ally laughs] This is so like a freakin' horror movie.
- Ally:** I mean, that's how we kiss, so... [laughter]
- Shohreh:** Oh, Jesus Christ.
- Tiffany:** Not to kink shame, but ow [laughter].
- Ally:** It's very sensual, okay? [Laughs lightly] It's intimate, it's the moment, I don't know. [Laughter]
- Shohreh:** [Singing] I am the moment. Off the fucking rails.
- Ally:** This is par for the course, honestly. I feel like Girl Gang, the layout is, like, five to ten minutes of just, like, unhinged chaos. [Light laughter]
- Shohreh:** Unhinged jaws.
- Ally:** Jaws unhinged as well. Before we ever get to the point. And if you don't expect that from a Girl Gang episode, then...
- Shohreh:** I also feel like the more episodes we do, the less we give a fuck, so... [light laughter]
- Tiffany:** That's true, and I think we're more efficient about it because it only took one question for us to go off the rails, too. [Shohreh and Ally laugh] I think it usually takes, like, 15 minutes.
- Ally:** Is that efficiency or is that um...

## Conjuring Up Courage #108

Featured this episode: Shohreh Davoodi, Ally Ridnour, & Tiffany Cunningham

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- Shohreh:** Well, it depends how you define efficiency. It's a version of efficiency. [Ally laughs] We are efficient at losing the point.
- Ally:** Yeah, good for us. [Laughs lightly]
- Shohreh:** Wow.
- Tiffany:** On the note of efficiency...[Light laughter]
- Shohreh:** Yes. Clearly we are the worst people ever to be recording this episode, but today we are going to talk about life hacks. And let me just say off the bat that I'm just using the phrase life hacks because I think it is a quick way of getting the point across of what we're going to be talking about. We're not going to be talking about, like, San Francisco tech bro life hacking of like, how to only work four hours and live the rest of your life on vacation where the way to do that is that you have rich parents who gave you a trust fund and so you can do whatever you want with your life. That's not the life hacking we're doing.
- Tiffany:** I legitimately want to know how to do that, though.
- Ally:** Yeah, right? How do I do that?
- Shohreh:** Be born rich and white and male and straight.
- Ally:** Oh, okay.
- Shohreh:** That is the answer.
- Ally:** Also, this is not, like, five minute crafts, Pinterest, like...
- Shohreh:** Yes, correct.

## Conjuring Up Courage #108

Featured this episode: Shohreh Davoodi, Ally Ridnour, & Tiffany Cunningham

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**Ally:** Have you ever seen those videos on Facebook? Sorry, this is a tangent, but like, I come across these on social media, and it's these videos and it's like, you do a hundred thousand steps in the name of a life hack. And in the end, it's like, how is this any easier than just doing the actual thing? I don't know. That's what I was thinking.

**Tiffany:** But here's the thing. See, we were trying to, like, pre-plan this, and in the group chat it was, like, let's reframe this question because we all know how to eat a fucking cupcake [Ally laughs lightly]. Like, we don't need another Gizmodo list [Shohreh and Ally laugh lightly], but like...

**Ally:** Yes, exactly!

**Tiffany:** It's like, the idea that this life hack that I may give you is—everybody can do this! I really hate those, but like, it's kind of the idea that the things that we are doing that are helpful to us in life aren't necessarily going to be helpful for every single person who comes across them. But for some person out there, that is the most efficient way. Like, we're not efficiency shaming people just because one person does it this way and another person does it this way doesn't make either way more valid. Like, all of these things are valid, it's just that these were helpful to me once, and maybe they'll be helpful to somebody else.

**Shohreh:** Yeah, like, when I pitched this to y'all in the group chat, I wanna call it "The Girl Gang Talks Life Hacks," but what I mean by that is just like, any tidbits or advice you've been given that you found really helpful. Or, like, small changes that you've made in different parts of your life

## Conjuring Up Courage #108

Featured this episode: Shohreh Davoodi, Ally Ridnour, & Tiffany Cunningham

---

that have made a difference and have made things easier. Like, that's what I mean when I'm talking about a life hack.

And, like you said, Tiff, just because it's something that works for us doesn't mean it will work for every single person who is listening. But some people might be like, oh, I hadn't thought about that that way or hadn't heard of that thing, and they might have that same sort of light-bulb moment that we had when we learned about the thing. And along the way, it will be entertaining as fuck, which you've all come to expect from these episodes, so should be a good time.

**Tiffany:** Awesome. Also way more on brand.

**Shohreh:** Yes [laughs lightly].

**Ally:** Again, I don't think anybody comes to us for, like, these people seem like they really have their shit together [laughs lightly].

**Tiffany:** I mean, that's the thing, though, is like, we were sitting there in the group chat being all like, we're gonna talk about things that are helpful in life. And I'm like, I feel like I am failing at adulting on a daily basis [Ally laughs lightly]. I am by far no means an expert, but here we are.

**Shohreh:** That's what we offer to people, y'all. That, like, having your shit together isn't a thing. Like, having your shit together is this made up...

**Ally:** Yeah, that's the real life hack here [laughs lightly].

**Shohreh:** Yeah, seriously, 'cause so often, I've used that phrase and I've stopped using this idea of, like, oh, have my shit together. 'Cause I'm like, what

## Conjuring Up Courage #108

Featured this episode: Shohreh Davoodi, Ally Ridnour, & Tiffany Cunningham

---

the fuck does that even really mean? Like, it's just me holding myself to a standard that is way too high and doesn't make any sense.

**Tiffany:** This is true.

**Ally:** I think there's this idea that once you "get your shit together" it will stay together, which is absolutely not the case. Like, having your shit together does not mean, like, okay, I'm good for the whole rest of my life [laughs lightly]. Like, there will be times where you feel like you're on the cusp of having your shit together, and there will be times where you're like, my shit is in 12 different states right now.

**Tiffany:** Yeah, the idea that life isn't a race, there aren't any winners. It's like everybody reaches the same finish line eventually, but...

**Ally:** Which is the grave.

**Tiffany:** Yes. We all die alone.

**Shohreh:** [Sing-song] Spooky.

**Tiffany:** Very. [Light laughter]

**Ally:** Not if I take someone down with me. [Shohreh laughs lightly]

**Tiffany:** Optimistic nihilism is a real thing, and we can all have a heady sense of, like, we're all going to the same place anyways and so we should be living as authentically as possible. And the idea of living authentically means something different for everybody, but we shouldn't hold everyone else to our own standards. And, you know, that is the real life hack, Shohreh. It really is. [Ally laughs]

## Conjuring Up Courage #108

Featured this episode: Shohreh Davoodi, Ally Ridnour, & Tiffany Cunningham

---

**Shohreh:** Oh, well I'm so welcome I could offer everyone an actual important life hack before we get into this other bullshit. [Laughter] Which, let's get into that bullshit! Why the fuck not?

**Ally:** [Singing] Let's get into it!

**Shohreh:** Okay, so I've essentially broken this down into three, like, general, very loose categories [laughs lightly] so that we have some organizational structure here. But don't hold us to them too much. But we're going to start in what I'm gonna call the health and beauty category, which is sort of a category you hear in magazines or in stores or whatever. These things mostly kind of, I would say, fit into that category, but this is just sort of the general lifestyle category. And so let's first fucking talk about eyeliner.

**Tiffany:** Yesss!

**Ally:** I love eyeliner!

**Tiffany:** Okay, but you do, though.

**Ally:** No, I really do.

**Tiffany:** You do.

**Shohreh:** Ally is so good at her eyeliner. I'm so jealous.

**Ally:** Awww.

## Conjuring Up Courage #108

Featured this episode: Shohreh Davoodi, Ally Ridnour, & Tiffany Cunningham

---

**Shohreh:** But you have so many years of experience, as you're always telling me, Ally. So I don't hold myself up to your winged eyeliner skills because I just started, like, a year ago, so I'm still learning.

**Ally:** It's true. I got into the winged eyeliner game when I was, like, maybe sixteen. And I'm 28 now. And I don't think there's been a time since then that I've done my eyeliner and I haven't winged it. So my big tip is practice, obviously. But one thing that I do that I think is actually really good for if you're a beginner is I do my non-dominant eye first

So for me, I'm left-handed, so my non-dominant eye is my right eye. I think for most people it's probably their left eye. But I do that one first because that way it's much easier for me to mimic whatever shape ends up happening on that eye with my good eye.

'Cause if you think about it, like, if you start with your good eye and then you go over to your bad eye and you're like, how the fuck am I going to do this? But if you start with your bad eye, then whatever ends up happening on that eye, then you're like, oh, okay, I can recreate this much easier. So I feel like that works pretty well. I feel like it's a good tip.

**Shohreh:** When you told me that tip [Ally laughs lightly], it blew my mind. I had never thought to do that. And my eyes are significantly different prescriptions [Ally laughs lightly]. So I legitimately have an eye that is way worse in sight than the other, and I would always do my good eye first 'cause it's easier, right?

**Ally:** Right, it's natural.

## Conjuring Up Courage #108

Featured this episode: Shohreh Davoodi, Ally Ridnour, & Tiffany Cunningham

---

- Shohreh:** I'd just default to doing the easy one and then I'd be like, oh, fuck, how am I going to do the other one? [Ally laughs lightly] And it's so much easier when you start with the bad eye because I'm just like alright, whatever happened there [Ally laughs lightly], it is what it is, and now I can, like, actually see what I'm doing with the other eye.
- Ally:** Going kind of forward with that, I would also say that I think some people focus really hard on creating the exact same shape on each eye and that's how you end up with the, like, ah, just a touch here, ah, now just a touch over here, and then all of the sudden you have a gigantic wing [Shohreh laughs lightly] and it's like out of control. So I would say more that the goal is that each wing has the same effect, like—
- Shohreh:** Yes.
- Ally:** —look at yourself in the mirror and look head-on and you're like, okay, are these going the same direction and are they the same size? Yes. Okay.
- Shohreh:** 'Cause most people aren't going to, like, see the nitty gritty that you see.
- Ally:** Yes, exactly [laughs lightly].
- Tiffany:** Also, for most people, like, their eyes are not the same shape.
- Ally:** Yeah, exactly.
- Tiffany:** They're not symmetrical. Like, one of my eyes is significantly lower than the other, so it's virtually impossible.

## Conjuring Up Courage #108

Featured this episode: Shohreh Davoodi, Ally Ridnour, & Tiffany Cunningham

---

- Ally:** Yeah, that's a good point.
- Shohreh:** One of mine is squintier than the other.
- Ally:** Yes.
- Tiffany:** Yeah.
- Ally:** So what it's really about is creating the same effect. And like you said, Shohreh, nobody else is gonna be probably sitting there looking at, like, does the left wing match the right perfectly? [Laughs lightly]
- Shohreh:** Right, because when you do eyeliner, you're like, up in the mirror real close.
- Ally:** Yes.
- Shohreh:** And it's like people who are looking at your makeup are seeing, like, the effect from a little bit farther away, at least.
- Ally:** Yeah. Yeah, so that's another thing I do is like, I do my bad eye, then I do my good eye, and then I step away from the mirror and like, look at myself, and I make sure I'm looking, like, exactly straight on, and I'm like, okay, are they going in the same direction and are they the same size? And that's, like, what I shoot for rather than like, is this one an exact mirrored image of the other eye? Because, like you said, Tiff, our faces are not symmetrical, so...
- Tiffany:** Yeah, unless you're a weird wizard person.

## Conjuring Up Courage #108

Featured this episode: Shohreh Davoodi, Ally Ridnour, & Tiffany Cunningham

---

- Ally:** [Laughs lightly]. Yeah, even if you could copy-paste your eyeliner from one eye to the other, it would still probably look a little bit different.
- Shohreh:** And on the topic of liner and kind of putting it on, I didn't realize that some people don't know about these, but they actually make precision tip Q-tips, so they come to a point.
- Ally:** Yes.
- Shohreh:** And I have tons of those with all my makeup stuff because they are so much easier to work with eyeliner when you need to fix a mistake and you're trying to get some eyeliner off your face. I use those precision tip ones because the regular Q-tips are like way too chunky to get a nice line. So if you didn't know that those exist, get yourself some precision tip Q-tips 'cause they rock.
- Tiffany:** I didn't even know that they existed. [Ally laughs lightly]
- Shohreh:** Oh my gosh. So glad I could tell you. They're so amazing.
- Ally:** Yeah, the other thing I've seen people do is take a makeup wipe and just, like, run it along the bottom of the, like, wing. But I think the—the Q-tips are probably better.
- Shohreh:** Yeah, and if it's really bad, I will put some, like, micellar water—is that how you say that? I literally have no idea how to pronounce that.
- Ally:** I alternate between micellar [pronounced mice-ler] and micellar [pronounced my-seller]. I don't know which one is right, so. [Laughs lightly]

## Conjuring Up Courage #108

Featured this episode: Shohreh Davoodi, Ally Ridnour, & Tiffany Cunningham

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- Shohreh:** Okay [laughs lightly]. Whatever the water is.
- Tiffany:** I'm just like, what kind of water? Here. What?
- Shohreh:** It's a kind of makeup remover.
- Ally:** Micellar, micellar.
- Shohreh:** It's like M-I-C-E-L-L-A-R, maybe?
- Ally:** Yeah.
- Shohreh:** I think.
- Tiffany:** Micellar?
- Ally:** I think that's right.
- Shohreh:** Yeah, so I use that as a first step in taking makeup off. Like, I have, like, bamboo pads—
- Ally:** Yes.
- Shohreh:** —and I do that. And then I wash my face after, but it like, helps get the makeup off initially. So you can put some on your little precision tip Q-tip to help make your line a little bit nicer. 'Cause sometimes you don't need to put on more eyeliner, what you need to do is just, like, use something to make it more of a shape.
- Ally:** [Laughs lightly] Yes. That's a good tip too. 'Cause I feel like the instinct is just to add and add and add, and then all of the sudden you have two black eyes.

## Conjuring Up Courage #108

Featured this episode: Shohreh Davoodi, Ally Ridnour, & Tiffany Cunningham

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- Tiffany:** Yeah.
- Shohreh:** Sometimes you're better just, like, taking it back to, like, the edge of your eye and just being like, okay, we're just gonna take away what we did here and we're gonna try again with this, like, swoop part.
- Ally:** Yes. [Shohreh laughs lightly]
- Tiffany:** Speaking of shapes, I was gonna mention the batwing eyeliner. 'Cause not only are eyes, like, different places, but our eyes are vastly different shapes in terms of, like, eyelids and stuff. And, like, for people that have hooded eyes like mine—
- Shohreh:** [Sing-song] Like me!
- Tiffany:** Yeah, 'cause Ally's eye canvas is way different than the rest of ours.
- Ally:** Yes, very different. [Laughs lightly]
- Tiffany:** I think I discovered this on TikTok. But anyways, instead of doing, like, cat's eyes, 'cause when you have your hooded eye, like, the cat wing is going to basically disappear into your hood, and like, inevitably, in order to compensate for that you draw, like, this humungous line [Ally and Shohreh laugh lightly]. And so, you end up with two black eyes.
- And the thing is it was like, you go up halfway and you make from where your hood stops down to the edge of your lid. You're basically making, like, a wing, but it's a wide wing instead of a little wing.
- So you've got this big, wide wing down the half, well, third of your lid if you're being a coward [Shohreh and Ally laugh lightly], and then you

## Conjuring Up Courage #108

Featured this episode: Shohreh Davoodi, Ally Ridnour, & Tiffany Cunningham

---

take that out to a point. And so you end up with this really cool shape on your lid when you've got your lids down, but when you open your eyes, it actually still looks like a cat eye or a winged eyeliner. It's very cool.

**Shohreh:** It looks super cool when you do it, Tiff. I haven't tried it yet. I also have hooded eyes. I prefer the regular wing, but I will say that I was so much less hard on myself when I realized that the fact that I have hooded eyes is what makes doing a wing so much harder than somebody else. I was like, oh, this is why this is such a struggle 'cause I'm literally trying to draw over my fucking brow bone every time I'm doing my eyeliner, which makes it very bumpy and hard to get a smooth shape.

**Tiffany:** Well, it's like, I didn't think there was anything wrong with having, like, ginormous thick lines, because it's goth. Like that's what we do. [Ally laughs lightly]

**Shohreh:** Yes, correct. Goth and emo.

**Tiffany:** Goth and emo. Basically, if you didn't look like a small puppy dog [Ally laughs lightly] with big, black eye sockets, you were doing it wrong.

**Shohreh:** Confirmed.

**Tiffany:** I feel like I should have figured this out before somehow. [Shohreh laughs lightly] I was never a very experimental goth. I just did the thing and it was like black eyeliner and black lipstick. But, like, you know, there's like lots of really cool decorative shapes that you can draw into

## Conjuring Up Courage #108

Featured this episode: Shohreh Davoodi, Ally Ridnour, & Tiffany Cunningham

---

your face. And I was never one of those people. So I'm not surprised I didn't come up with the batwing. [Light laughter]

**Ally:** I mean, I'm sure it's been around for a while, but I don't know that it's been, like, a popularized style up until recently.

**Tiffany:** True.

**Ally:** I think, in general, I would say graphic eyeliner is more in right now.

**Tiffany:** Yeah.

**Shohreh:** Oh, I'm really loving the graphic eyeliner, though.

**Tiffany:** I mean, it's funny because I don't think I've ever been alive at a time when graphic eyeliner was a thing, really. Although I could be wrong. The '90s did happen and I was there for it.

**Ally:** 'Cause '90s was more like, well, I don't know...

**Shohreh:** Blue.

**Tiffany:** Well, it depends on what part of the '90s you're talking about.

**Ally:** Yes. Yeah. And what scene you were in, really.

**Tiffany:** Yeah.

**Ally:** 'Cause I think of, like, '90s supermodel makeup being very in. Like, the Cyndi Crawford, like—

**Tiffany:** Yeah.

**Ally:** —kind of like soft glam.

## Conjuring Up Courage #108

Featured this episode: Shohreh Davoodi, Ally Ridnour, & Tiffany Cunningham

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- Tiffany:** Yeah.
- Ally:** Also, I was a child in the '90s. I don't think I had up to date all of the trends of the '90s [laughs lightly].
- Tiffany:** The only person I can think of wearing, like, decorative eyeliner in any sort of popular way in the '90s was, um, oh god, what's her name? Fairuza Balk in "The Craft," like her witch makeup. I don't know.
- Ally:** Hm. I also think that, like, the quality of makeup has increased so much.
- Tiffany:** Oh yeah.
- Ally:** Like, how could you do graphic liner in 1995 when all we had was like, pencil liners and, like, coal eyeliner.
- Tiffany:** I was gonna say, paintbrushes is probably it [Ally laughs lightly]. Like, the tools that we had back then were limited.
- Ally:** Yes.
- Tiffany:** Also, like, I think that the quality of makeup just, like, in a lower price range has also changed because...
- Shohreh:** Oh, for sure.
- Ally:** 100%
- Tiffany:** The stuff that they had available back at like, the drug store was pretty terrible. And then it started to shift so that even though it's not necessarily at the same price point as say, like, Wet n Wild, you can actually get legitimately good quality for a lower cost.

## Conjuring Up Courage #108

Featured this episode: Shohreh Davoodi, Ally Ridnour, & Tiffany Cunningham

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**Ally:** Yeah.

**Tiffany:** I remember going to the department store with my mom back in the '90s to buy makeup. You know, she was like, it's just better quality. And god, she's paying like \$50 for a tiny little pot of... what's that thing called where you put it on your face? [Laughter]

**Ally:** ...foundation?

**Tiffany:** Yeah, that one! [Laughter] Foundation.

**Shohreh:** I'm glad you got that, Ally. I was like, which kind of thing? [Ally laughs]

**Ally:** I got you. We're on the same brain...

**Tiffany:** Brain wavelength [laughs].

**Ally:** Yeah [laughs].

**Shohreh:** One of the brands all three of us really like is ColourPop.

**Tiffany:** Yeah.

**Shohreh:** And they put out, like, really great palettes for an extremely affordable price, especially for all the colors you can get. Like, I got their big rainbow palette and it's less than \$40 bucks and it has a shit ton of colors. Like, I'm obsessed with it.

Actually, I guess this is a good—I don't even know if this is life hack-worthy, but I think something that is helpful to know in the world of makeup is that, like, depending on your skin tone, like, that's gonna determine some of the colors and, like, how they look on you. And I've

## Conjuring Up Courage #108

Featured this episode: Shohreh Davoodi, Ally Ridnour, & Tiffany Cunningham

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figured out a lot of this just by experimenting where I realize, like, oh, cool tones actually, like, look like crap on me. And I'm not saying that in, like, a I look bad or something's wrong with me way, I'm just saying it in, like, that color palette, like just looks very odd on my skin.

**Tiffany:** They're not for Shohrehs.

**Ally:** For sure, yeah.

**Shohreh:** Yeah, it's just not for my skin. So like, I've given palettes to, like, Tiffany, 'cause she has a very different skin color than me and they look amazing on her. Where I'm just like, oh, yeah, that makes sense because you lean more cool toned and I don't.

So I think it is helpful to know, like, what your skin tone is when you're picking out different kinds of colors because everyone can wear color. It's not like, oh, I just cannot wear color. But colors come in a vast array of shades, and I found that, like, I enjoy my looks a lot more once I found the colors that look, like, really amazing on me. Like, I've discovered that, like, light purples look, like, fucking awesome on my skin tone.

**Ally:** When I was trying to determine my skin tone I remember, like, looking things up on the internet, and there were all these weird tests that were like, do you look better in silver or gold? [Shohreh laughs lightly] And I remember being, like, 15, and being like, I don't know. I mean...

**Shohreh:** It's such a weird thing. But I look better in gold, so... [Laughs lightly]

## Conjuring Up Courage #108

Featured this episode: Shohreh Davoodi, Ally Ridnour, & Tiffany Cunningham

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- Ally:** Yeah, I do too, but like, I don't know. I think at the time, like, silver was really trendy so I was like, I don't know which one—
- Shohreh:** It was, exactly.
- Ally:** —I look better in; I think I own more silver. And then it was like, do your veins look blue or do they look green? And I was like—
- Shohreh:** Wait, that was a question?
- Ally:** Yes!
- Shohreh:** That's so weird!
- Ally:** And I was like, mine look purple, what does that mean?
- Shohreh:** Mine look purple too!
- Ally:** Yeah! I don't remember which one is which, 'cause I'm very warm-toned, I know that now.
- Shohreh:** You and I both are, so that makes sense that our veins are similarly colored, I guess.
- Ally:** Yeah, we have purple veins. So maybe it's blue veins are—
- Shohreh:** So fucking weird.
- Ally:** —I don't know, but yeah.
- Tiffany:** Blue veins are more cool toned because I have blue veins.
- Shohreh:** Oh, wow. This is fascinating.

## Conjuring Up Courage #108

Featured this episode: Shohreh Davoodi, Ally Ridnour, & Tiffany Cunningham

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- Ally:** Okay, well, I don't think the vein thing means anything because I am very warm. Like, I lean very towards the warm side. And for me the thing that made it finally click in my head is that my undertones are yellow, and most people with cool skin tones, like, their undertones are more, like, pinky.
- Shohreh:** Yeah, and mine are golden.
- Ally:** Yeah.
- Shohreh:** We hope that you enjoyed those random makeup tips. And also, all genders can wear amazing makeup, so those of you out there listening, maybe you don't identify as a woman, you can totally wear makeup and we will cheer you on fucking doing it, so do that.
- Ally:** Yeah, absolutely.
- Shohreh:** I love seeing, like, everybody of all genders in makeup 'cause it's just so fun. And if makeup's not your thing, that's totally fine too. But I just think it's really fun.
- Tiffany:** Yes. Okay.
- Shohreh:** Alright, moving on from makeup. Tiff wants to tell us about a sauce, and Ally and I are in total suspense. We have no idea what this is about. So we are also going to listen with all of you with excitement. [Ally laughs lightly]
- Tiffany:** Okay, so I make a lot of Asian-inspired foods, and I found this recipe. It's called Charlie Sauce, but it's 'cause it's called Charlie Brown Sauce.

## Conjuring Up Courage #108

Featured this episode: Shohreh Davoodi, Ally Ridnour, & Tiffany Cunningham

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It's like, if you go to a Chinese food restaurant, they are not making a new batch of sauce every single time they do an entrée. They have, like, this huge jar of base, and then they just add the flavor to it. And this is what Charlie Brown Sauce is. It's basically, like, the base of most popular sauces that you can actually make a large pot ahead of time and then stick it in your fridge.

And whenever you want to make, like, a stir fry or some noodles or whatever, you get out the Charlie Sauce. It's a two-to-one ratio of Charlie Sauce and water, so like two water to one Charlie Sauce. And for, like, a normal two-person meal, it's like three tablespoons of Charlie Sauce and six tablespoons of water—it's not a lot. You take the base, and then you add what flavors you want.

So, like, you could do, like, peanut sauce. You add, like peanut butter and like your chili sauce to the Charlie Sauce base. And you stir it up and it's, like, instant peanut sauce. You wanna do, like, miso sauce? You just take some miso and some, like, soy sauce and you add it into the Charlie Sauce.

Okay, but the Charlie Sauce is, like, legit. Like, it's soy sauce, sesame oil. I'll find the link to the recipe.

**Shohreh:** Cool, we'll definitely include a recipe in the show notes for everyone.

**Tiffany:** But it's like, it stays in your fridge for fucking ever. It's so easy because— so I've got depression, and sometimes it's really hard to cook.

## Conjuring Up Courage #108

Featured this episode: Shohreh Davoodi, Ally Ridnour, & Tiffany Cunningham

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- Ally:** Yeah.
- Tiffany:** So it's like, all you have to do is, like, boil a pot of noodles and then take a Charlie Sauce base and make the flavor you want. I really legitimately just, like, take some black bean and just throw it in there with some soy glaze, and it's so easy. Add vegetables.
- Ally:** Can I ask why it's called Charlie Sauce?
- Tiffany:** Because it's Charlie Brown Sauce. It's just a brown base for, you know...
- Ally:** Ooooh, so it's just brown.
- Tiffany:** It's just brown. It's just a brown base.
- Ally:** I was like sitting here being like, why is it called Charlie Sauce, like...
- Tiffany:** Because it's basically brown sauce, but it's for, like, everything.
- Shohreh:** So the joke is that it's Charlie Brown?
- Tiffany:** Yeah. [Laughter]
- Shohreh:** Okay.
- Ally:** Shohreh's not impressed by that. [Laughter]
- Shohreh:** It can be called whatever it wants, but you're correct, I'm not impressed. [Ally laughs]
- Tiffany:** Awww.
- Shohreh:** No, I'm impressed by the sauce, I'm not impressed by the name.

## Conjuring Up Courage #108

Featured this episode: Shohreh Davoodi, Ally Ridnour, & Tiffany Cunningham

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- Ally:** [Laughs lightly] I thought maybe it had something to do with Charlie Brown. Like Charlie Brown was the first one, to like—
- Shohreh:** Right, that's what I was thinking.
- Ally:** —make it or something. Or like...
- Tiffany:** I don't know, it's just this unassuming brown sauce. I don't know! I didn't name it! [Laughter]
- Shohreh:** Tiff, we're not blaming you for our hatred of the name.
- Ally:** I'm not on Team Shohreh, I don't hate the name. I'm somewhere in the middle of the spectrum, I suppose. I'm just, I'm a little underwhelmed I guess.
- Shohreh:** Okay, well, I don't hate it either. I'm underwhelmed.
- Tiffany:** Ally, first of all, I like the name Charlie because it's just one of those names I associate with funny things. Like, not funny in a bad ha-ha way, I mean, like, it's a joyful name. Charlie. [High-pitched] Charlie! Charlie! Go to Candy Mountain, Charlie! [Laughs]
- Shohreh:** Yeah, but that is a very scary video, not an adorable video.
- Ally:** No it's not!
- Shohreh:** It's terrifying.
- Ally:** Okay.
- Tiffany:** Aww. It's funny and a bit terrifying. [Laughter]

## Conjuring Up Courage #108

Featured this episode: Shohreh Davoodi, Ally Ridnour, & Tiffany Cunningham

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- Ally:** Again, that's like the spectrum between the three of us is like, I think it's like, a cute, adorable video.
- Shohreh:** That is not a cute, adorable video. It is demonic.
- Tiffany:** It's both! It's both!
- Ally:** Tiff thinks it's, like, scary and cute. And Shohreh just thinks it's horrible. [Laughter] That's the perfect summation of the three of our personalities [laughs lightly].
- Shohreh:** Yes. Well, I guess I have to link to that video for the youngins who are like, what the fuck are they talking about? [Laughter] 'Cause we're old. [Laughter]
- Okay. As long as we're talking about food. Okay, so this is gonna sound silly, but I'm gonna say it anyways because I've worked with enough clients by now to know that not enough people see this, but snacks are a life hack. And let me defend this, which is that I have worked with so many clients who, like, have been brainwashed to think that, like, snacks are bad and that they shouldn't eat snacks.
- And I'm like, y'all, I understand where that comes from because diet and wellness culture is a bitch, but also, snacks are not bad. Snacks are sustenance. And if you need an easy thing to be able to eat that's, like, quick, like, having a snack is totally fine and, like, it can be chips or it can be nuts or it can be apple sauce or yogurt or candy or, like, whatever bajillion kinds of snacks are out there.

## Conjuring Up Courage #108

Featured this episode: Shohreh Davoodi, Ally Ridnour, & Tiffany Cunningham

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But like, there's something about this idea of a snack that, like, people have gotten afraid of because diet culture has basically been like, oh, you should never be eating, like, between meals, and your meals should look exactly like this, and like, this idea that all snack foods are "unhealthy" and "bad for you."

And I'm like, y'all, no, no, no. Snacks are amazing. If I didn't eat snacks, like, there would be days I didn't eat because ADHD, and I'm on medication that kills my appetite, and other various things. And so I love having a variety of snack foods around because if I do not have the energy or ability to make a meal, I know that I have something that I can still eat.

When I don't have snacks is when things get really bad in my house because then I'm, like, scrounging around and I have nothing to eat. So I know for myself that, like, I always need to have snacks. And I never feel bad about eating snacks. I have no guilt related to snacks. I'm like, I am feeding myself. I am nourishing my body. It does not matter what the thing is that I'm eating, like, this is a way that I'm getting food into my body. So I'm just throwing that out there for anyone who may be, like, afraid of snacks.

**Tiffany:**

I would follow this up and say an addendum. Because I think 101%, like you said, like, ADHD standpoint, but also from, like, a depression standpoint, your brain is trying to keep you from taking care of yourself. Like, if you don't have a lot of capacity for doing things, like, if you don't have a lot of capacity for doing things, like, you have to decide,

## Conjuring Up Courage

#108

Featured this episode: Shohreh Davoodi, Ally Ridnour, & Tiffany Cunningham

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like, I need to get this thing done so I'm going to do it, but at the capacity level that I have.

So like, if you need to eat and you can't cook, order takeout. Do the thing that helps you get the sustenance into your body, like, the most low-effort thing. So like, say you have a little bit more capacity for a little bit more, you can cook, but you can't, like, make a full meal, make some instant oatmeal. Like, find the path of least resistance to getting the food into your body.

**Shohreh:** Eating something is always better than eating nothing.

**Ally:** Yeah. I will say I at all times have a frozen pizza in my freezer.

**Shohreh:** Oh yes. I love having frozen pizzas.

**Ally:** Frozen pizza is not a go-to for me, but when I need it, I *need* it, and then I'm like, so glad I have it.

**Tiffany:** Yeah, like Shohreh said earlier, like, I think that it's really important to, like, say, if you are getting food in your body, if you are nourishing yourself, if the only thing that you have at hand is a pack of Trolli sour gummy worms, then eat the fucking Trolli sour gummy worms. Eat the thing that helps you get energy, helps you fuel you.

**Shohreh:** Yeah.

**Ally:** Yeah. You know how they say that for babies? Like, um...

**Shohreh:** Fed is best?

## Conjuring Up Courage #108

Featured this episode: Shohreh Davoodi, Ally Ridnour, & Tiffany Cunningham

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**Ally:** Yeah, fed is best. It's like that for grown-ups too.

**Shohreh:** It is like that for grown-ups.

**Ally:** It's better that you eat something than nothing.

**Shohreh:** I literally remember, like, when I was in a really rough period in my divorce, like talking to my therapist, and I was like yeah, I finally made it to the grocery store and I just, like, filled my cart with frozen foods and, like, chips and snacks and all this stuff. 'Cause I was like, I don't have time to cook right now, and I am having a hard time, like, stomaching other stuff, and so this is what I did. And she's like, good. She's like, I'm so glad that you did that for yourself and that you're gonna have all these foods that you can eat.

Like, I always have tons of, like, Amy's frozen meals in my freezer. I always try to have a bunch of those because sometimes the only thing I can stomach is, like, an Amy's frozen mac and cheese or whatever other options that I might have in there. So I like to make sure that those are available, 'cause sometimes you just have those days.

And, like, yes, in an ideal world, would I like to have a more "balanced" meal where I'm getting fruits and vegetables and grains and whatever other stuff? Yes. But my life happens in ups and downs and cycles and all these different things where sometimes I'm really with it with my food, I'm doing a lot of cooking, I'm getting a lot of variety, and other times I'm just trying to fucking survive. And when I'm just trying to fucking survive, like, I just need to get calories into my body and I don't care so much what those calories are made of.

## Conjuring Up Courage #108

Featured this episode: Shohreh Davoodi, Ally Ridnour, & Tiffany Cunningham

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**Ally:** Oh my god, that just, like, took me back to a place, Shohreh, where, like, I think for maybe, like, three to four months after a, like, serious break up in my life, I would have literally peanut butter on a spoon for, like, a meal. Which, obviously, yeah, it's not a full meal, but it's like, if I don't do that, I'm not gonna eat anything. So, like, I need these calories in my body. And I think I lived on frozen food and Panda Express for maybe six months after that break up? [Laughs lightly]

**Shohreh:** Yeah, I mean, I won't lie. It's been almost a year since we got divorced, and I'm still not back to, like, a normal place with food yet. I mean, it just—between that and the pandemic, it really did a number on my body, and my ability to eat, and then, again, you have, like, this combination of the ADHD and my medications. And so, I am still very much trying to find, like, a stable place with that.

And what's been really nice is 'cause of all of the work that I've done around food and body, like, I haven't felt any guilt or anger towards myself about this. Like, I've just been able to accept and be like, okay, this is where you are right now. And it's not ideal. It's maybe not your favorite place to be. But you're not going to be here forever, and we're here right now. And we're just gonna do whatever we can to make sure we're, like, getting enough food and we have enough energy to function, and that has been the priority.

And I think the more grace that we can give ourselves when we find ourselves in these really hard life situations—like grief is a bitch. And I cannot focus on having these amazing meals and doing all of this cooking when I'm, like, barely holding it together a lot of days. So if

## Conjuring Up Courage #108

Featured this episode: Shohreh Davoodi, Ally Ridnour, & Tiffany Cunningham

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anyone else out there has struggled with that, like, I know it's easier said than done to not, like, blame yourself or feel like you should be doing better, but truly, the bar is not the same at all times. And like, you've gotta lower that bar really far down when you're struggling. [Ally laughs lightly].

**Tiffany:** Yeah.

**Ally:** Yes.

**Tiffany:** Well, I would say this is the metaphorical life hack of this particular thing, which is, like, if you are hungry, you hate everyone else. If you are thirsty, you think everyone hates you. And if you hate yourself, you probably need to shower. And I say that sort of in jest, but I also say it in, like, legitimately, you do not think clearly when your needs are not met.

And so, to like, get further out of that whole, like, to get further down the road, like, it is so much easier to do that when you are, like, at full capacity. And the better you get to full capacity, it's gonna be by meeting your needs.

**Ally:** Yeah, and also, like, I feel like there's these, like, scare tactics of, like, if you exist on fast food or if you exist on frozen food for, you know, let's say a period of time, that you're gonna get, like, "addicted" to this lifestyle. And that's absolutely not true. Like, if you need to eat McDonald's for a month because you cannot cook, do that and eat. And when you're ready and you're back in the mindset of, like, feeling up to cooking, you will. Like, you'll get back to it.

## Conjuring Up Courage #108

Featured this episode: Shohreh Davoodi, Ally Ridnour, & Tiffany Cunningham

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You're not gonna get like... And the way that you do that is by, like, not shaming yourself and letting your own needs because then you'll have the capacity to, like, do the work you need to do to get yourself back into the place, so—

**Tiffany:** Yeah.

**Ally:** —life is ups and downs, you know?

**Shohreh:** Mmhm.

**Tiffany:** Yeah.

**Shohreh:** Alright, so we had a whole hodgepodge of health and beauty tips in there, and now we're gonna move to our next sort of organizational section, which is relationships. And I don't mean just romantic relationships, I mean all interpersonal relationships. These are just some of our life hacks, basically, for being in relationship with other people.

So, Ally, why don't you start us off with your excellent one that you shared.

**Ally:** [Laughs lightly] Okay. This is one I've learned recently, you guys, and when I tell you it makes a world of a difference. When you are, like, having a potential conflict with somebody, like, you're having a conversation that is maybe starting to get a little bit like, alright, this seems like it might be a fight, take a minute and just clarify each person's point. Stop and say, like, hey, this is what I think you're saying, is that true? And have the other person do the same.

## Conjuring Up Courage #108

Featured this episode: Shohreh Davoodi, Ally Ridnour, & Tiffany Cunningham

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Because I have realized, after applying this to my life, that, I don't know, 90% of fights happen because, like, one or both people have misunderstood what the other person is saying.

**Shohreh:** 1000%.

**Ally:** And it gets, like, just out of hand so fast, and then, like, the other person gets defensive, and then you get heated, and then you kind of even lose the meaning of the argument. So for me, this has, like, nipped things in the bud. And it's been so, like, gratifying to be like, oh my gosh, I was taking something not as you meant it, and then it was upsetting me when really, I just didn't know what you were saying or vice versa. So that, for me, has been, like, I don't know, lifechanging [laughs lightly].

It feels so much better to realize that you've just misunderstood something that somebody said than to, like, have it be a whole fight where you, like, it gets out of control and you lose whatever meaning you were initially going for and whatever.

**Shohreh:** I think it's so easy for people to forget that the way that we think about things is not the way how everybody else thinks about things. And the way that we approach conversation with other people comes from our whole entire pasts of, like, how our caregivers or parents treated us or how our past relationships went. Like, all of the different things we've learned about communication.

**Ally:** Yes.

## Conjuring Up Courage #108

Featured this episode: Shohreh Davoodi, Ally Ridnour, & Tiffany Cunningham

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**Shohreh:** And so it's really easy to hear something that the other person is not actually saying to you. And the only way to know is to ask them and to clarify.

**Ally:** Yeah.

**Shohreh:** And you have to be able to say, here's what I'm hearing. And a lot of times, like you were just saying, Ally, the other person will be like, whoa, oh my god, that's not what I was saying at all! And like, you just need the clarification, you just need the reassurance to be like, here's what I meant by what I was saying. And then you can kind of figure out each other's communication styles, and like, oh, when this person says this, they mean this, even though this one person I dated when they said this it meant something totally different.

**Ally:** And especially early on with somebody. Like, let's say you're starting a new relationship, if you do this early on, then you get a hand on this other person's communication style, like, so much quicker. Because like you were saying, Shohreh, like, nobody else has the same background that you do, so nobody else is going to, like, have the exact same communication style.

And so I'll say, like, for me, a lot of my communication stems from a place of anxiety, and that's, you know, I have anxiety. I have been in, you know, a relationship that was not at all healthy, and so my communication style comes from a place of, like, I don't want this other person to, like, think that I'm being too much or I'm too needy or I'm too whatever. And as a result of that, I can come off as very apathetic,

## Conjuring Up Courage #108

Featured this episode: Shohreh Davoodi, Ally Ridnour, & Tiffany Cunningham

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when that is, like, so the opposite of who I actually am inside [laughs nervously].

And so, like, for example, let me say I was telling somebody, like, I was saying, I don't care if you do this or that. And what I meant was, like, I don't want you to feel obligated to do the thing that I want you to do, so I'm really okay if you don't want to do that thing. But I didn't communicate that.

What I said—the words I used were, like, I don't care, you can do this or you can do that. And that person, like, took a moment to be vulnerable and be like, hey, the way you're saying it, I get the sense that you're saying that you don't really want me around. And I was like, oh my god, no. Thank you for clarifying and asking me because that is not at all what I meant, and that could have potentially been, like, a really hurtful fight. And it didn't have to be that because I realized that I was, like, not getting my point across.

So, that's my tip, and it's been really helpful for me.

**Shohreh:** It is a great tip.

**Tiffany:** That is a really good tip.

**Ally:** [Laughs lightly] Um, I have to give credit—I don't wanna do this—but I have to give credit to the person I'm dating because I learned that from them, so... [Laughs]. I'm not saying I don't wanna do it because I don't like them, it's just that [Shohreh and Tiffany laugh] I'm a brat and I want credit for everything [laughs].

## Conjuring Up Courage #108

Featured this episode: Shohreh Davoodi, Ally Ridnour, & Tiffany Cunningham

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**Shohreh:** Well, we all learn things from other people and then we can pass them on, so you can take credit for this episode's purposes [laughs lightly].

**Ally:** [Laughs lightly] It's my tip! I made it up. I'm smart! [Laughter]

**Shohreh:** I'm sure a bunch of therapists out there are listening, like, um, yeah we talk about this in therapy all the time [laughs lightly].

**Ally:** Yeah, right? My therapist is listening to this being like, girl! [Ally and Shohreh laugh] But yes, I feel like it's a great tip. I feel like it's very helpful, and it can save you a lot of grief if you're somebody that hates fighting, which I feel like is most people.

**Shohreh:** Yeah.

**Ally:** If you like fighting, maybe seek therapy.

**Tiffany:** I would say the addendum life hack I would add to this is, like, if you feel like your needs aren't getting met, be more, like—like make a decision and stick to it, even in, like, the smallest circumstances. So when your friend or significant other or family member says, "Where do you want to go eat?" and you say, "I don't care," like, no, bitch, you do care, but you are afraid to, like, let people know that you have an opinion or that your opinion is gonna be wrong or whatever.

**Ally:** Yeah.

**Tiffany:** It's like, easy to practice doing that with big things if you've practiced on little things. So like, even if it's a really small thing, like, when people ask your opinion on, like, where are we going to go to dinner? Or, you

## Conjuring Up Courage #108

Featured this episode: Shohreh Davoodi, Ally Ridnour, & Tiffany Cunningham

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know, do you want the blue one or do you want the red one? Pick, bitch! Pick. [Ally and Shohreh laugh lightly] Don't say, "I don't care."

**Ally:** And, going off of that, Tiff, I'm an indecisive bitch, so for me, what's actually easier is to start with what I know that I don't want.

**Shohreh:** Mmhm.

**Tiffany:** Yeah, yeah.

**Ally:** 'Cause sometimes it is, it's like, all the possibilities in the world, I'm like, how could I ever pick? So sometimes it's easier to be like, oh, okay, we're going to dinner? I definitely don't want, like, pizza. I definitely don't want Mexican, or whatever.

**Tiffany:** Yeah.

**Ally:** And sometimes that makes it easier than being like, alright, let me pick out of these, like, one thousand choices.

**Tiffany:** Yeah.

**Shohreh:** It's also okay to say that you don't know if you really don't know. And sometimes, like, there are instances where you don't care. But I think being able to explain that and not shut down the conversation is the key to that.

**Tiffany:** Yeah.

**Shohreh:** Like, you know, if someone asks you where do you want to eat, and like, truly, you know that you're actually, like, pretty open to anything,

## Conjuring Up Courage #108

Featured this episode: Shohreh Davoodi, Ally Ridnour, & Tiffany Cunningham

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actually explaining that and being like, oh, you know, actually, like, I'm just really hungry and I'm feeling pretty open to anything right now. Is there anything that you're feeling or that you wouldn't want and maybe I can help you narrow it down? Like, just because you don't care also doesn't mean that you then become, like, a passive part of the conversation.

**Ally:** Yes.

**Tiffany:** Yeah.

**Shohreh:** Because you can not care but you can still help the other person narrow down the thing. Like, you can still contribute.

**Ally:** Yeah, you can be helpful without being, like, you know, bossy or decisive.

**Shohreh:** Mmhm.

**Tiffany:** It's kind of like, the same principle as you were saying about taking a pause and re-explaining to the other person. It's all about, like, clarifying the initial statement versus just letting it hang there and be interpreted by both people differently.

**Ally:** Yes! I feel like that's a sign of maturity, emotional maturity, is like, because it's a little bit vulnerable I think sometimes to, like, really explain yourself.

**Shohreh:** It's super vulnerable.

**Tiffany:** Oh, absolutely.

## Conjuring Up Courage #108

Featured this episode: Shohreh Davoodi, Ally Ridnour, & Tiffany Cunningham

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**Ally:** I feel like for me, I operated for such a long time out of this place of, like, I didn't want to show my cards or my hand or whatever. Like, I didn't want to put myself out there. And so the way I communicated really came off that way. It was just so like, disinterested and uncaring. Like, oh, I don't care what happens either way. And like deep down inside I'd be like, I care so much, you guys. I care deeply what happens in this situation [laughs lightly].

**Tiffany:** Aww.

**Ally:** Well, the good news is that now I don't have a problem being like, I do care, so. [Laughs lightly]

**Tiffany:** Yeah. I mean, I think society teaches us early on, especially if you have been raised in a disadvantaged space, like, we are taught not to have opinions. Like, our opinions are not as valid as other people's. And so like, to have and express an opinion is vulnerable.

**Shohreh:** It opens you up to rejection.

**Tiffany:** It's risky.

**Ally:** Yeah.

**Shohreh:** There's inherent risk because you don't know how the other person is going to respond. And, if you have a past where people responded poorly to you giving your opinion, then that's where a lot of this can stem from, where then it gets really scary to say that. Because you have actual proof that in the past how people have responded in a really shitty way to you when you do.

## Conjuring Up Courage #108

Featured this episode: Shohreh Davoodi, Ally Ridnour, & Tiffany Cunningham

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**Ally:** Yeah, and just to be clear, if anybody is making you feel like your needs are less important, they're wrong and they need to leave and go away.

**Tiffany:** [Makes siren noise] Yeah. [Ally laughs] Red flag central.

**Ally:** Was that a, like, police siren? [Shohreh laughs]

**Tiffany:** [Laughs] If you would like to redo that section...

**Ally:** No, I loved it!

[Music plays]

[Ad break]

**Shohreh:** Hey y'all. Let me take a moment to tell you a little bit more about Ample + Rooted, an inclusive therapy practice that is directed by my dear friend and colleague, Neathery Falchuk. The awesome practitioners at Ample + Rooted not only serve folks locally here in Austin, they also serve folks online all over the globe. Through therapy, mindfulness practices, courses, trainings, and events, they support, guide, and hold space for folks to feel valued and nourished.

We talk a lot about systems of oppression on the show and how they can disconnect you from your inner knowing, and the Ample + Rooted group believes it is your birthright to both inhabit and trust your physical and emotional self without shame.

Luckily for y'all, the kind folks at Ample + Rooted created an exclusive guided meditation on cultivating self-trust for listeners of Conjuring Up

## Conjuring Up Courage #108

Featured this episode: Shohreh Davoodi, Ally Ridnour, & Tiffany Cunningham

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Courage. You can access the free guided meditation and learn more about Ample + Rooted in the show notes for this episode.

[Music fades]

I wanna talk about one of my favorite life hacks, which is taking advantage of the phone contacts. I don't know what it's like on Android, I assume it's very similar to on iPhone, but on iPhone, obviously you have all these different things that you can fill in in a phone contact. And so I use them to remember so much stuff.

So first of all, something I've been doing lately is I've been putting all of my friends' pronouns into the phone contacts. And I like to do this as part of the last name, so I just do like, parentheses after their last name with whatever their pronouns are. So, Ally, yours says she/her, Tiff, yours says she/they. And this is especially helpful if a friend changes their pronouns so that you don't forget and you can remember.

It's really helpful if you have a friend that uses multiple sets of pronouns so you can remember that they like to have more than one used. So if you're communicating with them, you can see it immediately so there's no way you're gonna forget. So it's just a really good way of getting someone's pronouns down. And I do it for everybody, not just people who aren't the pronouns that you would maybe think that they are, which is, like, a silly thing.

**Ally:** Not cisgender [laughs lightly].

## Conjuring Up Courage #108

Featured this episode: Shohreh Davoodi, Ally Ridnour, & Tiffany Cunningham

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**Shohreh:** Yeah, exactly. Like, I do it for everybody, because, like, anyone can use any pronouns. And so I think it's important to remember that. Like, even if it's somebody you've known forever who has always used the same pronouns, I still have those in my phone. So that's one thing you can do with your phone contacts.

I do like to put email addresses in my phone contacts 'cause it's just a little bit easier when I'm trying to send an email from Gmail or something like that. My phone already knows who I am trying to email, so I'll put those in there.

Addresses, y'all. People never do this. I put everyone's address in their phone contacts. And people are always like, oh, that's so smart. And I'm like, yeah, if I want to mail somebody something, I want their address. If I'm gonna go visit somebody, I wanna be able to copy it into Google Maps to be able to go to them.

**Ally:** Yeah. Especially people whose houses you don't go to regularly.

**Shohreh:** Yeah!

**Ally:** Where you're like...

**Tiffany:** Guys, I still don't remember y'all's addresses. I just put it into Apple Maps. I legitimately don't—

**Ally:** Tiff, I know where you live and I still map it every time because I'm like, what if I get halfway there and I forget? [Laughs lightly]

**Tiffany:** See?

## Conjuring Up Courage #108

Featured this episode: Shohreh Davoodi, Ally Ridnour, & Tiffany Cunningham

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**Shohreh:** Yeah, I think it just depends where you're going, how close they are, if you're gonna use it or not. But, you know, I have friends who like, they're in a gated community or an apartment complex, so I have, like, the gate code, you know, in the notes in the contacts so I don't have to ask them every time, hey, what is the gate code? So I have that in there.

And then birthdays, y'all. You put the birthdays in the contacts. And my contacts and my Google Calendar are connected. So I actually have, like, a separate birthdays calendar in my Google Calendar, but even if I didn't, they get pulled in from my phone. So I never forget anybody's birthday. It allows you to put in the year, so if I know exactly how old they are, then I can realize, like, oh, when it is a big birthday coming up and stuff like that.

So just take advantage of those phone contacts. I've just found that so helpful, and I keep all kinds of information for different people in their contact, and then I don't have to ask them every time for that stuff if I wanna, like, surprise them with some mail or I wanna make sure that I', wishing them a happy birthday. 'Cause like, I'm not using fucking Facebook anymore where people used to know everybody's birthdays 'cause they're on Facebook every day.

**Ally:** Yeah, half of people don't have their birthdays on Facebook anymore.

**Shohreh:** Yeah, I don't have my birthdays on Facebook anymore because—my birthdays. My birthday. I only have one [Ally laughs lightly]. I don't have it on Facebook anymore because I just thought it was so annoying, honestly, to have a bunch of people say happy birthday who never

## Conjuring Up Courage #108

Featured this episode: Shohreh Davoodi, Ally Ridnour, & Tiffany Cunningham

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otherwise talked to me. And like, they would literally just say happy birthday. I have found that more depressing than anything. [Laughs lightly] So I, like, took my birthday off of Facebook.

**Ally:** I agree. I think it's depressing. I don't know if some people like it, but for me, it's, like—I think also our generation is, like, kinda done with Facebook, so.

**Shohreh:** Exactly.

**Tiffany:** Yeah.

**Ally:** The only people that say happy birthday to me on Facebook are people that, like, I don't talk to because my real life friends will just text me.

**Shohreh:** Exactly.

**Ally:** Or call me. But yeah. It's like, a bunch of notifications that I don't wanna deal with where I have to be, like, hey, thank you.

**Tiffany:** [High-pitched voice] Thank you.

**Ally:** Yeah, and it's like, people that, like, I don't wish them happy birthday because I'm not—I don't know, I'm a jerk. I don't wish strangers happy birthdays.

**Shohreh:** Why would you? They're not your friend or colleague or something. It's like, who cares?

**Tiffany:** It's like you don't go around walking up to strangers in real life saying happy birthday. [Ally laughs lightly]

## Conjuring Up Courage #108

Featured this episode: Shohreh Davoodi, Ally Ridnour, & Tiffany Cunningham

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**Shohreh:** Exactly.

**Tiffany:** I mean, it's like, okay, oh yeah, right, we're at, like, the Jungle Café and there's somebody singing happy birthday to them. It's like you don't go up to them later and be like, dude, happy birthday. [Ally and Shohreh laugh]

**Ally:** Yeah.

**Shohreh:** What is the Jungle Café, Tiffany?

**Tiffany:** Rainforest Café, I'm sorry.

**Shohreh:** I was about to say. I was like, is she trying to refer to the Rainforest Café? [Laughs]

**Ally:** I just accepted it. I was like, yeah, the Jungle Café. [Laughs lightly]

**Shohreh:** But also, like, who remembers the fucking Rainforest Café? I used to go there for so many birthdays and stuff as a kid at the mall.

**Ally:** Oh my god. I feel like even as a child I was not the target audience for the Rainforest Café. I don't know, that place creeps me out. It smells weird.

**Shohreh:** It does smell weird.

**Tiffany:** It does smell weird.

**Ally:** Yeah. I feel like all of the food they give you is, like, soggy, because I just feel like everything in the Rainforest Café is wet. [Laughs lightly]

## Conjuring Up Courage #108

Featured this episode: Shohreh Davoodi, Ally Ridnour, & Tiffany Cunningham

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**Shohreh:** Yeah, that's true, There is, like, a humidity level going on in there. Well, I don't even know if it exists anymore. I assume it's gone bankrupt by now.

**Ally:** And it's like, weird and jarring because then you step out and you're inside the mall, and you're like, what? How did I get here?

**Shohreh:** I'm not in the rainforest? What?! [Laughter]

**Ally:** I thought I was in the middle of Africa. I don't know where the rainforest is, you guys.

**Shohreh:** I mean, I was gonna say the Amazon, so yeah.

**Tiffany:** There are rainforests on the continent of Africa in specific places.

**Ally:** [Laughs] I've literally been to the Amazonian rainforest. I'm an idiot.

**Shohreh:** So, phone contacts, that's where I'm at. And then, Tiff, I know that you have some thoughts about, like, taking notes while people talk.

**Tiffany:** I am. I think I learned this either from, like, my marriage therapist, or if it was like, I don't know, a book on ADHD or something. You know, it was like, taking notes while people talk of, like, the talking points you're going over and kind of, like, forcing your brain to keep track of what is happening in the conversation so that if you lose your train of thought, like I am wont to do, you can go back to it.

And it works kinda like the circle back around to, like, you get to the end of the conversation, you can be like, here are the things that you

## Conjuring Up Courage #108

Featured this episode: Shohreh Davoodi, Ally Ridnour, & Tiffany Cunningham

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said. You're reviewing what people have said when they're done to make sure that they understand that you understood.

**Shohreh:** Yeah.

**Tiffany:** It's a good way to practice that but for yourself. I guess it's not really so much a life hack as much as, like, a reminder that, like, there are a lot of things that we did in younger days that we didn't carry through into adulthood that will serve us pretty well.

**Shohreh:** It's also a reminder that it's okay, right? Because I am sure that there are some people out there who are like, oh, people will think it's so weird if I were to take notes. And I think some people would. There are some people out there who would be like, no, of course you can't take notes. Why can't you just be in this conversation? And they don't realize that, like, brains work differently.

**Tiffany:** Yeah, that's true.

**Shohreh:** And for some people, it's really helpful to be able to write things down. Like, you know, both you and I have ADHD, Tiff, and our memory is shit. And especially in a heated situation, or like, even, like, a hard work situation, it can be even harder to have that short-term memory working. So it's nice if you have these notes.

And again, going back to what Ally was saying before, like, this adds opportunity for clarification and for making it less likely that you're going to misunderstand because you don't remember exactly what the person said or what the points were they were trying to make.

## Conjuring Up Courage #108

Featured this episode: Shohreh Davoodi, Ally Ridnour, & Tiffany Cunningham

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And for me, I always think that anything is fair game if it's going to help the relationship and help communication, even if maybe someone thinks it's weird. There's no one right way to communicate. Like, it doesn't literally just have to be, like, you sit down and talk and those are the only options. Like, there are other possibilities out there. And if it helps your partner or your colleague or your friend to be able to be in communication with you and have a better relationship, then, like, I want whatever that is. And I'm not gonna judge somebody because I'm like, oh, well, that's not my preferred communication style.

**Tiffany:**

Yeah. Well, and like, being willing to adapt to your communication partner's communication needs, like, that is a sign of being respectful of that other person and listening to what they are. It shows the signs, of, you know, a healthy understanding of interpersonal communication.

Some people are better at it than others. And it's certainly something that takes a while to learn—like, not taking notes, like that's, you just take notes [laughter]—but just being more mindful and intentional about your communication with other people, that takes a lot of practice. And taking notes is just one way of participating in the conversation. Another way might work better for somebody else.

**Shohreh:**

And the thing about taking notes that is intriguing for me is that it actually forces you to stay present because you're trying to take notes. So your mind can't, like, wander off because then you can't take the notes. So it's also a good way of keeping you in the moment to make sure you're actively listening to what the person is saying.

## Conjuring Up Courage #108

Featured this episode: Shohreh Davoodi, Ally Ridnour, & Tiffany Cunningham

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- Tiffany:** Yeah. I mean, I picked it up originally when I was in a journalism situation and, like, taking notes is kind of the thing, right? Like, you have to take notes of what people are saying.
- Shohreh:** Yeah, I take notes all the time while I'm interviewing people for the podcast because I wanna remember my thought or what the next question I wanted to ask was.
- Tiffany:** It doesn't have to necessarily be a part of your job, it can be a part of your daily life. Like, I like to have a note to conversations to go back to. You know, it's like when you're talking about projects with friends, or you're talking about, like Ally said, it could be a really heated conversation. For example, when your ADHD friend goes off on her loose hinge [laughter]. You can circle back around and get the conversation back on track. When I think of taking notes, like, it has to be done in a very specific setting, and I think it's not conducive all the time.
- Shohreh:** Cool. I feel like we did some good coverage there on some relationship life hacking. And we've got one more general topic, and I'm just calling this organization. But it's really just kind of, I don't know, life, organizing, cleaning, whatever type stuff. Going into the hodgepodge of all the stuff we're talking about. My brain is starting to die. It's been a long fucking day [light laughter]. I'm like words are coming out my mouth.
- Ally:** I think my brain has been operating from, I don't know, a place of chaos [Tiffany laughs lightly].

## Conjuring Up Courage #108

Featured this episode: Shohreh Davoodi, Ally Ridnour, & Tiffany Cunningham

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**Shohreh:** Yeah. It's—it's a lot. Alright, so Tiffy, you have some cool thoughts about discord servers.

**Tiffany:** Okay. In the same way that Shohreh was talking about your phone contacts, like making life easy for yourself in a way that is easily accessible to you. 'Cause I mean, we all have, like, our phones sort of stuck to ourselves these days. And I'm not sure how familiar people are with the Discord app, but it's like free, you can, like, communicate in channels with your friends.

And I learned this tip I think from Tumblr, which of course is fandom. And it's like, most people have Discord servers where like, we talk to a bunch of people, and they're like, make yourself a Discord server. Make yourself, like, it's just you, but it's, like, a free way to create channels and stuff.

So I use it as like, a way to organize random shit in my phone or in my life. But it's like I can have different channels for the different things I need to keep track of. And it's just something that's free, and I can just open it up on my phone and type it in. It's like I'm talking to myself but I have a written account of it. That is really a good way of describing it. It's just I am talking to myself.

I have a channel for like, screenshots, inspirational shit that I see on Instagram, and I've got like a to-do list and like a grocery shopping list channel. And it's a good way if I need to take a picture of something and, like, I want to remember, like, the price of something at Home

## Conjuring Up Courage #108

Featured this episode: Shohreh Davoodi, Ally Ridnour, & Tiffany Cunningham

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Depot or something. I just shove it all there and it's all organized by, like, categories, so it's easier to find.

And Discord lets you search for things, so you can search in your channels. So if I need to, like, search for a specific key word, which I'll talk about later, you could do that in Discord.

It's a really useful app, you should try it.

**Shohreh:**

Yeah, and I use Evernote for the same purpose, but in order to get a lot of the features that you've just mentioned, I essentially had to pay for Evernote Pro to get some of those kind of deeper features. So Discord is a really good option for people if you're looking for something free where you can do a lot of that stuff. Because I use my shit for work as well, I just pay for Evernote Pro and that keeps me super organized.

I've talked before on the podcast about how I use Google Drive and email folders. Like, basically, like, figure out how you need to organize your shit, especially if you can't find things all the time, you're losing stuff, and you want to keep stuff in some kind of a structure.

Like, I'm someone who if I do not have that structure, everything goes to chaos. And so I have to have this very, like, intense organizational system where there's, like, the notebook, and then the notes under it and then, like, the sub-notes, and favorites, and searching and all of these things. Because without it, I would lose my entire head. So I love it, Tiff.

Alright, Ally, tell us the wonders of color-coding your life.

## Conjuring Up Courage #108

Featured this episode: Shohreh Davoodi, Ally Ridnour, & Tiffany Cunningham

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**Ally:** Okay. Just from a visual perspective I feel like it helps me if everything is, um, color-coded. So, for example, in my planner—I do my planner by hand, which is perhaps a bit controversial [laughs lightly]. But I like it. It's better for me. So I break everything down into categories in my planner because I like to track, obviously, appointments, social engagements, different, like, classes, workouts, everything like that.

So like, all of my appointments are blue. All of my social engagements are orange. All of my aerial-related things are green. I just have different—and then I, like, carry that through to, like, sticky notes if I need to, like, put a reminder somewhere. I'm like, okay, it's a blue sticky note, it's an appointment reminder.

I feel like I've just carried this from high school because I always did this in high school, too. Like, all of my subjects would be color-coded. So I just have continued to do that in adulthood, and then it's just easier for my brain to be able to, like, look at my planner and be like, oh, I have an appointment this day because there's something in blue on this day in my planner.

**Shohreh:** I have that electronically. I mean, so like—'cause I use Google Calendar instead of a written planner.

**Ally:** Yeah.

**Tiffany:** Mmhmm.

**Shohreh:** And yeah, the calendars have a different color for that reason 'cause it triggers your brain to be like, oh, this is a work thing, this is whatever,

## Conjuring Up Courage #108

Featured this episode: Shohreh Davoodi, Ally Ridnour, & Tiffany Cunningham

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like, whatever your calendars are. And so I've always found that really helpful. So it makes total sense to me that you found a way to do that in, like, a written planner.

**Ally:** Yeah, which [laughs] they can tell you, I've gone back and forth on the, like, I don't know, I can't wrap my head around electronic planners. I'm also not an inherently, like, organized person. I don't—it's not that I'm not organized. I think I'm an over-booker, is my problem. I don't like saying no, I want to do everything in the world. So I'm always like, I can do this. I can do 800 things on one day [laughs lightly].

**Shohreh:** I also struggle with this.

**Ally:** [Laughs] So it's also helpful to like look at my planner and just see, like, oh, there's already something, like, in orange on Saturday, which means, like, I already have a social engagement, and so probably I'm not going to be able to do two social engagements. I feel like most people know this already, but color coding, it's a big thing.

**Shohreh:** I mean, the thing about life hacks is that, like, a lot of people know things and then someone [Ally laughs lightly] will hear it and be like, fuck, I never thought I could apply that in this way. So you just never know who's listening out there.

**Tiffany:** I mean, honestly, that's what I was gonna say, like—

**Shohreh:** Tiff didn't know about the Q-tips.

**Ally:** That's true.

## Conjuring Up Courage #108

Featured this episode: Shohreh Davoodi, Ally Ridnour, & Tiffany Cunningham

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**Tiffany:** I didn't know about the Q-tips. I also never have thought about carrying the color coding into other aspects of your life. Because, like, in my mind, my calendar on Google Drive electronically is somehow separate from, like, me making sticky note reminders on my bathroom mirror.

**Ally:** Yeah.

**Tiffany:** Like, that never occurred to me. [Ally laughs]

**Shohreh:** There you go. Already helping Tiff.

**Ally:** Wow, you're welcome.

**Shohreh:** Yeah. We went from, "no one will use this," to, "you're welcome."

**Ally:** You're welcome, yeah. [Laughs lightly] It's a little like impostor syndrome for me, where I'm like, I'm not a... I don't know, a life organized kind of person. So I'm like, I, there's nothing in my brain that other people don't know already. But maybe that's not true. [Laughs lightly]

**Shohreh:** Not true. Alright, so I'll add a couple of things here. Uh, these are around two products that I'm a big fan of. I'm gonna give my sister credit for the first one, which is something called a "cord bundler."

**Ally:** Ohhhhhh.

**Shohreh:** She will die laughing when she knows that I put this into here. [Ally laughs lightly] So there are these things you can buy, they're called cord bundlers, and you can stick them on anything that has a long cord so that you can wrap the cord and it will keep it nice and organized on the

## Conjuring Up Courage #108

Featured this episode: Shohreh Davoodi, Ally Ridnour, & Tiffany Cunningham

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back of the thing. So I put these on, like, all of my kitchen appliances, and they are amazing. Because it is so annoying when you have cords around everywhere and they don't have any place to go.

And it again, seems like a really simple thing. They're inexpensive. I just bought, like, a couple of six packs of them off of Amazon, and I have put them on so many things in my house. So cord bundlers, awesome.

And then the other thing is that, like, I'm a Dawn Dish Soap stan, and Dawn is better than all other dish soaps [Ally laughs lightly]. If you disagree, I will come for you. It literally works better. This isn't like an, oh, this is the brand my parents used and so I'm committed to it and I haven't actually tested the others. No, Dawn is better. I have had people try to buy other brands and have to have conversations with them about, no, no, no, Dawn only.

Also, the commercials with the ducks. Hello. So cute. Saving the ducks from the oil spills. I love them. Tugs at my heart strings.

**Tiffany:** I was about to say, it does me too. Totally.

**Shohreh:** I know. It breaks my freakin' heart. And the reason they use the Dawn on the duckies is because it works. It can literally get oil spills off of the ducks' feathers.

**Tiffany:** I'm so here for this.

**Shohreh:** Yeah. Okay, so Dawn in general, but if you already knew that, may I introduce you to Dawn Powerwash. Okay, so Dawn makes a product that is, like, a spray bottle. It's called Powerwash. And it's like an extra

## Conjuring Up Courage #108

Featured this episode: Shohreh Davoodi, Ally Ridnour, & Tiffany Cunningham

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super concentrated, more powerful version of Dawn. So what you can do is if you have a dish that's, like, soiled with food or has baked-on crap on it, you spray the Powerwash on it. If it doesn't have very much, you can just immediately wipe it off. And if there's a decent amount of it, you can let it sit for a few minutes before wiping it off.

But it makes doing dishes so much easier. It's also amazing if you are like me and you accidentally spill on yourself all the time. 'Cause I'm constantly having to try to get oil stains out of my clothing 'cause I'll spill, like, salad dressing on myself. And getting oil stains out freaking sucks, and the Powerwash works really, really well on oil stains. So I will, like, spray that in, rub it in, and then wash the clothing.

So, sending that out into the universe for adults who have to clean shit. Dawn is your friend and Dawn Powerwash is an excellent thing to have in the kitchen. I usually get mine at Target, but I'm sure it is available at many other places.

**Tiffany:** Ah!! I didn't know that either! [Ally laughs lightly] I didn't know that there was a thing called the Dawn Powerwash and it gets oil stains out of clothing.

**Shohreh:** It's so good!

**Tiffany:** Do you know how many shirts I have let go into the universe because they had an oil stain on the tits?

**Shohreh:** Yeah.

**Ally:** Yeah.

## Conjuring Up Courage #108

Featured this episode: Shohreh Davoodi, Ally Ridnour, & Tiffany Cunningham

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- Shohreh:** They're always tit oil stains, too.
- Ally:** Always.
- Shohreh:** It's always right between my boobs and I'm like, what the fuck? [Tiffany laughs lightly]
- Ally:** Well, because when you think about it, like, directly down from your mouth is your boobs.
- Shohreh:** Yeah, and it's because I, like, eat slumped on the couch with the bowl over my chest.
- Ally:** Yeah, that'll do it.
- Shohreh:** Like a gremlin.
- Ally:** That'll do it [laughs].
- Shohreh:** It's 'cause I don't eat like a proper lady.
- Ally:** I spill in my lap a lot. Like, I always have stains on, like, the crotch area of my jeans.
- Shohreh:** That too.
- Ally:** So... [Laughs lightly] I don't know what that says about how I eat, but... [Laughs lightly]
- Tiffany:** Also a gremlin?
- Shohreh:** I eat like a gremlin. You eat like a toadstool. I don't know. [Ally and Tiffany laugh]

## Conjuring Up Courage #108

Featured this episode: Shohreh Davoodi, Ally Ridnour, & Tiffany Cunningham

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- Ally:** A toadstool?
- Shohreh:** That's the only word coming to mind. I told you it's late and I'm tired. My brain isn't working anymore.
- Ally:** Okay.
- Tiffany:** Fair enough.
- Ally:** I don't know if I know what a toadstool is, I'm gonna be honest.
- Shohreh:** A toadstool. It's a kind of mushroom.
- Ally:** A mushroom?!!
- Shohreh:** Yeah!
- Tiffany:** Yeah!
- Shohreh:** Right, Tiff?
- Ally:** I eat like a mushroom, okay.
- Shohreh:** I—well, no, but like, toadstools are, like, in fantasy stuff. I don't know. [Ally laughs] I, it was literally just, like, the thing that came into my brain. Because I was like, alright, a gremlin and something else.
- Tiffany:** I'm trying to think how you would eat like a toadstool.
- Shohreh:** Don't think too hard about it [laughter]. Just don't think too hard about it, okay?
- Ally:** We're stuck on this. We're like, no, this doesn't make sense. [Laughs]

## Conjuring Up Courage #108

Featured this episode: Shohreh Davoodi, Ally Ridnour, & Tiffany Cunningham

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- Shohreh:** No, okay. You know what does make sense though? That Tiff is gonna teach us something very important that I'm excited to learn, which is how to Google things properly. [Ally laughs]
- Tiffany:** Okay, so here's the thing, is I am legitimately 100% that you know how to do this, you just don't know that you're doing it. Because I know that you know shit about SEO, and I know that you guys know—
- Shohreh:** It's true, yes.
- Tiffany:** But, like—
- Shohreh:** And we also all took classes, like, in high school or whatever where [laughs lightly] they taught us the proper way to search and we just stopped doing it.
- Tiffany:** That's the thing. This is the thing. Yeah, nobody does it. Nobody does it because they didn't actually do the reading. That's what happened. [Ally laughs lightly] Like, but like, okay. So hacking your Google searches—and I don't mean like the movie "Hackers." [Ally and Shohreh laugh lightly] I mean like, using search terms to your advantage. So, like, okay—
- Shohreh:** Don't steal people's bank account information or identities. Please and thank you.
- Ally:** That was my life hack, is commit credit card fraud [Laughs lightly].

## Conjuring Up Courage #108

Featured this episode: Shohreh Davoodi, Ally Ridnour, & Tiffany Cunningham

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**Shohreh:** Okay, look, I don't wanna have to deal with the FBI for this episode, so, to my FBI agent who is watching, this is an Ally and Tiffany thing. I'm not involved, so you can question them.

**Ally:** My FBI agent already knows. What's up, Bill? [Shohreh laughs]

**Tiffany:** So the thing about Googling is that the more information that you put into Google, the better. The more specific you get, the easier it will fit into the Google algorithm and spit out the, uh, results that you want.

If you are Googling, you want to do specific things in regards to get certain—either words in or words out. Or the other thing that you wanna do is limit the pool of information that you are drawing from.

I'm not gonna be able to tell you, like, a ton of them, but here's just a couple. If you are trying to find a specific thing on a website, type in the website, and then put a colon after it, and then type what you're looking for. So, like, if you go to Pottery Barn and you are looking for a dresser, and you want it to be a specific type of wood, you would say: PotteryBarn.com: and then put in teakwood dresser. And it will pull up all of the teakwood dresser results just from PotteryBarn.com. They'll, like, take a whole shitload of things out of there.

Okay, this works really well if you're using, like, Google Drive or Gmail. If you are trying to find a Google Document owned by a specific person, if you know their email, or their, like, Gmail, if I need to find stuff that Shohreh sent me, I put in—I search for, like, Shohreh's email address in Gmail, like, and it will only pull up things that Shohreh has sent me. But like, if you're on Google Drive and you need to find, like, if

## Conjuring Up Courage #108

Featured this episode: Shohreh Davoodi, Ally Ridnour, & Tiffany Cunningham

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you've shared a document with me, you can say, owner: and then put Shohreh's name, and it'll pull up all the documents that you have shared with me.

**Shohreh:** Nice.

**Tiffany:** If you are trying to find, say you're looking for that same teakwood dresser on, like, a whole shitload of sites, but you want it to just pull up teakwood in dresser. You put in teakwood + dresser and it will specifically look for teakwood dressers, not dressers and teakwood and then the two combined.

**Shohreh:** Ooooh.

**Tiffany:** It will just specifically look for teakwood dressers. You can use words in the same way. If you just put in, uh, teakwood dresser, fine. But you can put teakwood, the word and, and then dresser, um, so you're putting in, like, "teakwood and dresser" or if you were, say, making a teakwood dresser, you would say "teakwood for dresser." Like, being specific in the combination word that you use, it's, like, making the pool smaller so it's a lot easier to find the thing that you're looking for.

You can, like, search for just, say, like, "tips on Googling."

**Shohreh:** Yeah, I'm sure there are cheat sheets, yeah, that are available for this.

**Tiffany:** Yeah, there are cheat sheets out there. Look them up and use them because you will make your life [whispering] so much easier.

## Conjuring Up Courage #108

Featured this episode: Shohreh Davoodi, Ally Ridnour, & Tiffany Cunningham

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**Ally:** Oh, Tiff, let me tell you. I know how to Google properly and I refuse to do it because [Shohreh laughs]...

**Tiffany:** Why?!

**Ally:** I don't know why. I don't know what it is. But I am an 80-year-old person that types entire sentences into Google.

**Tiffany:** I mean...

**Ally:** Like, I'll be like...

**Shohreh:** Sometimes you wanna ask a question into Google and that makes sense.

**Ally:** [Laughs lightly] What's that scene in Parks and Rec where Jerry is like, he's telling Google something and he goes to, like, Ask Jeeves, and like, he's like, "Hi, can you please take me to my email?" or something? [Shohreh laughs lightly] That's how I Google. Like, I'm like, Hi Google, what's that song that goes like duh, duh, duh, duh, duh?

**Shohreh:** Do you put "Hi Google"?

**Ally:** [Laughs] Maybe. [laughter] Okay, here's what I think. I am extremely polite to technology because I feel like—

**Tiffany:** No.

**Shohreh:** I am too.

**Ally:** I've seen Maximum Overdrive, okay? Like, I know where this goes. And so I am incredibly polite. It stresses me out when people call their Siri,

## Conjuring Up Courage #108

Featured this episode: Shohreh Davoodi, Ally Ridnour, & Tiffany Cunningham

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like, a bitch or something. Or, they're like, mean to Siri. Like, I know Siri is not a real person, but Siri is also, like, an all-powerful robot, okay? So I don't trust her. So when I talk to my—I have, like, a Google Home or something. I always say please and thank you.

**Shohreh:** I say thank you to the Google Home too, like every time, even though I know it's not even listening anymore after it said the thing.

**Ally:** No, it is. First of all, it is, because they're always listening, um, so it hears you. It knows that you said thank you.

**Tiffany:** I hate talking to technology. [Ally laughs lightly] I hate it.

**Ally:** Like, and I don't just mean this in, like, a paranoid way. I mean that they have to always be listening because they have to know you say, like, a trigger word.

**Shohreh:** Yeah, you're right. That's true.

**Ally:** So they have to know when you say, like, "Okay, Google," or "Hey, Alexa," or whatever. So they know that you thank them for doing things.

**Shohreh:** And they'll be less likely to take us over with mind control.

**Ally:** Exactly.

**Shohreh:** Okay.

**Ally:** And my Google, like, I swear, I feel like whenever I try to show this to people it doesn't happen. But I swear to god, when I ask her to do

## Conjuring Up Courage

#108

Featured this episode: Shohreh Davoodi, Ally Ridnour, & Tiffany Cunningham

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things and I ask politely, she plays this happy music and she goes, "It's so nice of you to ask me that way." Okay? So she appreciates it.

**Shohreh:** What?! Mine hasn't ever done that!

**Ally:** Yes. Literally, I'll be, like, "Okay, Google. Can you please play some music on Spotify?" and my Google goes, "Du, du, du, du, du, it's so nice of you to ask me that way. Sure."

**Shohreh:** Okay, now I'm gonna try to get mine to do that because I'm so intrigued.

**Ally:** My Google appreciates it, and we're friends and she likes me! And so when other people come to my house and they're not nice to my Google, I'm like, you need to leave, because—

**Shohreh:** Ally's literally making this up right now and I'm gonna spend hours trying to get my Google to do this and it's not real.

**Ally:** No! I am not making it up! I am not making—I will record it happening because I am not making it up. She literally—

**Shohreh:** We. Need. Proof.

**Ally:** She literally, literally thanks me for asking her politely. Which, first of all, makes me be like, how many people are mean to their Googles that, like, this poor girl is thanking me for saying please? [Shohreh laughs] But anyway, yeah, I do say hi to Google because Google would like to be greeted, okay? [Shohreh laughs] I want to be nice to everybody so

## Conjuring Up Courage #108

Featured this episode: Shohreh Davoodi, Ally Ridnour, & Tiffany Cunningham

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that when the technology takes over, my life is spared because they're like, "This bitch said please and thank you."

**Shohreh:** There's no better point to end this podcast on. [Ally laughs] I don't think I could even continue with anything else if I wanted to, so...

**Ally:** That's my life hack. Be nice to your fucking Google and Alexa and Siri. Like, be nice to them because you—

**Shohreh:** But that's actually, like, a legit thing because honestly, like, I personally think, like, the way we talk to others and the way we talk to ourselves, even inanimate objects [Ally laughs lightly] has an effect in our brains.

**Ally:** Yes, absolutely.

**Shohreh:** And there's definitely, like, a sexism and misogyny to the fact that most of these devices have, like, women's voices—

**Ally:** Yes.

**Shohreh:** —and the way people sometimes feel they can talk to them. So, yeah, even though of course it is funny that we say, like, please and thank you to them, it's because that's how I talk to real humans.

**Ally:** Yes. Yeah.

**Shohreh:** And so I am also concerned about anyone who is speaking to their devices in a really shitty way [laughs lightly].

## Conjuring Up Courage #108

Featured this episode: Shohreh Davoodi, Ally Ridnour, & Tiffany Cunningham

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**Ally:** Oh absolutely. Abso—unless it's like, you know, some sort of one-off or you're just like, in a really bad mood and you're like, No, Siri, why did you do that? Or something.

**Shohreh:** Right.

**Ally:** But yeah. It's almost like watching how people treat other people. Maybe this is a little too, like, woo-woo.

**Shohreh:** We got real deep.

**Ally:** [Laughs lightly] But I don't trust people that are mean to their technological devices, so... [Laughs]

**Shohreh:** I think that's a fair line to draw in the sand, personally, so.

**Ally:** And I'll have the last laugh when Maximum Overdrive happens in real life, so. Do you guys know that movie? Have you seen it?

**Shohreh:** I've never seen it.

**Ally:** Oh my god.

**Tiffany:** [Laughing] I've never seen it.

**Ally:** What?! Okay, we have to watch it.

**Shohreh:** Girl Gang movie night.

**Ally:** It's a really old, like, cheesy movie where all the technology comes to life and it's, like, trying to kill people. And it's like an 18-wheeler becomes sentient and is like running people over [Shohreh and Tiffany laugh lightly].

## Conjuring Up Courage #108

Featured this episode: Shohreh Davoodi, Ally Ridnour, & Tiffany Cunningham

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**Tiffany:** Okay, I have heard of this movie, absolutely.

**Ally:** Yeah.

**Tiffany:** Yes.

**Ally:** My mom really loves it, so I've seen it a bunch [Shohreh laughs lightly].

**Tiffany:** This—we can have that and Barbarella.

**Ally:** Yeah!

**Shohreh:** Oh, that's right, we do need to have Barbarella time.

**Ally:** Yes! [Laughs lightly]

**Shohreh:** Alright, listeners. Well, hopefully we gave you some inspiration for some life hackin' out there. And, uh, if we didn't, then hopefully you don't feel like you just wasted an hour and a half of your life. [Ally laughs lightly] But if you do, can't help ya.

**Ally:** It's never a waste of time with us. It's not.

**Tiffany:** We loved it.

**Ally:** We're all hackers together now.

**Shohreh:** Yeah, just hackin' the world banks. Alright, everyone. It's fuckin' late. We're losing our minds over here. Hope you enjoyed another round of Girl Gang fun. I'm sure that Tiff and Ally will be back before you know it for more nonsense [Ally laughs]. And we hope you have a great fuckin' week! Byyyyee!

## Conjuring Up Courage #108

Featured this episode: Shohreh Davoodi, Ally Ridnour, & Tiffany Cunningham

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**Ally:** Will we ever hit a place where people are like, please, no more Girl Gang episodes?

**Shohreh:** It could happen. It could happen.

**Ally:** Okay. Anyways, sorry, byeee!

**Shohreh:** Byeee!

**Tiffany:** Byeee!

[Music plays]

**Shohreh:** And that's our show for today. If you're enjoying Conjuring Up Courage, don't forget to subscribe through your podcast provider of choice so you never miss an episode. Additionally, if you haven't left a rating and review in the Apple Podcasts app yet, you can do so from any Apple device to help more people find and benefit from the show. I also love hearing from listeners, so feel free to take a screenshot from your podcast player, post on social media, and tag me. My username is @ShohrehDavoodi on all platforms. Finally, you can sign up for my email newsletter, The Sunday Share, and get more details about how to work with me by going to [ShohrehDavoodi.com](http://ShohrehDavoodi.com). Thank you so much for listening, and I hope you'll join me for the next episode.

[Music fades]