

Conjuring Up Courage

#123

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

Shohreh Davoodi: You are listening to episode #123 of Conjuring Up Courage. And The Girl Gang is bac, back, back again, y'all. In this episode, we are raving and ranting about our pet peeves and bad human behavior in general. If you want to hear about all the things that make us angry enough to want to slash someone's tires, this is the episode for you.

To access the show notes and a full transcript of this episode, head to shohrehdavoodi.com/123. That's shohrehdavoodi.com/123.

[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.

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]

Hi Girl Gang! How's it fuckin' going?

Ally Ridnour: [Laughs lightly] Hiiii.

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Tiffany Cunningham: Hiii [Laughs lightly]! Hello listeners!

Ally: That was so upbeat and peppy! [Tiffany laughs]

Shohreh: It has been a hot minute since we have recorded a Girl Gang episode. And let me tell you that the fans are getting rabid. [Ally laughs]

Tiffany: Really?

Shohreh: And by the fans, I mean Riot Grrrl keeps asking me [laughs lightly], when are you going to record a Girl Gang episode?

Ally: Our one fan [laughs lightly].

Shohreh: The fan in my own house is very upset that it has been so long [Ally laughs lightly].

Tiffany: It's been a while. [Sings] Been a while!

Ally: [Singing] Since I've been...

Shohreh: I mean, the world's been falling apart, so I feel like, you know, we had to, like, take a step back and just try to fucking survive for a little bit.

Tiffany: We've all been in, like, a transitional period. Like, a serious—everything just changed. And I think we've all settled in.

Ally: Yeah.

Shohreh: We have, that's true. We actually all have kinda settled in now, haven't we.

Ally: To what?

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- Tiffany:** I would say yeah.
- Shohreh:** To like, no longer being in, like, insane transitional madness period times of our lives.
- Ally:** Ohhhh. Yeah, yeah, yeah, that's true.
- Tiffany:** Like, if you think about, like, the life changes that we've all had, then I think we've all had some pretty big, you know, stuff.
- Ally:** [Laughs lightly] Yes. Stuff with a capital S.
- Tiffany:** Yeah. [Ally laughs lightly].
- Shohreh:** Stuff trademark.
- Ally:** That is true.
- Tiffany:** [Laughs] Oh god, no. [Laughter] I've been in branding and logo hell for the last, like, six weeks, so yeah. Please, no. Not trademarks. [Laughter]
- Ally:** Okay, we'll just say stuff. Stuff italicized, capitalized, underlined three times.
- Shohreh:** Gar-bage. That's what we've been living in. The gar-bage fire.
- Ally:** [Sings] Gar-bage.
- Tiffany:** The proverbial dumpster fire that has been the last two years. Yeah.
- Shohreh:** Exactly. But we are here now. We're recording. And if you've been waiting for us to record, congrats, it's happening. And if you were hoping we'd never return, I'm fuckin' sorry but not sorry.

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- Tiffany:** Yeah, fuck y'all [laughs].
- Ally:** Y'all are praying for my downfall and it won't happen [laughter].
- Shohreh:** You can't kill The Girl Gang.
- Ally:** You can't stop us.
- Tiffany:** You can't kill what's already dead.
- Shohreh:** That's true.
- Ally:** I will say if somebody, like, DMed you, Shohreh, and was like, I will give you five million dollars to never record a Girl Gang episode again and then we got to split the money equal ways, I would agree to that.
- Shohreh:** Okay. I mean, I'm not gonna lie, I'd probably take, like, 60% of the money.
- Ally:** What the—excuse me? [Tiffany laughs]
- Tiffany:** Are you negotiating?
- Shohreh:** I mean, look—I produce the podcast and have created this platform so I feel like I should get more money, I'm just sayin'.
- Ally:** And I'm the talent! [Laughter] Wait, what is 20% of five million? One million, okay. So I'd get one million.
- Shohreh:** That's pretty good.
- Tiffany:** That's pretty fuckin' good.

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- Ally:** I'd get one million, Tiff, you'd get one million, and Shohreh would get three million? That doesn't sit right with me. [Laughter]
- Tiffany:** You know what? I'm just happy to be here! [Laughter]
- Shohreh:** Okay, but what if I took one million and then I gave one million to Alamo and one million to Peppermint? Would that be acceptable?
- Ally:** Oh, interesting [laughter].
- Tiffany:** Hmm.
- Ally:** Alright, it's fine. That's fine. You know what? A million is enough money. It's fine. [Laughs]
- Shohreh:** Okay, excellent. If anyone wants to make me this offer, we're all ears.
- Ally:** The thing is that we would record an episode, we would just brand it differently.
- Shohreh:** [Laughing] Exactly!
- Ally:** So we'd be like, it's not a Girl Gang episode, it's a Squad.
- Tiffany:** The She Squad.
- Ally:** Oh no!
- Shohreh:** No, that sounds scary.
- Ally:** Hate that. Hate that. [Tiffany laughs] It needs to be like The Goblin Squad or something [laughter].

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- Shohreh:** Yeah, Chaos Goblin—wait, you need a C word. The Chaos Goblin Coven.
- Ally:** Yeah, there we go.
- Tiffany:** I mean, we could just go Chaos Coven and I think I'd be okay with that.
- Shohreh:** Oh, Chaos Coven is actually pretty catchy. I like it.
- Tiffany:** Yeah.
- Ally:** Okay. Anyway, if any rich benefactors are out there [Shohreh laughs].
- Tiffany:** I am absolutely here for them. So if anybody wants, to like, have me, like, tell them to spend all their money on me, I'm here for that.
- Ally:** Yeah, right? I can do that. I can totally do that.
- Shohreh:** [Sighs] Well, that sounds really nice. But today we're doing the opposite and we're talking about not nice things because this episode is all about our pet peeves. And we're gonna take an expansive view of the term pet peeves, because we're also just gonna be talking about shit that pisses us off in general, bad human behavior.
- Ally:** It's the rant episode.
- Shohreh:** Yeah, it's the rant episode.
- Tiffany:** We've been waiting for this episode.
- Ally:** Yeah, cue the Lizzo, "I've been waitin' for this one."
- Tiffany:** Mhm, mhm, mhm.

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- Shohreh:** If I could get the rights to that, I'd put it in the podcast, but I most definitely cannot and then Lizzo's lawyers would come after me, so you're just gonna have to imagine it.
- Ally:** Once again, rich benefactor, come through with the royalty money.
- Tiffany:** I mean, I feel like we could just pitch this to Lizzo and just be like, girl, you know, it just needs to be out there.
- Shohreh:** Okay, so our second audience request is if anybody knows Lizzo and you would like to hook a girl up, then let me know [Ally and Tiffany laugh lightly].
- Ally:** If anyone knows Lizzo, let us know [laughter].
- Tiffany:** I mean, it's all about networking.
- Shohreh:** Yeah.
- Ally:** Yeah, it's true. I would be mad if we find out that Lizzo was, like, one degree of separation and nobody, like—
- Shohreh:** No one had told us?
- Ally:** —told us, yeah.
- Shohreh:** Right, why would you hold out on that kind of information?
- Ally:** Right, but I am willing to sign an NDA, so just let me know.
- Shohreh:** Yeah. So, as I was saying, it is rant time. And the only way that I could think to organize this episode was to basically start on the lesser angry end of things and then, like, escalate it up to the things that, like, really,

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super piss us off. And this is all very subjective. It's our opinions about what we think. So maybe something that I think is, like, not that terrible, you think is the worst thing in the world, and that's fine. So, it's just the only way that I could really think to put this episode in any kind of organizational method.

So that's what we're gonna try to go with and we'll see what happens. So if y'all are ready, we're gonna start with, you know, some things that are pet peeves, but again, on the lower end of the, like, angriness, fuck the world scale.

Alright, so I will start with one of my, like, just little pet peeves, just little annoyances. And that is the stickers on produce. Look, if the sticker just peeled off nicely every time, then fine, that would be wonderful. But that is not what fucking happens, like, 80% of the time.

It's like, I'm sitting there with my nails and I'm trying to fucking get the sticker off the produce and it's like, leaving, like, a sticky residue on there. Or it just won't come off. And so I have to literally, like, take a knife or something and dig into my produce and lose a chunk of it that I wanted to eat, that I paid for, and now I don't get to have it anymore because the sticker claimed it. And I'm just like, fuck that! You know?

Ally: I don't doubt your experience, I'm just very shocked by it because I don't think that has ever happened to me.

Shohreh: I think it's very dependent on what the produce is and, like, how well the sticker is on there. I would say that nectarines is a great example,

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and plums, where the stickers just, like, fucking stay on those stone fruits—

Tiffany: Soft flesh.

Ally: Yeah.

Shohreh: —depending on what the flesh is. 'Cause, like, a banana, it's, like, always gonna come off, slash it doesn't matter, right?

Ally: Right.

Tiffany: A banana has its own wrapper.

Ally: Yeah.

Shohreh: Yeah, a banana has its own wrapper, so it's fine. But it's like, if I'm going to eat the outside of the thing—and this happens with apples sometimes too and they even have a hard flesh—it's like, I don't wanna lose a chunk of it because it has, like, sticky shit on it. So bananas have their own wrapper, which is wonderful, and, like, you're not gonna eat the peel. But for things that I am gonna eat the peel, like a nectarine or even an apple, which has hard flesh but still sometimes gets the fucking sticky residue on it, I'm pissed. I'm just pissed, okay?

Ally: Okay. [Laughs lightly] I wonder if it's, like, your nail length, because I don't know. I mean, I just, it's not a struggle that I share with you.

Tiffany: I share the struggle, but I feel like the—like it's one of those mileage may vary on how much do you desire the fruit? Because, like, when I'm, like, taking off the sticker and a little bit of the fruit sticks to the sticker,

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it doesn't bother me that much. But maybe I just don't want the fruit enough.

Shohreh: Okay, I love fruit. Like, fruit is the candy of mother nature.

Ally: Yeah.

Shohreh: And I'm obsessed with it. And so I want every morsel of my fruit. [Ally laughs lightly]

Tiffany: So how do you feel about mangoes?

Shohreh: [Laughs lightly] Ugh, mangoes are such a bitch to cut.

Ally: Ooh, mangoes are definitely, like, low on the fruit list for me. Should we do an episode where we rank fruits?

Shohreh: [Laughs] I love mangoes, is the thing, but it's just like, when you have to cut them yourself, it sucks. But I fucking love them.

Tiffany: It's very, very hard to get all of the morsels from a mango.

Ally: Yeah.

Tiffany: Like, there's techniques out there.

Shohreh: Yeah, I know, I've tried 'em.

Tiffany: But it's hard.

Ally: I will say my sister lived in South America for four years and apparently, like, everyone there is, like, an expert mango cutter. And so she came back with all these, like, mango-cutting techniques that she's, like,

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super good at it now. But I don't really like mango so it's doesn't really matter to me.

Shohreh: Yeah, and your sister doesn't really like me, so she probably wouldn't teach me [laughs] mango tricks.

Ally: That's true.

Shohreh: That's a story for another time.

Tiffany: Do you think your sister would teach me mango tricks? [Laughter] I wanna learn how to cut a mango.

Ally: Yes, I think she would.

Tiffany: I love mango. [Laughter] I mean, I agree with you, Shohreh, fruit is nature's candy and it is a precious thing to be adored.

Ally: Agree. Oh, also pomegranates, you guys. Ugh.

Tiffany: I love pomegranates. Oh my god.

Ally: I love 'em so much but they're so much work to seed them, like.

Shohreh: They are. But most people do it fuckin' wrong 'cause they're not Persian.

Ally: Yeah. So what I do is I cut off the top and then I score it down the sides and then I put it in cold water.

Shohreh: Yes.

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Ally: And then that makes the seeds, like, contract. And then you can kinda just whack it and they come off.

Shohreh: Yes. So the water is the key component.

Ally: Okay.

Shohreh: I just don't score the sides but you can do that.

Ally: So do you soak it whole?

Shohreh: No. So what I do is I cut it into quarters, and then I get a giant bowl of water—giant is key here.

Ally: Yes, yes.

Shohreh: And then I put each quarter in and then I break it apart by hand to pull out the seeds. And so for those who don't know, the reason that you want the water is because the seeds will fall to the bottom, and then all of the white, gross, nasty stuff will float to the top. So that's the best way to separate it out.

And then what you do after that is you're gonna take it over to the sink. You can use, like, a little strainer to get all the white stuff, as much as you can, off of the top, and then you drain the water and you mostly have just the seeds left. There's always gonna be a little bit of white stuff because it's, like, nearly impossible to get all of that crap out of there. But that is the best way to do it.

I know way too many people who just frickin' try to, like, dry cut a pomegranate on a cutting board—

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- Ally:** Oh my god.
- Shohreh:** —and then just pull seeds out of it. I'm like, no, no, no, no, no.
- Ally:** No. I think I probably did that the first time and was like, this can't be right. For years I would just buy them pre-seeded, and it's like seven dollars to buy them pre-seeded.
- Shohreh:** It is, and, like, they've been sitting there for a while so they do not taste as good as when you do them fresh.
- Ally:** Yeah. Right, they have that kinda like, almost nail polisher remover taste to them.
- Shohreh:** Yes, they do.
- Ally:** Which I guess is kinda like an alcohol taste 'cause it's, like, fermenting, but.
- Shohreh:** Yeah, my whole thing with pomegranates is, like, when I do it, I buy at least three, and I sit my ass down, make my little work station, I put on a TV show and I know I'm just gonna be sitting there for a little while getting all the seeds out of the pomegranates. It's pointless to do it for just one pomegranate because of all the, like, set-up work to get the seeds out of it. So I recommend always doing multiple at a time. Because it will last for multiple days, and so you get yourself, like, a nice little container of pomegranate, you throw it in your fridge, and you're good to go for a while.
- Ally:** That's smart.

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Tiffany: That is smart. [Ally laughs lightly] Yeah. I got a bunch of pomegranates over the holidays and I did that and it was very convenient. So your tip is very smart and people should listen to you. [Ally laughs lightly]

Shohreh: See, y'all, you're even learning things from our rants here.

Ally: [Laughs lightly] Wow. Wow.

Shohreh: 'Cause that went from stickers on produce to just, like, fruits that are difficult to enjoy. 'Cause it's like, fruits are delicious. Why do you have to make them hard?

Ally: Yeah, they shouldn't be difficult to enjoy.

Shohreh: No. But there are tricks. There are tricks available. So, yeah. So I would say that's one of my kinda lesser ones. What about y'all?

Ally: I would say for me, I'm like, these all make me very angry, but I'm just an irritable person I think [Shohreh laughs lightly].

Shohreh: Same.

Ally: But a more minor level one for me is calling me about something that could be an email, or, like, you don't really need to call me—like, you could text me or you could email me. In general, I don't really want people to call me. Don't call me. I don't wanna talk to you on the phone [laughs lightly]. Mostly it's, like, work-related things. Like, I'm happy to talk to people I love on the phone.

But specific to my job, I would say, I get phone calls that are like, hey, what's this thing? And it's, like, not urgent, and I'm in the middle of

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something, and then I stop and I take the phone call. And then I get distracted. And then I lose my train of thought. And then I'm not, you know, doing the work I should be doing. So don't fucking call me! Like, just email me, and then I'll get back to you in a timely manner. You know?

Tiffany: I'm 100% with you on that.

Ally: Yeah, it makes me so annoyed. Like [laughs lightly], don't call me!

Tiffany: That was, like, literally the best thing about moving from working in an office environment to working from home because we had a customer line and I had developed this, like, Pavlovian response to the phone, where it literally gave me anxiety. Because people would call so often, things, like, they literally could have just emailed me and been like, hey, can you do this? And, yes, more than likely, the answer is gonna be yes.

Ally: Yeah. Just email me!

Tiffany: Just email me and ask. I'll answer! Do you know why I'm not answering your emails? Because I'm on the fucking phone!

Ally: Right! Or, like, if you call me and I say, like, yeah, I'll do this but I need you to email me about it so that I can do it when I have the time to do it. Then why didn't you just email me to begin with?! [Laughter]

Tiffany: Oh yeah. Oh yeah. Oh yeah. [Laughter]

Shohreh: I feel very lucky that I don't actually have to deal with this in a work setting anymore because people just don't fucking call me in my work.

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Ally: Oh my god.

Shohreh: Like, you have a scheduled call with me. Like, my number is not just, like, available for, like, random people to fucking call me.

Ally: Oh my god.

Shohreh: But the equivalent for me is that my mother loves to fucking just, like, FaceTime me at random, particularly on, like, a Saturday or Sunday morning. And I never answer because I'm like, if you want to FaceTime me, you need to tell me in advance that you want to FaceTime me. Like, just ask, are you available to FaceTime? When is a good time to FaceTime?

Like, half the time she does it and I'm, like, fucking in bed, like, in my pajamas, like fucking Riot Grrrl is next to me, and I'm like, I don't think you wanna talk to me right now. Like, I don't think that you wanna talk to me, and I definitely don't wanna talk to you. And then she gets mad because I didn't answer. And I'm just like, you can't FaceTime at random! That's not the world we live in.

Ally: I feel like you can FaceTime your friends at random.

Shohreh: Yes.

Tiffany: No.

Ally: Or [laughter]...

Shohreh: Okay. Tiff's like, not me, bitch. [Laughter]

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Ally: Well, I was gonna say, like, you have to know the relationship to know if somebody is a random FaceTime person or not [Tiffany laughs].

Shohreh: Yes. Yes.

Ally: To a lot of my friends, I am, like, a you can randomly FaceTime me, you can randomly call me. I will not always answer, so you do have to understand, like, if I'm doing something. I'm not upset by a random phone call. Unless it's my boss, then I'm annoyed. Don't fucking call me [laughs lightly].

Tiffany: Okay, and this may be a generational gap because I feel like a random phone call versus a random FaceTime are two different things for me. I am someone you can randomly call, but FaceTime for me is a terrifying thing.

Ally: Really?

Tiffany: Like, I do not like it. I don't. I would never be a random FaceTimer, but, like, I definitely am not a video chatter. Like, I don't like it as much. I mean, I like it in very specific circumstances and I definitely like to have it scheduled, like that is a thing [Ally and Shohreh laugh].

Ally: Ah, I see. That is maybe a generational thing because I love to FaceTime. Well, I'll do with people that I'm, like, close to. But I'm like you, Tiff, where during work hours when my phone rings, I have a Pavlovian response to it where I cannot stop myself from audibly sighing. [Shohreh laughs lightly] Like, my phone rings and I go [deep sigh], okay. And then I pick up the phone, and I'm like, yeah... Which is

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not how I answer the phone at work [Shohreh and Tiffany laugh] but it's how I feel.

I will say my partner one time told me he's never heard me sound meaner than when I talk on the phone to my boss, so... [Laughter]

Tiffany: I love that.

Ally: The first time I took a work call, I hung up, and he was like, are you okay? And I was like, yeah, I'm fine, why? And he was like, that was mean. I was like, what? No it wasn't. [Laughter] It's just how work makes me feel, okay?

Tiffany: Ally out here, like, girl bossing her way into the sun. [Shohreh and Ally laugh lightly]

Ally: Literally, like, talk to my bosses and I'm like, yeah. No. Yeah. 'Kay. Bye. [Light laughter]

Tiffany: I feel like, yes, like, it's funny because, like, I would not put that into the category of a minor pet peeve. Like, for me, that's a very, like, that raises the hackles of my, like, entire body. I would say the equivalent, in the same vein for me, is, like, as somebody who, like, does graphic design, like, people come in and they're like, can you do this thing while I'm watching you?

Ally: God. No.

Tiffany: And they want me to just, like, design things while they're, like, giving me instructions on the fly. And I'm like, that's just not gonna happen.

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Like, things just don't, like, come out and exist into the world. Like, I'm not just, like, plopping out the baby Jesus [Ally laughs]. This is not a miracle that's happening every day.

And when you said, like, you want people to email you with stuff so you can work on it when you have time, like, trying to get people to understand that when I'm, like, I need you to communicate your expectations for this design, and, like, what your project specs are, like, so that I can develop them [laughs]. I'm just like, why?

Ally: When you do, like, client-based work, like, I don't understand because, like, everybody has been a client of somebody at some point. So why do you not understand that, like, you're not my only client. I do have, like, multiple. So, like, you won't always be my top priority. But that's, like, a whole other thing [light laughter].

Tiffany: I mean, that's just bad behavior.

Ally: Yeah, see?

Shohreh: Bad behavior's on the board for the night.

Ally: My problem with trying to rank my pet peeves is that every single one of these makes me so fucking irritated that I'm like, is this one a slight one? I don't know. Because I go from, like, regular-ass day to highly annoyed by everything in 0.5 seconds. Like, literally my phone rings and my day is ruined. I'm like, ugggggggh, another day in this capitalistic hellscape we live in! [Laughs lightly]

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Tiffany: Okay, this is funny because, like, I know that this is my pet peeve and it's not one of y'all's, but I wanna give you my minor one.

Shohreh: Yeah, let's hear it.

Tiffany: Which is thong underwear. [Shohreh laughs]

Ally: Ooooh.

Tiffany: Because I do not, like, I do not have a body that works well with thong underwear and, like, I know that it has specific applications, I guess, in ways that work well for other people's bodies. But, like, yeah, I was sitting there going like, god, what is an irrational thing that makes me angry? [Ally laughs lightly]

But it's not just thong underwear, it's like other, different types of underwear that don't work with my body. Like, as somebody who primarily wears briefs and boy shorts. Because I was measuring my body today to get, like, measurements for clothing, and, like, I have such a weird shaped body. The fact that there's all this really cute underwear, like, lives out there in the world that I cannot partake in because it is the wrong shape for my body. Like, I know that thong underwear is super cute, looks great, but just not for me.

Ally: Yeah.

Tiffany: Like, wearing thong underwear makes me irrationally angry. [Ally laughs lightly] To me, it's literally like, this underwear is on my body for someone else to take off.

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- Ally:** Yeah, I feel like being in, like, physical discomfort, especially if you're somebody that gets overstimulated by, like—
- Tiffany:** Oh god, yes.
- Ally:** —feeling clothes on your body, I can see why a thong would feel that way. It's funny, though, because for me, I can't fucking stand boy shorts. And I don't really like briefs either.
- Shohreh:** Yeah, I exclusively wear thongs and have for years and years. But it just works for my body.
- Tiffany:** Your bodies are differently shaped.
- Shohreh:** Yeah, exactly.
- Ally:** For me it's because my butt is so big that my ass will eat any fabric. Like, if I have briefs on, if I have boy shorts on, no matter what the fabric is going to bunch up into my butt crack so then I'm constantly picking wedgies. And so a thong is actually more comfortable to me because it's up my butt crack but there's less fabric there. And I will say the older I've gotten, the more I will only wear the fabric that is so soft that you can, like, barely feel it.
- Shohreh:** Yeah, that's the thing, is, like, the vast majority of my thongs are, like, really soft, no-show, like, thongs from Aerie that are super comfy. I have lace ones and other ones that are comfy too, but that's pretty much what I wear. But it is funny because obviously thongs get a reputation for being, like, oh, it's like, up your butt. And I think, again, depending

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

on your body shape, like, that can be how it feels. But for me, they actually feel super comfortable.

Tiffany: And I think that it's interesting because when you say, like, being overstimulated and, like, having that discomfort be a big part of that pet peeve, because I definitely feel like that is, like, its own category of pet peeve—like, things that I want to work out on my body that don't because they're overstimulating.

Ally: Yes. I have a few I've written down too that are, like, things I want to work for my body that don't.

Tiffany: Yeah. [Sighs] I don't know, like, I can't wear high heels. I like the look of high heels, I can't wear them. I have weak ankles. Like, it's just sad. I want to wear them, I just can't,

Ally: Aw. Can you do, like, a chunky heel?

Tiffany: I have this one pair of, like, they're these cork chunky heels—like, a platform? They're super cute. They're like the only pair of traditional-looking heels that I can wear.

I do have a pair of, like, heel boots that y'all have seen also that are super cute, but they're also very chunky heeled. It's pretty much the only kind of heel I can wear.

In the grand scheme of things of, like, things I want to work for my body that don't, like I bought a pair of those Pleaser heels, the ones that you see, like, pole artists use, and they're gorgeous. They're like galaxy, like, starscape shit. I don't know, I think I might have shown

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them to you. But, like, I cannot physically move in them [Ally laughs lightly]. Just no. No.

Ally: Pleasers are a bit difficult.

Shohreh: I'm with you, Tiff. Like, I don't have a single pair of stilettos in any of my shoe collection these days. I'm at this point in my life where I just cannot tolerate things that are painful anymore. Even when I was younger, like, I would do it, and now I won't. I can still wear heels, but I wear almost exclusively, like, a big, chunky heel. And I love that look. I love that look for boots and other kinds of heels that I have.

But I just cannot do it with the stilettos. And, like, the just really thin shoes in general. Like, I had a pair that I put on for New Year's Eve where it was like, the heel was actually a little bit chunky but not super chunky, but the bottom of it was really thin. Like, you know those heels where it's just, like, there's barely anything there? And, like, my feet were killing me within, like, two seconds of walking in them, and I, like, changed into socks and I threw them in the trash. 'Cause I was just like, my feet can't handle this anymore, [Ally laughs lightly] and I just don't have any reason to put myself through that because there are enough other, like, cute options out there that I don't feel like I'm missing out.

Like, yes, like, I think some stilettos and those kinds of shoes, they can look so fucking sexy and I'm sad that I don't get to wear them, but I have other options! So it's fine.

Tiffany: Yeah, I think just discomfort in general, pet peeve. Discomfort.

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- Shohreh:** Yes! I hate to be uncomfortable, goddammit! [Ally laughs]
- Tiffany:** Speaking of being uncomfortable, like, I wrote down people getting in my personal space, just underlined.
- Ally:** Oh my god, that's, like, a big one for me.
- Shohreh:** I know Ally wants to rant on that, so let's get into it. Let's move into some more terrible things because I feel like the mild things, we're done with them. Let's get some shit out.
- Ally:** So I listed, like, six different things that all just vaguely fall under the category of, like, people being in my way or in my space. Listen, you guys, okay—I am a fire sign, I'm a queer person.
- Shohreh:** Yeah, let me remind you [laughing] that Ally is a Sagittarius and so am I.
- Ally:** I move through the world on, like, super speed, okay? And I don't have a lot of patience. It's a flaw, I know. But I can't fucking stand, like, if I'm in the grocery store and somebody leaves their cart in the middle of the aisle and I wanna be where they are or I can't get around them, I am, like, thinking of how I can, like, gravely injure this person [Shohreh laughs]. If this person does not move their cart in 0.5 seconds, I am going to ram it!
- I can't stand when people drive in the fast lane when they shouldn't be in the fast lane. Well, I'd say that's a universal thing, but it must not be because there are enough people that drive in the fast lane that should not be driving in the fast lane.

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- Shohreh:** Oh my god, that pisses me off more than anything.
- Ally:** I know! I saw a TikTok about it where this woman was like, listen, okay, there's the putt putt lane and there's the vroom vroom lane, okay? And the vroom vroom lane is for going fast and the putt putt lane is for doing your own thing, and if you don't know which one you are, you're a putt putter. Because the vroom vroom people know that they are vroom vrooming. And if you don't think that you're vroom vrooming, you're not, and you should be putt putting. And also, let me say this: you're allowed to get into the left lane and pass somebody and get back into the right lane.
- Shohreh:** Yep. You can just go right back over, real easy.
- Tiffany:** That's technically what it's for.
- Ally:** Right! You're not really supposed to camp in the left lane. And that's what I do: I go into the right lane and then I'm like okay, I'm going faster than this person, let me go around them. But oh, I can't, because somebody is sitting there in the left lane going the exact same speed as the person in the right lane. If you're going the exact same speed, just get behind them. You're gonna—what are you doing? Why?! Why are you doing this to me?!
- Shohreh:** What's ridiculous is that, like—so I'm a vroom vroom person, fuckin' obviously. And like, when I am vroom vrooming very fast, if someone comes up behind me who clearly wants to vroom vroom even faster, will I curse them out? Yes. But will I also move over to let them vroom vroom past me? Yes I will, because those are the fucking rules of the

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vroom vroom lane. And I'll be like, that motherfucker is going 105, they're bananas. But I will still move over the whole time that I am grumbling.

Ally: Go about your day person who is driving absurdly.

Shohreh: Right, I'm like, okay. That person wants to get pulled over, and that's fine, so they can do that. But I'm still going to allow them to do that. Meanwhile, I'm trying to vroom vroom and someone in front of me is goin' like, *the speed limit*, and I'm like, what is wrong with you?!

Ally: Right. If you're doing *the speed limit*, you do not belong in the passing lane; I will tell you that right now.

Tiffany: As someone who literally drove from Austin to San Marcos, which is a 30-minute drive, like, each way, for ten years, like, I know that you guys have spent a lot of time on 35 recently so you know this. Like, there is a pattern to it. And if you have done it a while, you know the rules. There's the putt putt lane, there's the vroom vroom lane, and then there is the we-all-know-what-we're-doing lane.

Ally: Yes.

Tiffany: There was this, like, pack of people I used to drive with. It was like we all got on 35 at 8:30 in the morning, and it was like, everybody is, like, speed limit 70? We are going 82.

Ally: Yes.

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Tiffany: That is it. I also had this revelation when you said that because as we all know, I'm an Aries, and I'm also, like, a slow walker in this group of fast walkers [Ally laughs lightly].

Shohreh: Yes, yes, very fast walkers in this group [Ally laughs lightly].

Tiffany: And I realize that the difference between me as an Aries and y'all as Sagittariuses is that y'all want to go, go, go at your speed.

Shohreh: Uh huh.

Ally: Yes.

Tiffany: I want everyone to go my speed [Ally and Shohreh laugh lightly] because it is my right to go whatever fucking speed I want!

Shohreh: What I need people to understand is that, like, when I say I'm, like, a vroom vroom lane person, as Ally said, I'm a Sagittarius, right, I'm a fire sign. I'm also queer. And everyone knows that, like, a lot of the gays are fast walkers. We just fuckin' are. We want to get from Point A to Point B as quick as possible. I'm also neurodivergent and so I want everything to happen—

Ally: She's a triple threat, y'all.

Shohreh: —on my timeline. And an Enneagram 8. Everything. I just need you to understand my fucking brain and why I am the person who will walk very fast and drive very fast. And, like, my brain is constantly just, like, on this frequency that I think is, like, two-to-three-to-four times that of what most people's brains are doing.

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Ally: Let me say this: I don't care if you're a putt putter. Like, you putt putt to your heart's desire.

Shohreh: Yeah!

Ally: That's fine!

Tiffany: Just putt putt in your own lane!

Ally: Yeah, don't be in my way. Do not be in my way [laughs lightly].

Shohreh: That's the thing, is, like, other people can do what they want. And I also want to say, because Tiff, you were saying, you know, how you want people at your speed. Like, if someone asks me to slow down, like, if I'm walking with a friend and they're like, hey, could you slow down? You're walking really fast. Like, I am so happy to do that. Not everyone wants to move at the speed that I am going at. And that's totally fine. Like, I don't wanna, like, make it sound like, yeah, you have to, like, be up with me, or like, fuck you. No.

Ally: You can't hang!

Shohreh: But like, I'm like, if you're my friend or something like that, it's a totally different thing. Or if I'm driving fast and it's scary to you and, like, you're in my car, you know, it's okay to be like, whoa, like, this is a bit much for me. Like, I can adjust for other people. But, like, don't randomly fucking get in my way. That's the difference.

Tiffany: I mean, I would say, like, yeah. It's the difference between, like, having situational awareness, right?

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Ally: Yes!

Tiffany: It's like, having situational awareness and respecting people's expectations and boundaries. Because, like, my favorite example of me being a slow walker and my ex being a fast walker is that I would continually be like, hey, can you slow down? Or, like, hey, can you, like, slow down so we can, like, hold hands, and, like, do this very simple thing? And no. No. It was like—

Ally: Eww.

Tiffany: —I would just be like, putting along. Motherfucker was in, like, BFB, faster than I could even, like blink. And that's it. That's the being respectful of people's expectations and boundaries and having situational awareness.

Ally: Don't walk like four people across a sidewalk and you guys are just, like, walking along chatting. Like, I'm coming up on you, like, get out of the way.

Tiffany: Do the thing! Do the thing where, like—you know the thing I'm talking about. If you're four people wide and somebody's coming at you, shift.

Ally: Do the thing!

Shohreh: You have to condense.

Tiffany: Do the marching order! [Shohreh laughs lightly] Like, do the thing.

Ally: I will say I think the way that I take it a little bit too far, or this is why I think I'm an irritable person, in general, is I also can't stand somebody

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walking either behind me or in front of me at the same speed that I'm walking. I want you to go away. I want you to go faster or I want you to go slower. I just don't want you to be near me [laughs lightly].

Tiffany: You have a very big bubble.

Ally: I do, I really do. I don't like when people walk near me. [Laughs lightly] I wanna, like, exist in the world but with, like, ten feet around me and you're only allowed in the bubble if I invite you in. And I don't want you to come near the bubble. I don't want you to, like, follow the bubble. I tell my partner a lot I want my own private things. Like, I want my own private road. I want my own private, like, grocery store. Because I just [light laughter], like, want to go do things and not have other people be there.

Shohreh: If you got really, really rich, you could basically accomplish this, otherwise...

Ally: Well, if I got really, really rich, I think I could have a driver and somebody do my grocery shopping for me.

Shohreh: That's what I mean.

Ally: I would never set foot in a grocery store again. Grocery stores are my pet peeve. I hate grocery stores. [Laughter] But yeah, and also, this is sort of people being in my way, but also it's a driving thing. Listen, we all took Driver's Ed, right? We all know how to zipper merge, okay? We all know that zipper merging is the most efficient way to merge when

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there are, like, two lanes become one, we merge like a zipper, okay?

That's what we do.

If you don't fucking do that, I hate you. I hate you. And I am praying for your downfall, okay? [Light laughter] Because you're not special.

There's no reason for you to try to get to the front of the fucking line because all you're doing is slowing everyone else down. And why do you think that you're better than everyone else and that's what you get to do? Okay? That's not what you get to do. You merge like a fucking zipper!! Okay.

Tiffany:

Line cutters in general are the gum on the bottom of my shoe of humanity.

Ally:

Yes! And I know that people do it while they're driving because, like, you're in your car and so nobody can stop and be like, hey, what the fuck are you doing? Because you're like oh, I'm in my car, hehe, I'm anonymous. But guess what? I will, like, look up your license plate—no, I won't, okay? [Shohreh laughs lightly] If the cops are listening, I will not do that.

Tiffany:

I feel like if people have bad behavior, like, you do your bad behavior and you're going to feel like you've gotten away with something. But, like, people will remember you. You will have that energy coming towards you for the rest of your life.

Ally:

Yes. Karma is a bitch.

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Tiffany: I always tell people, because, like, as somebody who worked in retail, whenever anyone's talking about people doing bad behavior in retail, I always tell people, like, if you're being rude to your customer service and your retail cashiers, whatever, they are going to talk about you. They are gonna remember you.

Ally: Yes.

Tiffany: They may never be able to show you how much they resent your existence, but I guarantee if you walk in that breakroom, they're gonna be like, yeah, hot dog dude showed up again today [Shohreh laughs lightly].

Ally: Yeah. And I hate him.

Tiffany: I hate hot dog dude! Hot dog dude is the worst!

Ally: If that's how you're operating through life, by treating other people like shit, and, like, you know...

Tiffany: You have to act compassionately.

Ally: Yeah. Being, you know, selfish and whatever, like, eventually it's gonna cause something bad. You know? You're putting bad energy into the world and you're gonna get what you deserve. And whether or not that's me finding you at some point and, like, slashing your tires [light laughter], or whether or not that's something else, 'cause I would never do that. I'm just saying, like, it makes me so mad.

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Shohreh: I feel like because we're talking about car stuff, we just have to get all of the car stuff out of the way. And Ally, you know what I'm gonna say.

Ally: I do?

Shohreh: You know what I'm gonna say is my pet peeve, which is: people who don't fucking use their blinkers [laughs lightly].

Ally: Oh, yeah. Okay. You know. [Laughter]

Tiffany: We've all been there!

Shohreh: We just had an argument about this. To Ally's credit, she is a casual blinker user. It's not that you never use your blinker [Ally laughs], it's that you're just very, like, laissez-faire about it.

Ally: I am. Sometimes I forget. Sometimes I forget to use the blinker. I know that you should use your blinker. But sometimes I'm like, is me turning going to affect anyone else's day? No. Then I don't need to use my signal.

Shohreh: Okay, and like, again—for me, obviously my angst about people not using their blinkers is specifically related to the times when, like, it's fucking dangerous, which is a lot. Or, like, when it would be really helpful to let the people behind you know that you're gonna switch lanes. Like, the vast majority of instances in your car, there are other cars around you who a blinker would be very helpful for them to see and sometimes would literally, could save a fucking life or stop a car crash from happening or any other number of things. There are other times where, like, literally no one is around you. Or, like, if I'm turning

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into my driveway and there's no car around, like, am I gonna use my blinker every time? No [Ally laughs lightly], probably not.

Ally: Can you imagine? I'm going into my driveway. Like, I do—I feel like sometimes in traffic people intentionally don't use their blinkers when they wanna switch lanes because they think that, like, making their intentions known is going to, like, make other people not let them in. So they're like, I'm gonna not use my blinker so then I can, like, swerve over into this lane really fast, whereas if I put on my blinker, then this other person is gonna scoot up and they're not gonna let me in. And that's shitty. But it's also shitty when you put on your blinker and you're trying to merge and somebody won't let you because—

Tiffany: Yeah.

Shohreh: Right, I get the annoyance and that does happen, and also [Ally laughs lightly], I feel like most of the time, those people are just fuckin', like, I'm not gonna use my blinker 'cause I don't have to.

Tiffany: I have an interesting counterpoint to this. Because I agree with you that people who don't use their blinkers are not communicating very clearly and it's very annoying, especially in those situations. My mother was someone who would turn their blinker on and forget to turn it off.

Shohreh: Oh no.

Ally: Oh my god [laughs lightly].

Tiffany: And I hate it. I hate seeing other people do it. I hate being in the car with people who do it. Because that little tick, tick, tick, tick, tick, tick.

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- Ally:** How do you not hear it?!
- Tiffany:** My mother got this Buick in 1984 that would even go, like, ding, ding, ding after a certain amount of time.
- Ally:** Oh my god.
- Tiffany:** Like, I just don't understand. And then when I turned 16 my mom was like, will you just drive? And I'm like, yes! [Shohreh and Ally laugh lightly] But no, I think that—blinkers, just blinkers.
- Ally:** Like, when I don't use my blinker is, like, if I'm sitting at a red light and I'm in a turn only lane. I don't use my blinker because I'm like, I'm in the turning lane. You know I'm turning. I don't need to announce my intention because me being in the turning lane is announcing my intention. I do use my blinker if I'm, like, switching lanes. I use my blinker every time I switch lanes because my blinkers have those blind-spot monitoring, and so putting on my blinker, if there's someone in my blind spot, my car will beep at me and I really like that. So I do always use my blinker to do that, selfishly, because I'm like, tell me if there's someone in my blind spot.
- Shohreh:** Smartly.
- Ally:** I just hate listening to the blinker, so, like, I hate if I'm sitting at a red light and the blinker is just like ding, ding, ding, ding. I don't know, it annoys me [laughs lightly]. But I get it. I get it. I know. I try to use my blinker, try to remember to use my blinker.

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- Shohreh:** Well, I hope that this rant has inspired you to do so [Tiffany and Ally laugh] because it is important. That is your PSA, your public safety announcement, from Shohreh Davoodi today.
- Ally:** Use your blinker. Use your blinker. Should we write a jingle?
- Shohreh:** Or I'll slash your tires. [Ally laughs]
- Ally:** Or I'll slash your tires. Unless you're a cop and then I won't! Or maybe I will. I think that's all the ones that I have for driving. I think driving in general is a pet peeve for me, I will say. I fucking hate driving.
- Shohreh:** Ally, you just, like, hate all the places. You're like, grocery stores. Driving. Roads. [Ally laughs]
- Ally:** I did say I am an irritable person, okay? [Shohreh laughs]
- Tiffany:** I just find it really funny because I'm sitting here, like, I love driving.
- Ally:** Ugh, god, I hate driving. I hate traffic. I hate long road trips where you have to drive for a long time.
- Shohreh:** Same. Fucking road trips.
- Ally:** I hate when something is five minutes away and I have to drive there. Like, god. I don't know. I just don't like driving, you guys. Pet peeve: driving.
- Tiffany:** Okay, so here's a weird one. And this, again, goes back to things I learned that I didn't like because of my ex [Ally laughs lightly]. I don't like speculating about things. I don't like people who speculate about

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other people or other events. You know, say you've got a problem, or like, something happens, and you're like, what happened? And there's not necessarily a reasonable answer for it, but you can go off on these wild speculations of, like, oh, the light burned out because the—like a perfectly reasonable explanation. You could be like, oh, the rainwater got in the roof and it burned out the circuit. Or, you could go off on this total tangent about how, like, the birds got in there and they were, like, eating it, and they're like, I don't know, aliens got in there [Ally laughs lightly].

Just, I don't know how to explain it, but it's like, the speculation about, like, rumors, and gossip, and basically, if it's none of your business, like, don't... Or, like, oh, is the queen dying? Who fucking cares. Like, I don't do gossip. I don't do, like...

Ally: Oooh, I love to gossip.

Tiffany: I know you do [laughter]. But it's funny because, like, it's one of those things where like, I'm just one of those, like, if it's not any of my business, I get really uncomfortable when people are, like, just randomly speculating about other people who they really have no business talking about. My dad does this. He will sit there and, like, you'll start talking about something, and he'll just, like, start speculating on things just enough to get him into trouble.

Ally: Yeah.

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- Tiffany:** He'll, like, start talking about shit he just doesn't know anything about. And after a while, you're just like, you are so full of bullshit. Like, I can't stand to listen to it.
- Ally:** [Laughing] Okay. To that point, I will say I can't stand when somebody is speculating but they're speaking as if it's fact.
- Tiffany:** Yeah.
- Ally:** I don't necessarily mind speculation, Tiff, like, it doesn't really bother me. But I need you to, like, acknowledge that you are speculating. Like, don't spin your little story and weave me a tale and tell me that this is fact [laughing lightly].
- Shohreh:** Yeah, I would agree with that. Because, like, you know, for me, I like to gossip. I'll just be fucking honest: I like to gossip. But when I'm gossiping, you know, it's about, like, celebrities I follow and it's about, like, the drag queens I like and shit like that. And Ally, you know this because we do this together—it's like, I'll, like, go off on my little gossip train, but then I'll always end with a caveat where I'm like, but I really don't know these people at all. I know nothing about this. Like, whatever.
- Ally:** Yes.
- Shohreh:** I always bring it back to reality where I'm just like, I'm literally just, like, having this conversation for fun. And I'll be like, and I hope they're happy and I hope whatever [laughs] 'cause I'm just like, I don't know, but...

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Ally: I will literally be like, I wonder if this, but I don't actually know and this is just a guess and I might be totally off-base here, and like, you're saying, Shohreh, I just hope everyone's having fun and they're happy and everyone's like, safe and healthy [Shohreh and Ally laugh lightly].

Tiffany: But here's the thing though, is, like, that's the big difference between if you're like, I wonder what is, versus, this is the thing that could've happened. When I hyper-fixate on, like, a celebrity, like, I love to find out everything. Like, I wanna know all the things, I wanna look at all the pictures.

Ally: Yes.

Tiffany: I love them so much. But I also don't wanna sit there and be like, ooh, I wonder. Or like, I think this might be a thing. Like, ooh, this person can be this and this person can be that. I'm like, I just want them to be happy [laughter]. Yeah, I think that's the big difference.

Ally: If I ask you a question and you don't know but you have some speculations, that's fine; tell me that you're speculating.

Shohreh: Right, exactly.

Tiffany: Yes.

Ally: Don't be like, this is that. If it's not fact, don't say that it's a fact; tell me that you're speculating. Say, I don't know, but maybe this. That's fine. I'm fine with that.

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Tiffany: That is key. That is the key that unlocks the lack of me turning into a [Ally laughs lightly] rage monster, is that you say, I don't know. Because I don't know opens up a whole, like, world of possibilities.

Ally: Yes.

Tiffany: But if you're just like, this could have happened, sure it could have. And monkeys could fly out of my butt. But I don't know that.

Ally: In theory, like, we could be time traveling, but we're not, probably.

Shohreh: Yep.

Tiffany: I don't know, it's just such an irrational pet peeve of mine, and like, I don't know how to explain it to people because I feel like gossip and speculation, it's like something that makes the world go round and makes social circles go round, but like, also, I get very easily secondhand embarrassed. Like, as soon as it moves into that territory, I'm out. I'm out.

Ally: Yeah.

Tiffany: What else is in this middle category?

Ally: I've got a mid-level one, and that's, in general, I would say the way that, like, women's clothes are made, but the big two are obviously lack of pockets, that's a big one. The other one is [Shohreh and Tiffany sigh]—yeah, exactly—clothes where it's incredibly difficult to wear a bra but you need a bra with them.

Shohreh: Yes.

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- Ally:** Like, I am a big chested gal, you guys. You know this; I am a big chested gal. It is uncomfortable for me to go braless most of the time because, like, if I am going to be out and about in the world, my tits are going to be, like, you know, flappin' everywhere, flying around [Shohreh laughs].
- Tiffany:** Mmhmm. Mmhmm.
- Ally:** I'm out in the world tits-a-kimbo, you know? [Tiffany and Ally laugh] So I would like to have a bra on; it's more comfortable for me if I'm going to be running down stairs, if I'm going to be doing anything physical. I don't want them flapping around. So don't give me a cute little dress that looks so cute and then there's a big hole in the back so I can't have a bra on! It makes me so annoyed.
- Shohreh:** I have boobs that are much smaller than yours, and, like, I can go braless, and I also find it really annoying because there are some things where it's like, braless is fine. Like, you know, the look is okay or just the way it's designed I'm okay with it. And then there are other things where I'm like, this was clearly designed to look better with a bra. But you've put something somewhere in the back or the front where I cannot wear a bra and I don't know what to do with it.
- Ally:** Yes! If it's a more structured piece, it's probably going to look better with a bra. I'm saying this because I just bought a dress from Target, and I don't like trying on clothes; it's another pet peeve of mine, I hate trying on clothes [Shohreh laughs]. So I saw that the dress had, like, an

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opening in the back, but the way it looked on the hanger, I was like, it's not a very big opening, it'll be fine.

Well, no, you guys. I get home, I put it on, I'm like, I can't wear a fucking bra with this. What am I gonna fucking do? I'm not going to return it because also I don't like to return things [Ally and Tiffany laugh lightly].

Shohreh: Oh. I love to return things.

Ally: I hate returning things. I will keep something and never wear it before I return it.

Shohreh: I love money, and so that's why I love to return things. I'm like, give me my fucking money back [Ally laughs lightly].

Tiffany: I will say that as a fellow large chested human, like, I had to very quickly overcome my shame of wearing bras with things that required bras but didn't make space for one. Like, I have a ton of dresses that have holes in the back. I have shirts that have holes in the back. And I'm just like, ooh look, a space for me to show off my cute bra! It may not be workplace appropriate, but I'm gonna do it anyways because fuck that.

Ally: See, I think maybe this is a shame that I need to get over because as a large chested gal, most of my bras are not super cute. They're a little more industrial [Shohreh laughs] because they're holding up a lot of weight. So I'm like, I don't want you to see the back of my fuckin' gigantic, big, old bra that's not super cute. Like, if I looked cute in bralettes and little, like, lacy ones, then sure. But I don't, okay? So I don't want people to see my bra.

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- Shohreh:** Yeah, and, like, the front bras suck.
- Ally:** Yeah, those sticky boob things?
- Shohreh:** The sticky bras, I have one. I hadn't worn it in a while, and I tried to put one on the other day—and again, y'all, I don't have really big boobs. Like, I wear a fucking 34B, okay? Like, my boobs are small. And they don't even hold up my boobs. And, like, the shape is really weird, where I'm like, this looks really awkward under anything where you could see the shape. My boobs look like weird little salmon fillets [Tiffany laughs]. I just, like, took it off because it looked so much worse with it on that I was like, fuck it, I just won't wear a bra.
- Tiffany:** Structurally, like from an engineering standpoint, whoever created those, just die in a tire fire.
- Ally:** And then, like, obviously I've been with my partner for a while, right, so like, it's not going to be anything he hasn't seen before, but the idea of, like, coming home and taking off my dress and then peeling off my fucking boob cups in front of him makes me want to die.
- Shohreh:** Okay, the few times that I wore those, and this also happens to me when I do pasties, is, like, the—I would get, like, this, like, red circle around my nips.
- Ally:** Yes! Yes!
- Shohreh:** And like, that is not cute. And they would take, like, 24 hours to go away, and I was like, Jesus fucking Christ.

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- Ally:** I feel like that adhesive is, like, not great for your skin.
- Tiffany:** I was going to say, are you sure you're not allergic to the adhesive?
[Tiffany and Ally laugh]
- Shohreh:** Well, but like, it would just be, like, the one little area. I know. But it doesn't matter, like, which kind that I would try. Like, I've tried different kinds. Even if I just do, like, nipple covers, it just happens. My nips don't like it.
- Ally:** And, in Texas, like, we sweat a lot, and that fucking adhesive when it's—
- Shohreh:** That's probably true. The sweat's not helping. All that boob sweat.
- Ally:** Ughhhh.
- Tiffany:** Yeah.
- Shohreh:** Pet peeve: boob sweat.
- Ally:** Yes.
- Tiffany:** Boob sweat.
- Shohreh:** Sweat in general, honestly.
- Tiffany:** As I sit in my closet sweating, like, yeah.
- Ally:** I know, right? [Tiffany laughs] It's, like, gonna fucking snow outside in 12 hours and I'm sitting here, like, I am full-on Winnie-the-Pooh style right now, you guys [light laughter].

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Shohreh: Um, I have two more just like kind of mid-level ones that I'm not gonna spend a ton of time ranting.

Ally: Okay.

Shohreh: But the first is daylight savings time because why?

Tiffany: Oh, good one!

Ally: Fair. Fair.

Shohreh: That's just like—y'all, it's not fun to have less daylight. It's already dark and cold enough in the winter and it's confusing for our brains, so let's not do it.

Ally: I have to be annoying and tell you that—well, I don't have to, I'm choosing to be annoying. But the one that we go to in the fall time where it gets darker earlier, that's regular time. And when we do the clock backwards and then it's light for later, that's daylight savings.

Shohreh: Look, I don't care. I just want them to pick fucking one and leave it.

Tiffany: Yeah, pick one.

Ally: Pick the one where we get more sunshine; that's the better one.

Shohreh: Yeah, that would be preferable. But either way, like, the older I get, the more jarring it is [Ally laughs] to have, like, that hour move. And I'm like, I feel like a fucking octogenarian. Like, why is this affecting me so much?

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Tiffany: It only gets worse.

Ally: Daylight savings, like, ruins my mom's life every year. I'm like, are you okay? Like, two weeks after, she's like, I haven't felt the same since daylight savings.

Shohreh: Seriously. And it's like, you know, I have dogs, and so it does affect them, which is annoying, and they get confused. And I can't even imagine if you had, like, young children and you have to deal with that garbage. Like, it just, no. So that's one. I feel like most people agree that we don't want daylight savings time.

And then my other one is the fact that, like, when someone texts you, there does not exist an option to mark your text messages as unread or just, like, mark them with, like a star or something like you can in your email so that you know to go back to them. Because you know how much less often I would forget to text people back if I had that fucking option? Like, this technology is simple and it exists in other spaces. Why does it not exist yet for, like, iMessage and text messages in general? Like, it would be so helpful for people to have that option.

Ally: I completely agree. And they obviously know how to do it. So the fact that they aren't doing it means that they're cowards.

Shohreh: Yeah. [Ally laughs lightly] It means that they're spiting me purposefully.

Ally: They know that you want it and they're like, no.

Shohreh: Slash their tires, goddammit.

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- Tiffany:** Tire [unclear 00:53:06]
- Ally:** I was going to say, can we call this episode People Whose Tires We Want to Slash?
- Shohreh:** [Laughs] Yes. Yes. We can. Person who invented daylight savings time? Slash their tires.
- Ally:** Slash your tires. You're long dead, but slash your tires! [Shohreh laughs]
- Shohreh:** I'm going to make us bumper stickers that we can sell that say "The Girl Gang's coming to slash your tires." [Laughter]
- Ally:** Yeah, and then when they come to question me, I'm like, I don't know these people [laughter]. But yeah, like, so often I try, like, I ignore texts because I'm like, I know I need to respond to this but I can't do it right now. And then it either, like, disappears in my inbox, or I open the text and then I forget about it, or I don't know. I don't like it.
- Shohreh:** Again, neurodivergent. My memory is shit! Like, I need tools that help me to remember things, and I don't want to have to literally write onto my to-do list, text so and so back. That is obnoxious and it's a whole extra step. There should just be an option where I can press on the stupid text and add something to it so that I know to come back to it [laughs].
- Ally:** Yeah, or you know how, like, Gmail, if you get an email from somebody and like, it's like a conversation or something and you don't reply for, like, two days.

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- Tiffany:** It reminds you!
- Shohreh:** It reminds you! You get a nudge.
- Ally:** Gmail will be like, do you want to reply to this? And you're like, oh, shoot, yeah. Like, texting should do that. It should be like, hey, so and so texted you 12 hours ago, you should respond.
- Shohreh:** Yeah! Nudges would be nice. And Gmail, the way that I divide my inbox is that I have mine set so that anything that I star, like, appears in its own section at the top of the inbox because I don't like their whole, like, promotions and whatever, separate inboxes, so I did it that way instead. So if there's something I want to come back to or that's not finished, I put a star on it and it has its own little chunk right at the top of my inbox so I cannot forget. Like, it is in my visible line of sight and I can, like, check those things specifically. Everything else underneath that, who fucking knows. I may get to it, I may not. We'll see.
- I will get to it and I will put it in its proper folder eventually, don't worry y'all. I am very, very intense about my inbox, unlike many people, unlike some people in this conversation.
- Ally:** Hello?
- Tiffany:** What? [Laughter]
- Shohreh:** Ally, don't you have, like, 10,000?
- Ally:** No, my inbox is very organized [laughter].
- Tiffany:** I'm the one.

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- Shohreh:** It's Tiff that has the 10,000!
- Tiffany:** I'm like, counterpoint: anxiety. I have—you know the little red thing that sits above your...I have 1,670 unread emails.
- Ally:** No! No.
- Shohreh:** Noooo.
- Tiffany:** I am that person.
- Shohreh:** That makes me so anxious. That makes me physically want to vomit.
- Ally:** I have zero unread emails.
- Tiffany:** It makes me anxious too! Like, I'm not gonna lie. Like, it's one of those things, whether there's a reminder or not, it's still likely not to get done [laughter].
- Ally:** I would say I get it Tiff, but I really don't [Shohreh laughs lightly]. But I do get that there are like—
- Shohreh:** There's two types of email people in the world.
- Ally:** Yes. Yes. You're not the only one.
- Tiffany:** There's two wolves living inside of me right now!
- Ally:** And one of them will not check their email! [Shohreh laughs]
- Shohreh:** Oh my god. Okay, this has gone on, so we have to move to our final level of pet peeves. This is the blood boiling, I will not only slash your tires but throw your car into the ocean level of pet peeves.

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- Ally:** I feel that way about all of mine, I'm gonna be honest with you guys.
- Shohreh:** I know you feel that way about all of them, Ally, but just, if you had to choose, this is your chance to be, like, these are my ultimate, like, if you do this, I hate you.
- Ally:** Okay. This one does make my blood boil, but I feel like in comparison, it maybe seems a little minor. But the general thing is, like, making me do work that I shouldn't have to do. And the subcategory of that is when you force me to call you to cancel a service.
- Tiffany:** Mm.
- Ally:** That makes me so fucking mad because I know why you're doing it, because you wanna try to talk me out of canceling. But it's not gonna work because I already know that I wanna fuckin' cancel. And now I'm even more irritated because you're making me call you when I don't wanna call you. The theme of this episode is I don't wanna call anybody, so leave me alone [laughter].
- Shohreh:** And you don't want anyone to call you, so leave you alone.
- Ally:** Don't be in my space. Don't call me. Don't talk to me. I just wanna exist in the world [laughs lightly].
- Shohreh:** Ally, you're, like, the equivalent of, like, that Destiny's Child song, Bug-a-Boo. Like [laughter], just, like, everyone is, like, fucking bug-a-booing you all the time.

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Ally: Yes, they are! [Laughter] But, okay, I have an actual, like, this one is, because I would say this is, like, bad behavior moreso than a pet peeve, and this one is pretty major.

Shohreh: Mmkay. Let's hear it.

Ally: And the major category is men.

Shohreh: Oh my god, I have so many men things in here.

Ally: Yeah. But this one is fresh in my mind because this happened yesterday. Men that think—in general, men that think. But also men that think that an appropriate behavior, an acceptable behavior, is following women places. Like, for whatever fucking reason you think that you're doing it, there is no situation where you should be following a woman, or anybody, anywhere.

So don't fucking do it. It's disgusting. It's gross. I will not only slash your tires, but I will ruin your credit history. I will steal your identity. I will commit credit card fraud in your name. I will ruin your life for the rest of your life.

Shohreh: Okay, so this kind of goes—like, remember earlier when you were saying it pisses you off when people are, like, walking at the same speed as you? So I feel like this, in particular, like, applies to men in this context. So, for example, Riot Grrrl and I went to Colorado in October, and we went on a hike, and for, like, the last mile and a half this man was, like, walking, like, I don't know, maybe 20 paces behind us and stayed there the entire time [Ally groans]. Never sped up or slowed

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down, just was, like, constantly, like, there. And we were starting to get really freaked out.

And, like, he probably was just minding his own business, whatever, and wasn't following us. But the thing is, like, if you are a man and you don't recognize, like, the effect that that has for you to be following behind a woman or two women, like, that's fucked up. And, like, we were just so uncomfortable. Like, we even walked faster to try to get away from him. He was, like, fucking matching our pace. That's scary.

Ally: Oh, don't do that.

Tiffany: That's scary.

Shohreh: That's not cool. So that's what I'm thinking of when you're saying this is just, like, they're literally following you, which is absolutely not—and other times it's like they're accidentally following. But it's like, how do you not have the self-awareness to be like, I am a man. I am following behind two people who, okay, yes, you do not know that they identify as women, but, like, maybe you're thinking that they may identify as women. Like, no! Do not. Do not do that. Like, have the sense to either go past them or slow down. Like, you cannot match someone else's pace. It's not okay.

Ally: Whatever your intentions are, if you are at all, like, a self-aware man, then you know how it makes other people, and like, women-identifying people, like how it feels to have a big scary man in your presence. Whether or not your intentions are good, I don't fucking know you. I don't know who you are. So regardless of whether or not you're just

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walking behind me or you're following me, yeah, like, know the effect that that has and stop for five minutes and tie your shoe or something. Like, you know? Stop and send a text. Do something that makes it clear to me that you're not following me. Because otherwise, I have been taught my entire life, as I'm sure you guys have too, to be aware of your surroundings and assume that any man around you has bad intentions.

Shohreh: Yep.

Ally: You know, it's like, you have to be aware of your surroundings, you have to be alert, like, have pepper spray, do this. Like, always be on alert. So what do I do? I'm on fucking alert all the time.

Yesterday, I went on a walk with my friend, and literally we had to cut the walk short because a man was following us for, like, 15 fucking minutes. I was like, so filled with rage that I was, like, I want to turn around and confront this man, but also, like, as someone who is fairly physically strong, I still am like, this man could probably overpower me, I don't know.

Shohreh: You don't know if he has a weapon; you don't know anything.

Ally: Yeah, exactly. So I have to, like, walk my little self to a crowded area where other people can at least be there as a witness if this man tries something. Or I will at least feel safer because, like, maybe he will stop following me if he sees that I'm around other people. So, I'm like, I hesitate to even call that a pet peeve because it's like, blood boiling.

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Shohreh: But that's where we are in the episode. We're in the bad fucking behavior section.

Tiffany: Like, it doesn't boil my blood so much as it terrifies me.

Ally: Yeah.

Shohreh: Mmhmm.

Tiffany: I think it's that situational and self-awareness that the part that boils my blood, as you talk about it, is, like, that we don't teach it to everybody. We only teach it to people who are raised as female. Really, that's the blood boiling part of it.

Ally: Yeah, like, why are we teaching young girls self-defense and pepper spray and be aware of your surroundings and, you know, never walk down a street by yourself at nighttime. And I don't know, maybe it's getting better, I don't know. But, like, at least our generation, like, why aren't we teaching these fucking boys, like, hey, don't fucking follow somebody. You're not entitled to, like, this girl's, like, attention or time. You're not entitled to their space. And like, it's not a fun, cute little thing to try to freak them out. Like, it's fucking gross.

I highly doubt any of your listeners are these type of people. But if you're a man and you think that it's like, fun and cute to freak women out, like, I wish so many bad things upon you.

Shohreh: Mmhmm.

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Ally: I hope that your credit score drops to zero [Shohreh laughs lightly]. I hope that, like, your car doesn't start tomorrow. I hope that, like, I don't know, your dishwasher floods and you stub your toe every single day for the rest of your life and you die by a thousand paper cuts. So.

Shohreh: Speaking of men [Ally laughs lightly].

Ally: Hate 'em.

Shohreh: Hate 'em. But also, one of the things that I wrote down was men who play devil's advocate as an intellectual exercise [Ally groans]. Because that is one of my biggest fucking pet peeves as a woman of color, a queer woman, a neurodivergent woman, as a woman who runs her own business. Like, there's all these men out here who just, like, think it's fun to be like, okay, but wait, wait, wait, what about this? And, like, what about this? And have you maybe thought about this? And, like, they're doing it with, like, my trauma and my, like, microaggressions, and like, racism, and homophobia, and shit that I've experienced in my life.

And, like, to them, it's all fun and games because, like, they've never had to experience anything like that. And so they're just like, oh, this is just like a cute little, like, game that I'm playing in my mind that's like, a thought exercise. And like, for me, I'm like, the emotional labor that I am extolling to have this conversation with you is massive.

Ally: [Laughs lightly] Like, here's a super fun thought. What if the devil doesn't actually need an advocate because [light laughter]—

Shohreh: He's got enough.

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- Ally:** What if he doesn't actually need [laughter] a skinny white man defending him? You know, Brian? [Shohreh laughs]
- Shohreh:** Damn it, Brad!
- Ally:** Like, there are fun ways to have intellectual debates if you're somebody that likes to debate. Which, first of all, if you're somebody that likes to debate and you're trying to force somebody to debate with you that doesn't like debating, like, you can fuck off. Because, again, like...
- Tiffany:** Yeah, that's pretty shitty.
- Ally:** Right. I don't particularly like to debate with people because I often feel like the other person's like, they don't care. They're not listening. They just want to say their points. So, like, I don't really like debating.
- Shohreh:** No, and like, I ended a long-term friendship with a straight white man over this very thing. Because he did this to me constantly, and like, he would kind of, like, play it as, like, oh, well, like, we're friends. So it was like I owed it to him, you know, to, like, have these conversations.
- And like, there was a period of time where I would engage with him because I felt like, oh, maybe I can help him see some things, right? Like, so I felt like, okay, I'm like, trying to be a friend, and like, I think he's coming at this from a good place and he just wants to learn, so let me help. And then it just like, it kept happening and it kept happening. It was exhausting and he just, like, did not get it. And, like, I finally was just like, I can't do this with you anymore. Like, I'm getting nothing out

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of this friendship, and, like, you just keep taking things from me and I'm exhausted, and I'm just not going to.

Ally: Because, like, men that are like that, like, they are not interested in your take. They are not going to change their point of view. They are interested in trying to prove to everyone else how intelligent they are. Like, oh, look at all these nuanced opinions that I hold. And it's like, yeah, they're fucking garbage.

Shohreh: Yeah, and this is, like, a law school educated guy. You know, this is a lawyer, 'cause obviously I used to be a lawyer.

Ally: Yeah.

Shohreh: For the record, if you want to find a whole bunch of men like this, go to law school.

Ally: No. I don't.

Shohreh: Because holy shit. I was surrounded by them constantly. And it was miserable. And like, the law is just, like, fucking full of dudes like this. So, don't recommend. Not fun.

Ally: What I was also going to say is, like, you can debate about things with other people that are happy to debate with you. You can debate about things that have nothing to do with other people's fucking trauma.

Shohreh: Or their humanity. Like, you know what I mean? Just like, the fact that we're debating things where it's like, oh, my right to exist? Fuck off!

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Ally: Yes! I guess it's debating; I was gonna say I love to argue. With my partner I love to debate and argue about, like, who our favorite Drag Race queens are, or, like, who our favorite fucking football player is. Like, things that don't actually, you know, hold any gravity. Neither of us is having to bare our soul or do emotional labor, and we're still debating and it's fun. And it's not, like, nobody is, like, being harmed by this fucking debate.

And forcing somebody to engage with you when, like, the topic is something that is going to be, like, emotionally laborious is just fucking gross. And if you really want to debate about it, you need to get consent from the other person and make sure that they're okay talking about their trauma before you force them to do so.

Shohreh: And do your own work because a lot of the times I'd be like, well, you can Google this, this, and this, you know what I mean? Like, I'd just be like, what are you trying to get from me? Like, you can find this on the internet. And I swear there were times where he'd be like, oh, well, I specifically wanted to hear, like, from you. And I'm just like, well, I'm telling you to just go get it from Google.

Ally: Refusing to Google is a huge fucking pet peeve of mine [laughs lightly].

Tiffany: [Groans] Yeah.

Shohreh: Do your own research.

Ally: Yeah. If you want my opinion on something, like, you know, oh, have you tried this fucking nail salon? Do you like it? Fine, ask me. But if

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you're going to ask me, like, anything that is Googleable, I'm going to point you to Google and I'm going to tell you to stop wasting my time.

Shohreh: Yep. [Laughter]

Ally: 'Cause I hate that. I hate it!

Shohreh: Mmhm. Mmhm.

Ally: I'm going to start having, like, a questionnaire where before you can approach me, you have to, like, check the box that you've Googled it and you've, like, exhausted all of your research venues before you approach me.

Shohreh: Ugh, honestly. Ummm...#FuckMen. That's the moral of my story [laughter]. Tiff, would you like to give us one of your top pet peeves?

Tiffany: Yeah! I will actually preface this with saying, like, this is—this is not just a fuck men, it's a fuck everybody.

Shohreh: Perfect.

Tiffany: Because mine is unsolicited advice.

Ally: Ughhh.

Shohreh: Ooh, I had that on my list too!

Ally: Yes.

Tiffany: Oh, good, because it can fuck right off. The number of people who think they have a right to tell me how to live my life can also go get their tires slashed by the tire fire. I hope every single one of their

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bathroom stalls, the pin never reaches the door so it always swings.
[Shohreh laughs].

Shohreh: Yes!

Ally: Yes! And if you are presenting it as, like, I just am worried about you, or I just care about you, fuck right the fuck off. Because if you really cared, you would take the time to figure out whether or not I wanted the advice.

Shohreh: Or you would at least fucking start by asking if it would be okay if they provided their thoughts.

Ally: Yes. Yes.

Tiffany: Yeah.

Ally: That's like the coward way of being, like, oh, I just am looking out for you. No you're not! You just want to tell me what to do!

Tiffany: I would not be better off and I would not feel better and I would not look better. Or I would not sleep better at night. And, it's like, there's like a whole gamut from, like, you know, what color my hair is to who I'm sleeping with to you know, like, whether I use the toilet paper wrong, or what. Like, I don't give a shit. Just don't tell me what to fucking do!

Ally: Yeah. Yeah! I know sometimes, like, it feels, like, I know what this person should do because, like, I've experienced this before or something. But at the very fucking least, say to somebody, like, hey I've

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been in a similar situation, and, like, I feel like I have some good insight. Are you interested? And if they say no, you have to fucking respect that.

Tiffany: Like, I feel like a lot of people, they make a judgement before they even open their mouths, and so they are assuming other people's experiences, they are assuming other people's, like, whole world. And you don't know what people have going on. And it really just boils my blood when people assume that everyone's experience is the same as theirs.

Ally: Yes.

Tiffany: And that other people's needs are not being accommodated.

Ally: Yeah, or when you assume that everybody has the same goal. Maybe you're focused on weight loss; not everybody else is. Just because you are looking to lose weight or sleep better or do this or do that, like, you don't know that that's the other person's goal, so don't fucking assume it.

Tiffany: Don't assume anything. Actually talk to people. Listen to people. Like, that's the thing: listen to people first. Like, shut your big mouth. Listen to people. And then if they ask you for advice, then you are allowed to say, this is my experience and maybe it will help you. Never say, this is the way you should do it. Because immediately when you say, this is the way you should do it, I will shut down.

Ally: Yeah. Same.

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- Tiffany:** Like, you've lost all credibility for me.
- Ally:** Same. I can't stress this enough: you have to fucking respect people's boundaries. You have to.
- Shohreh:** Not giving unsolicited advice is essentially, like, a consent thing. Like, that's really what this comes down to, is like, if we want to build a culture of consent, then you can't just tell people what to do or what you think they should do or how they should feel. Like, you have to ask for permission or wait to be asked to do that thing. Like, if you don't, you're not getting consent from the other person to do that. Like, other people are not required to just take whatever the hell you want to say to them. They're just not. We're not.
- Ally:** Yeah, like, it's a very presumptuous thing to assume that, like, you know what somebody else should do, like...
- Shohreh:** And also to assume that they haven't already heard whatever the fuck you're gonna say before. Because that's one of the biggest things about unsolicited advice, is like, they're assuming a certain knowledge level. Like, they're assuming that you've never heard that before, no one's ever given you this idea, that you haven't already tried it. And a lot of the times, that's not true.
- Like, for me, on social media, right, like, sometimes I'll get multiple DMs in a row with, like, different advice from people. And I'm just like, I have a bunch of fucking followers, y'all, so you're, like, probably not the only person reaching out to me to to, like, say this thing. I'm hearing it from other people as well.

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Which is why one of my favorite things that I do now is when I just straight up don't want advice and I think people are going to try to give it to me, I put a boundary in my post. I'm like, post boundary, no advice please. I'm not looking for it. Like, I'm covered.

And thankfully, people are pretty good about respecting that. Or, I'll have someone DM me and be like, I'm pretty sure that this doesn't fall—count as advice, like, I'm giving you this thing, and then I can decide one way or the other and, like, people are pretty good about it. But I'm just like, I shouldn't have to do that, but I do because people are so bad about being like, I have to tell you what you should do!

Ally: Right, like, I'm an expert! I know! It's like, when I have a problem, please trust that the first fucking thing I do is Google, okay? So I've already seen, like [laughs lightly], the top ten pages of Google results [Shohreh laughs lightly].

Tiffany: Honestly, like, the best thing that I ever learned, and I think I may have learned it from you guys, or maybe my therapist, either one, they're the same thing [Shohreh and Ally laugh lightly], is like, the idea of communicating what you want when you're in a conversation with people. So like, when you say, like, hey, I've got this problem, I want *this* out of my conversation with you. I might want advice, or I might want comfort, or I might just wanna yell and have you guys listen to me.

Ally: Yes.

Tiffany: Like, that to me has been one of the most helpful things. And to take that and flip it on its head as a pet peeve, like, when people don't

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communicate what they want out of you, like, from a conversation, and like, they don't communicate their expectations for you in the conversation, or just in general. I'm in, like, a work project setting and people are like, I'm just gonna give you this, and you have no idea what to do with it. And it's like, aaaaaaaahhhhh, I don't know what to do with it. So I'm just sitting there floundering. And the idea that we can communicate our expectations and our boundaries and have awareness and have people know that this is a limit. It makes me angry that people don't do it and they don't communicate that to people. I just, arrrrgghh.

Shohreh: Alright, so I have one more that's very specific to me and my experiences. And that is when people spell my name wrong in emails [Ally and Tiffany laugh lightly]. Because, because!

Ally: Yes [laughs].

Shohreh: Y'all, my full name is in my email address, first and last. My full name is in my email signature, so if I have already emailed you, you have it there as well. My website also is my full name. And you could Google me and probably butcher my name and still find the right version of my name because I am prolific across the internet at this point. Oh, and also, all of my social media handles are my full name. There is just no excuse to spell my name wrong in an email.

And I know, I know that sometimes it's a typo and people slip up and it's accidental. But a lot of the times, especially when it's someone's first time contacting me, oh my god, I am going to judge you so fucking hard [Ally laughs lightly] on that. And ugh, depending on what the

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content of that email is, will determine if I am going to be nice that day or if I am not going to be nice that day. But I just can't.

It's just so frustrating for me because my name is everywhere, and obviously, like, names are sacred and my name is important to me and my name is not a white name. And so, like, I deal with a lot of shit around my name in general. And I just wish that people would have more care. Because I know that for me, I try to triple check when I am emailing anybody, even if their name is Sarah, because I have to check if there's an H or not, right?

Ally: Yeah.

Tiffany: Mmhmm. Mmhmm.

Shohreh: I always double check. I, like, look at their email, like, probably to a point of too much anxiety inducing because I am just so, so sensitive to it. And I never want to mess that up. And also because I've had so many people respond really shittily, even if I very nicely call them out on spelling my name wrong, or they won't just, like, they won't apologize and, like, freak out and it becomes a whole thing.

Just, just don't y'all. Just please, please, especially the first time you're reaching out to somebody, and especially if you're asking them for something. Because oh my god, if you are emailing to ask me for something and you spell my name wrong, I am going to be not inclined at all to give you that thing. And that is all that I want to say on that topic [Ally laughs lightly].

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- Tiffany:** Valid. 100%.
- Ally:** Yeah. Yeah. Agree.
- Shohreh:** Thank you. Thank you.
- Ally:** Agree.
- Shohreh:** Alright. Tiff, I know you had one more, so why don't you take us home with our final rant?
- Tiffany:** Okay, so my final one is interrupting. And I have a problem being interrupted. I don't know if it's just my face [Shohreh and Ally laugh lightly]. Okay, but my pet peeve isn't just interrupting me, because that does make my blood boil, but it's just interrupting in general. People who have bad, like, phone manners where like, in the middle of a conversation, people will just take a call, or people who, like, talk during movies or TV.
- Ally:** Mm. Oh no.
- Tiffany:** My ex-husband used to have whole conversations while we were watching TV. Like, he would just sit there while the show was going and he would just talk. And like, what?
- Shohreh:** [Singing] You would hate my house.
- Ally:** Not me also doing that [laughter].
- Shohreh:** I was like, Tiff, you would hate living in my house so much 'cause Riot Grrrl and I just, like, talk the entire time we watch shows.

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Tiffany: I can't! Like, I just—I don't know. Like, I have such a disorganized mind and talking over people, it happens, like in a conversation, that's fine. Especially with people who, like, you guys, where I don't mind getting interrupted. I will say something if I feel like I need to. Like, before we were talking about all of this, before we were recording, I was telling you I've been calling my parents out for interrupting because they do it a lot.

Ally: Yeah.

Tiffany: Like, literally, I will be talking and my mom will just start talking. But people talk over me a lot. I feel like it's very disrespectful. You know, we've been talking about, like, situational awareness and acting with compassion and listening to people. Like, all of these things. Like, interrupting are the antitheses of that. Like, it is being disrespectful; it is acting unkindly.

Ally: Yeah.

Tiffany: Like, just acting in bad faith. And so, like, interrupting for me is one of the things that, like, if it happens, I will turn into the rage monster, like the murderous fiend that everyone doesn't understand is, like, simmering right below the surface of my mild-mannered exterior [light laughter].

Ally: I know because you're a Scorpio moon.

Tiffany: Like, we talked about this [light laughter].

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Shohreh: So, I think this is one of those, like, know your audience type things as well, Tiff, 'cause, like, you were saying, like, there's kind of, like, this scale of interrupting, where it's like, you know, for instance, men talking over women in meetings is, like, super rude. Like, terrible interrupting, happens constantly, like, in corporate world, and is really fucked up and shows that they have no care. Then you have, like, people like Ally and me, who when she and I converse, we just interrupt each other constantly because that's how we talk to each other.

Tiffany: Yeah.

Shohreh: And so, it's like, that's fine. Yeah, that's fine, because it's just, like, how we are, and it doesn't bother each other because it's what we do. Or, like I was saying, like, Riot Grrrl and I, we talk to each other when we watch movies and TV because that's, like, the agreement that we have with each other is that's what we do. But, like, if one of us hated that, that, like, becomes a different conversation.

Like, for you, Tiff, like, you know that's something that really pissed you off about your ex. So it's like, so now that's important to you probably in a partner to be like, hey, I need to voice that this is frustrating to me and will not work for me, right?

Tiffany: Uh huh. Uh huh.

Ally: Yeah.

Shohreh: So it's dependent on that, too.

Ally: For me, I feel like it's dependent on the gravity of the conversation?

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Shohreh: Ooh, yes.

Ally: Like, if somebody is talking to me about, like, their trauma or, like, a serious situation, I am going to be actively listening and, like, not that I'm not, you know, listening. But, like, you know, if we're talking about a TV or something and, you know, the energy is high and we're all, like, shouting stuff, like, yeah. There are going to be some interruptions probably. But if somebody is, like, talking to me about a problem or something serious, like, I'm going to take a lot of care to make sure that I'm really listening and absorbing, which means, like, I'm not gonna interrupt at all, because in that instance, I think it's super rude to interrupt.

Tiffany: Mmhmm.

Ally: And also, like you said, Shohreh, like, know the audience. And also, like, if I accidentally interrupt, I try to make sure to be like, oh, sorry, I thought you were done, but you're not. Okay. You keep going.

Tiffany: Yeah.

Ally: 'Cause especially, like, in a conversation with three fire signs, like [laughter], it tends to be like, I have a lot to say and I want to get these things out! And also, you guys are neurodivergent, so, like, I know that sometimes it's like I have this thought and I need to get it out right now and if I don't get it out I'm gonna lose it, so, like, I have to shout it right now. So I get that. And sometimes it's like, I don't wanna interrupt you but I do wanna remind you that I wanna come back to this point. Okay, you keep going.

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Shohreh: Right.

Tiffany: And I think that there's, like, in terms of like, knowing your audience, I feel like there are certain situations where you can tell it's done in bad faith. And not even, like, necessarily bad faith, but it's done, like you were talking about earlier with, like, men and the mansplaining effect and the talking over effect.

Shohreh: Ugh, men.

Ally: Yes.

Tiffany: Ugh.

Shohreh: Like, you reminded me they existed and I was like, ugh. [Ally laughs lightly]

Tiffany: I'm sorry. Like, I don't know, it's hard 'cause I feel like these are things that are not unique to men but because they are so prevalently done by men, that they are just, like, the poster children for them happening. And so, like, I think all of these things, they can be done by anybody and it's just really frustrating that it happens so often with this very specific group of people against this other very specific group of people.

Shohreh: Exactly.

Tiffany: And it's really frustrating to see it happen in bad faith. Like, my mother can do that really badly. So it's like, I grew up with it, and so I'm like, super sensitive to it. And I think, like, in our group where we all love

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each other and we know that we're not doing it in bad faith, it's never taken, like, oh god, I'm gonna hate you for it. But, like, if you're having a conversation with somebody who you know they're either not conscious, or, like, situationally or self-aware of it, or they're doing it in bad faith, like [groans].

Ally: Yes.

Shohreh: Well, friends, I hope that you've enjoyed ranting to one another. And listeners, I hope that you have enjoyed our rants. If you have pet peeves of your own, let me know. DM me. Just kidding, don't do that. I actually don't want, like, an inbox full of everyone's pet peeves. That was a lie [laughter].

Ally: Write them in your journal. Talk to your friends about them.

Tiffany: Talk to each other about them.

Shohreh: Yeah, talk to your friends. Go have your own pet peeve conversation. Because there's a nice cathartic nature to it, to just letting it all out.

Ally: Yes.

Tiffany: Feels good!

Ally: And sometimes you might have a pet peeve and other people don't know it's a pet peeve and they keep doing it and they don't know that they're bothering you, so...

Shohreh: So you have to communicate your needs with care.

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Tiffany: Yeah.

Ally: Normalize telling your friends your pet peeves [laughter].

Tiffany: Yeah.

Shohreh: Yes. Alright Girl Gang, well, it has been so lovely to be reunited in conversation, and I hope that we get to do it again real soon.

Tiffany: Yeah.

Ally: Yeah. Somebody Venmo me five million dollars, thank youuuu.

Shohreh: Yeah, thanks. Byeeeee.

Ally and Tiffany: Byeeeeeeee.

Shohreh: [Music plays]

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. Thank you so much for listening, and I hope you'll join me for the next episode.

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[Music fades]