

10kqa

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SPEAKERS

Rebecca Toal, Hattie Butterworth

- H** Hattie Butterworth 00:03
Hello and welcome to Things Musicians Don't Talk About with your hosts Hattie Butterworth.
- R** Rebecca Toal 00:08
And me, Rebecca Toal.
- H** Hattie Butterworth 00:10
Within our vibrant musical world, it can often feel that the struggles and humanity of musicians is lost and restricted.
- R** Rebecca Toal 00:18
Having both suffered in silence with mental, physical and emotional issues, we're now looking for a way to voice musicians' stories, discuss them further and to connect with the many others who suffer like we have.
- H** Hattie Butterworth 00:28
No topic will be out of bounds as we're committed to raising awareness for all varieties of struggle.
- R** Rebecca Toal 00:34
So join me, Hattie, and guests as we attempt to bring an end to stigma by uncovering the things musicians don't talk about. So today we are recording a Q&A sesh because we're

things musicians don't talk about. So today we are recording a Q&A session because we're celebrating having passed ... we're quite a long way past it now ... but 10,000 downloads. How are you feeling about that Hattie, having ...you started it off! You and your solo mission!

H Hattie Butterworth 01:23

I know! Look at it now!

R Rebecca Toal 01:24

Look at it now.

H Hattie Butterworth 01:26

I feel like ... It feels like a really good achievement, especially in the last year, since we've been doing it together, it's felt like ... it's kind of mad. Yeah, it's taken off kind of in a way that, I suppose had always been like the dream, but never really expected that it would happen like that way. And it's really easy to feel like, you get so far with something and it's almost a feeling of like, the grass is always greener. And I'm sure you hear me complaining of like, "why are we not doing this yet? Well why is it not good enough yet? Why is it not on the world stage?" And it's like, things like this do make you think that it's like, it is an achievement, even if it's not as good or ...

R Rebecca Toal 02:13

I guess by putting a number on something, it makes it instantly comparable.

H Hattie Butterworth 02:19

Urgh, so bad.

R Rebecca Toal 02:20

Like 10,000 is not enough.

H Hattie Butterworth 02:23

Yeah!

R Rebecca Toal 02:24

So we asked a few people for questions on Instagram...

H Hattie Butterworth 02:27
As a celebration.

R Rebecca Toal 02:29
And not many people replied.

H Hattie Butterworth 02:31
We literally flattered ourselves that like 10k downloads meant 10k people to ask 10k questions.

R Rebecca Toal 02:40
Okay, I'm gonna ask you a question first.

H Hattie Butterworth 02:42
Okay, and then I'll respond by asking you one.

R Rebecca Toal 02:45
Or you could answer the question.

H Hattie Butterworth 02:47
Oh, right. Yes.

R Rebecca Toal 02:48
Yeah. So this is from Melissa, our friend at Bold as Brass podcast podcast. If you had to give up music forever, ...

H Hattie Butterworth 02:58
Yeah.

R Rebecca Toal 02:58

... What would you like to do instead? Starting off with a nice question.

H

Hattie Butterworth 03:03

If I had to give up music forever... Haha. "If"! What would I do instead? I feel like I always answer this the same way and say, you know, writing, but I always think like, I would really love to be an author or like a poet.

R

Rebecca Toal 03:09

Yeah. So another art form.

H

Hattie Butterworth 03:31

Yeah, another art form for sure.

R

Rebecca Toal 03:32

You're a true artiste at heart.

H

Hattie Butterworth 03:34

Yeah, I can't imagine myself doing like ... looking at globules or whatever.

R

Rebecca Toal 03:38

What kind of globules?!

H

Hattie Butterworth 03:39

I dunno. Globby ones. What about you though?

R

Rebecca Toal 03:44

No, I was gonna ask you what would like the converse... is that...? No.

H

Hattie Butterworth 03:49

Maybe?

R Rebecca Toal 03:49
Yeah, the converse but what would ... like if music didn't exist, or like if you didn't do music, what would be the worst thing you could imagine yourself doing?

H Hattie Butterworth 04:00
Ooh!

R Rebecca Toal 04:01
Because obviously, music is the worst thing.

H Hattie Butterworth 04:02
I would say, recently, I've really felt so horrendously bad for anyone that works in hospitality or retail. Because I had my little stint in hospitality and I'd really like glamorised it in my head.

R Rebecca Toal 04:22
Yeah, me too.

H Hattie Butterworth 04:23
And I actually did it and now every time anyone serves me, I'm like, "Are you okay in yourself though? Because this is the worst fucking job."

R Rebecca Toal 04:30
And how many hours have you been here already?

H Hattie Butterworth 04:32
Yeah, exactly. So I feel like that would be the worst job because it's not creative. It's ...you're always being shouted at, you're always doing something slightly wrong. I was really shit at it. I didn't get anything good out of it really at all. I met some nice people but other than that ...

R Rebecca Toal 04:49
But even if you're good at it, you don't really ... like you don't get paid any more. You might get promoted, but even then you're still essentially doing the same job

H Hattie Butterworth 04:58
Just being a bit more bossy.

R Rebecca Toal 04:59
Yeah.

H Hattie Butterworth 05:00
I really... if anyone is working in hospitality or retail...

R Rebecca Toal 05:04
We hope you're okay.

H Hattie Butterworth 05:05
Honestly, like it's the hardest job. I just ... I really, you know, Nothing's worse than that in my opinion.

R Rebecca Toal 05:13
To be an author or poet, you'd have to have a job like that.

H Hattie Butterworth 05:17
Well exactly. That's the thing. This is kind of "money no object", I suppose. That's the thing, I was so like, "I could easily be a barista on the side." It's like, that is so easily gonna get horrendously boring.

R Rebecca Toal 05:29
Yeah.

H Hattie Butterworth 05:30
So Rebecca.

R Rebecca Toal 05:31

Yes.

H Hattie Butterworth 05:33

This is a question from my sister, Philippa. What is your coffee order?

R Rebecca Toal 05:38

My coffee order? Well, okay, so I feel like if I'm around cool people I'll say oat flat white, cuz I feel like flat white is cooler than a latte.

H Hattie Butterworth 05:47

It is. Latte is far too milky.

R Rebecca Toal 05:49

But I don't actually like flat whites that much because they're quite bitter. And they're quite small and intense. So if I was actually just by myself, I'd say an oat latte because I feel like it's more diluted, and I can deal with it better.

H Hattie Butterworth 06:04

That's really nice.

R Rebecca Toal 06:05

To be honest, I'm probably getting my coffee on the way to teaching or somewhere, so if I pick up anything to eat on the side, it will have to be like eatable-on-the-goable.

H Hattie Butterworth 06:15

Right. So what would you normally get?

R Rebecca Toal 06:16

So you can't really get like a piece of cake or something, because that's quite hard to ... like a croissant or something is quite good because you can tear bits off and then stuff it in your face. But then pastry, it goes all down you and then you've got to turn up to teaching with a

croissant catastrophe all over you.

H Hattie Butterworth 06:33
Mind you, the vegan ones aren't that flaky are they really?

R Rebecca Toal 06:36
No, cuz they're stringy. Wait, let me try and guess your coffee order.

H Hattie Butterworth 06:43
It is quite predictable I feel.

R Rebecca Toal 06:44
Is it soy...?

H Hattie Butterworth 06:45
Soy? Really? No.

R Rebecca Toal 06:47
You said you... oh you said it's in tea you prefer soy.

H Hattie Butterworth 06:49
Soy in tea.

R Rebecca Toal 06:50
Okay, so oat...?

H Hattie Butterworth 06:51
Oat.

R Rebecca Toal 06:52

Flat white.

H Hattie Butterworth 06:53

That's it.

R Rebecca Toal 06:54

Because you're cool.

H Hattie Butterworth 06:55

Oat flat white because ... but I also like an oat cortado.

R Rebecca Toal 07:00

Is that the cold one?

H Hattie Butterworth 07:01

No.

R Rebecca Toal 07:02

Hot one.

H Hattie Butterworth 07:03

The hot one? You're thinking of the affogato.

R Rebecca Toal 07:05

It's either going to be cold or hot, isn't it?

H Hattie Butterworth 07:07

It's like a ... it's like a flat white, but like one step ... you'd hate it because it's like one step less milky.

R Rebecca Toal 07:13
Oh, no. Can't do that.

H Hattie Butterworth 07:15
It's like basically a double espresso with a little bit of milk.

R Rebecca Toal 07:18
Not a milky boi.

H Hattie Butterworth 07:19
Not a milky boi.

R Rebecca Toal 07:20
Yeah.

H Hattie Butterworth 07:21
I just really like strong coffee, honestly. Thanks, Pip. Very good question.

R Rebecca Toal 07:25
Yeah, good question. None of this music stuff. Oh, I have a deep one.

H Hattie Butterworth 07:31
Go on.

R Rebecca Toal 07:32
From Lucia...? I can never remember which one it is, I'm really sorry. "How to deal with friends succeeding at something you wanted?"

H Hattie Butterworth 07:46
Oh, my God. I feel like we need a bit of a silence for this.

R Rebecca Toal 07:50
Yeah, we'll crop out this half an hour of silence whilst we think about it.

H Hattie Butterworth 07:53
Think and cry. So I feel like I've had this so many times, just in little ways.

R Rebecca Toal 08:01
Yeah.

H Hattie Butterworth 08:02
So like at college, for example, someone might get on a scheme...

R Rebecca Toal 08:06
Argh, schemes.

H Hattie Butterworth 08:07
Do you know what I mean? I feel like the schemes at the music colleges in London are the epitome of depression for anyone that doesn't get on the scheme.

R Rebecca Toal 08:17
Don't even get me started.

H Hattie Butterworth 08:19
So I ... you know, like in college, there was one, I think there was one cellist that got an ENO scheme and there was another cellist that got on the LSO, maybe? Maybe not. Another scheme anyway.

R Rebecca Toal 08:35
But like...The schemes are basically just giving you stuff that you have at music college, and you've gotta then miss stuff at music college to go and do this scheme.

H Hattie Butterworth 08:43
And then you get some professional work out of it sometimes don't you?

R Rebecca Toal 08:46
Yeah, maybe. But it's also like, it's not just supposed to be work. It's supposed to be lessons which you get at music college, like coaching, chamber...

H Hattie Butterworth 08:55
Are you trying to convince yourself that you don't want a scheme?

R Rebecca Toal 08:57
Yeah, I'm trying to convince myself that the reason I've never got onto a scheme is because it's not in line with my values.

H Hattie Butterworth 09:04
And nothing to do with jealousy.

R Rebecca Toal 09:05
Nothing! I've never been jealous in my life. Anyway, continue, I'll just block my ears.

H Hattie Butterworth 09:10
Yeah, so I've definitely had friends that have like, got things that I've wanted, and it's that like conversation with them when you like, you really...I feel like we're in so much denial about jealousy where you you kind of...you congratulate them, but like deep down you've like been torn not torn apart necessarily, but you are really disappointed.

R Rebecca Toal 09:31
It really gets ya!

H Hattie Butterworth 09:32
It really does. So I don't really know, I feel like I've just, in the end, it got to a point with me where I just didn't go for stuff because I knew I wouldn't get it. You know?

R Rebecca Toal 09:43

Yeah.

H Hattie Butterworth 09:43

Which is a really ... I don't know if that's a good attitude, but I think it's hard when you do you know that the same people are going to get it all the time, often in college anyway. What was the original question? Do you remember, exactly?

R Rebecca Toal 09:55

Um, how to deal with friends succeeding at something you wanted.

H Hattie Butterworth 10:01

Succeeding at something you wanted.

R Rebecca Toal 10:06

I feel like, especially when you're really, like, self aware, or like you work, like doing the work that we do that's kind of mental wellbeing and this kind of stuff, there's a pressure for everything to be like, not like 'pretty' but fair and like, rational and like, ... but I feel like yeah, I don't deal very well when people ... when my friends succeed at things that I wanted. And I think actually the best thing in dealing with that is just accepting that that's going to be a thing. And actually, it's just like, recognising that you have to sit in that kind of bitterness of that emotion but it will pass. But not having this pressure to be like "I mustn't be jealous or I mustn't be bitter about anything."

H Hattie Butterworth 10:58

It feels like with music is always about getting in to something or being accepted into something.

R Rebecca Toal 11:04

Yeah.

H Hattie Butterworth 11:05

Isn't it? There's kind of not many other examples of where that happens. I don't know, of like

ish it! There's kind of not many other examples of where that happens, I don't know, or like friends succeeding at something you wanted.

R

Rebecca Toal 11:14

Or like competing for the same thing. Even if you're on a different instrument like there's only so many places on a scheme or something.

H

Hattie Butterworth 11:21

I think this comes into where like, for me anyway, having a friend in a different section of the orchestra or like a different...or just not a musician at all, like or even just seeing a therapist I remember crying and crying to my therapist, because I got like, as far as I'd seen it, like a really bad mark in one of my end of year exams. And she was just there, like really supportive, but kind of just watching her listen to me, I was like, "this means nothing to her, like life has just continued, and I'm acting as if it's over. Just because my whole life is music and all my friends are musicians, and compared to them, I feel like my life is over." But like, once you step outside of the bubble, you realise that people fail and succeed all the time. I'm simplifying it too but...

R

Rebecca Toal 12:11

No, no, I know what you mean, especially in the classical music world, it feels like there's a handful of opportunities that everybody goes for. But in reality, if you talk to any musician, any orchestral musician, any ensemble musician, contemporary musician, whatever...they've all had a different path. Like, yeah, lots of people that we've interviewed have been to Chets or Wells or something. But past that point, I don't think we've interviewed a single person that's had the same path from there onwards.

H

Hattie Butterworth 12:40

They've been so interesting. I feel like the people we've interviewed, at least in the last few months, it's been one of the biggest kind of privileges to have their stories in my mind. Because I feel I go back to them so often. And it just rationalises things for me to think like, "they've done it differently so... so can I" kind of thing? I find it really like, yeah.

R

Rebecca Toal 13:06

Comforting.

H

Hattie Butterworth 13:07

Comforting. But, uh, I think there's a sense for me where I, I feel like, with everything I do, I don't like being the one that's not the best at it. So I think part of why I kind of feel now like I want to do a slightly different path if I'm really honest to myself, a lot of it's to do with the fact

that I have seen my friends succeeding at something I wanted.

R Rebecca Toal 13:30
Yeah.

H Hattie Butterworth 13:30
So because I can't succeed in that way. I'm like, "Well, I'd rather succeed at something else instead."

R Rebecca Toal 13:36
Yeah.

H Hattie Butterworth 13:38
And I kind of wish I'd not be so bitter and just continue, but...

R Rebecca Toal 13:42
I feel like a lot of people feel the same way but either wouldn't admit it or don't realise it. And

H Hattie Butterworth 13:48
Yeah.

R Rebecca Toal 13:48
It's very common to feel like, "well, if I can't have that, I won't have it at all."

H Hattie Butterworth 13:53
Yeah, completely. Am I asking you a question now?

R Rebecca Toal 13:57
I don't know.

—

H Hattie Butterworth 13:58
I think so. Should we do some, like just funny ones?

R Rebecca Toal 14:02
We are pretty funny.

H Hattie Butterworth 14:04
What's your number one comfort food?

R Rebecca Toal 14:07
It's gonna sound really weird, but I really like plain rice. If Stuart and I cook something with rice and there's like rice leftover in the pan ...

H Hattie Butterworth 14:14
Oh, yeah.

R Rebecca Toal 14:15
I'll eat it all. Oh, all of it. And like, I love sushi. But mostly because it's mostly rice.

H Hattie Butterworth 14:22
Yeah, vegan sushi is the best because there's no fish in it.

R Rebecca Toal 14:26
Well, yeah, that's...

H Hattie Butterworth 14:27
So agree with you.

R Rebecca Toal 14:29
I'm gonna try and guess yours.

H Hattie Butterworth 14:31
Okay.

R Rebecca Toal 14:31
I don't think I'm gonna get it.

H Hattie Butterworth 14:33
I think you should guess.

R Rebecca Toal 14:35
Popcorn.

H Hattie Butterworth 14:37
Comfort food?!

R Rebecca Toal 14:38
Potatoes.

H Hattie Butterworth 14:40
Oh, how vile.

R Rebecca Toal 14:41
Oh, no, okay!

H Hattie Butterworth 14:42
I like potatoes but it's not my comfort food at all.

R Rebecca Toal 14:44
I don't know! There's so many out there that it could be food. Yeah, you don't even know!

H Hattie Butterworth 14:49
There's one that came to me.

R Rebecca Toal 14:52
Yeah.

H Hattie Butterworth 14:52
If I overthink it, I will be like "no", but probably macaroni cheese.

R Rebecca Toal 14:56
Oh, that's true actually.

H Hattie Butterworth 14:59
Like something hot and cheesy is very...

R Rebecca Toal 15:03
Something about it that just hugs you.

H Hattie Butterworth 15:04
It really does. Or like, I really like a veggie full English.

R Rebecca Toal 15:10
Oh yeah?

H Hattie Butterworth 15:11
With like hashbrowns. I find them really comforting.

R Rebecca Toal 15:13
Hashbrowns are good. I have a question for you.

H Hattie Butterworth 15:17
Yeah!

R Rebecca Toal 15:18
Thinking back to like the first episode you did, seeing as this this is celebrating...

H Hattie Butterworth 15:23
Oh, I see.

R Rebecca Toal 15:24
... Things Musicians Don't Talk About.

H Hattie Butterworth 15:25
Taking stock.

R Rebecca Toal 15:26
Taking stock. Do you feel like you've changed since the person that you were in that first episode?

H Hattie Butterworth 15:32
Yes, definitely.

R Rebecca Toal 15:35
How?

H Hattie Butterworth 15:36
It's funny because I think... I don't ... I always worry to like, admit it but I do listen to them back now and again.

R

Rebecca Toal 15:45

Yeah.

H

Hattie Butterworth 15:45

Like, because I think a lot of YouTubers admit to watching their videos back as well. Like, it's, it's interesting to hear yourself back then. And I feel like when I listen to myself back, I, I almost feel like I've got a bit more tough. But I kind of like, I think that was important. Like, since when I went to the convent, which is where I kind of, I feel like I changed the most, when I entered into that environment, I was very much like, "I'm this person that's failed. I'm this ill like, person", I don't know, "I feel really lost." And I kind of entered out of that feeling a lot more like, "I don't give a fuck what anyone thinks" like, "I'm going to advocate for this no matter what", you know?

R

Rebecca Toal 16:35

Do you think that would have happened if the pandemic hadn't have happened?

H

Hattie Butterworth 16:38

No. Uhhh?

R

Rebecca Toal 16:41

Maybe not then.

H

Hattie Butterworth 16:42

Maybe not... I don't know. If the pandemic hadn't have happened, I still would have definitely had a big period of like... like I could feel it coming before the pandemic, you know, I could feel like "argh the cello is feeling weird, like you need something else in your life for sure." But I don't know, kind of going back to your question... it's a difficult one because I feel I've definitely changed but part of me feels like I was a bit nicer back then. I think the more I've delved into these problems, the more angry I've become about some of them. I don't know if it's because we're like recording this when I'm on my period and I'm just feeling generally angry. But now my whole job is surrounding, like, sort of being on Twitter and seeing anyone say anything, and I don't know...

R

Rebecca Toal 17:34

I wonder whether you were not necessarily nicer, but just more naive, like, about the extent of the problems. And actually, I feel similarly that...

H Hattie Butterworth 17:45
Really?

R Rebecca Toal 17:45
...the more I learn about things the...Yeah, this this dual thing of like, I really care and I get really like pissed off about stuff. But I also don't care at all about, I don't know... More to do with worries I've had about like how people perceive me.

H Hattie Butterworth 18:04
Yes.

R Rebecca Toal 18:04
Or like this kind of stuff but it's this dual thing of like, tossing all your cares away, and like gathering all this worry about or like anger about things. But I think it's natural when you're researching and just surrounding yourself with injustices all the time.

H Hattie Butterworth 18:24
Yeah, yeah. Because it's the thing like to be mentally sane, you do also have to like be able to distance yourself from that.

R Rebecca Toal 18:32
One thing I've learned through the counselling training is that counsellors and therapists always have supervision, so they always get to offload onto somebody else. And as much as what we do isn't counselling or therapy in any way, there's a sense of we talk with people about their problems or things that they've faced. And it's very easy to just hold it

H Hattie Butterworth 18:54
Yeah.

R Rebecca Toal 18:55
...all.

H Hattie Butterworth 19:55

H Hattie Butterworth 18:55
Yeah.

R Rebecca Toal 18:57
Which I know, like, is a very foreseeable danger. But sometimes I feel like there's a reason why people have supervisions and people to talk to.

H Hattie Butterworth 19:07
Totally, I mean, yeah, we've been saying about that, recently of like, trying to think about how we space the episodes out and like, how we hold space for people properly and not try and cram things in because there's a temptation with something like this, that you want to get as much content out there as possible. And like, you know, with the whole algorithm bollocks, it's like, you feel really pressured to like churn stuff out.

R Rebecca Toal 19:32
Yeah, like even the past few days, I've been like, "oh, we haven't posted anything on Instagram", like, "I need to think of something to like..."

H Hattie Butterworth 19:39
Yeah.

R Rebecca Toal 19:39
So I came up with that thing about holidays.

H Hattie Butterworth 19:42
Well done, lots of engagement there babes.

R Rebecca Toal 19:45
Yeah, but then I'm a bit sad that I basically just did that, because I was like, "oh, we should put something out there."

H Hattie Butterworth 19:50
It's funny isn't it?

R Rebecca Toal 19:51
It's really funny.

H Hattie Butterworth 19:52
Yeah. I also think another thing that's changed - really positive with having you here, which is a massive change! Like, and I've said this before, but before every episode, and they'd all be on Zoom in the beginning, every episode, I would be really anxious, like really anxious about like, because these are big topics and like I knew the project was big and I have never interviewed people before. So it was like, "oh my god, what am I doing? Like, I'm so unsure of my capability with interviewing anyone or holding space for anyone." So I think in the beginning, like, talking to people is terrifying. And I just had to just keep saying like, "it's about them, not you. It's about them and not you. Oh my god, it's all about them and not you!"

R Rebecca Toal 20:45
I find it really funny because I hate talking on the phone, but I will never phone call someone.

H Hattie Butterworth 20:49
Yeah!

R Rebecca Toal 20:50
I'm quite happy to interview someone.

H Hattie Butterworth 20:52
Yeah me too!

R Rebecca Toal 20:53
So funny. Do you think your interview style has changed since you started? Or do you feel more confident about interviewing?

H Hattie Butterworth 21:01
Um, there were actually things I think I was better at in the start, funnily enough. I think there were ... some things were more natural in the start. And I think it's easy to get into a little bit of a rhythm with the things you ask people. You know what I mean?

R

Rebecca Toal 21:19

And you hold expectations on yourself of like, I've got to make this the best interview because I've been doing it for a while. Whereas at the start, you're like, "Oh, well, we'll just see how this goes."

H

Hattie Butterworth 21:27

Yeah.

R

Rebecca Toal 21:27

"If I'm not good at it, I have an excuse because I haven't really done it."

H

Hattie Butterworth 21:30

Yeah, yeah, completely. But actually, I think one thing, my interview style has definitely changed because things that you ask, and that you say, will like trigger a question in me, which is so cool. I love that. The spontaneity. It's really useful, because I'm like, "Oh, my God. Yeah. Like, I've got another thing to do with what Rebecca said that like, I want to ask as well." But I also feel it's become more of like, a friendship conversation. And I think ... I'm not sure but like, it feels like some of our conversations have been deeper with three people in them. Because yeah, just because it's more of a chat.

R

Rebecca Toal 22:15

Yeah.

H

Hattie Butterworth 22:16

I just find ... I don't know about you but I find the energy of the interview so interesting when we're like, especially in person, it's like baffling to me. It feels like we're literally on a different planet, how it can like start where there's like this tension.

R

Rebecca Toal 22:30

Yeah and we'll like rock up to somebody's house or like... Or they'll come to us and we'll like, do all the formalities like "hi, nice to meet you."

H

Hattie Butterworth 22:32

Yeah. Do you want a cup of tea?

mean. Do you want a cup of tea?

- R** Rebecca Toal 22:37
And by the end we're like, sharing all our deepest darkest secrets and it's only within maybe an hour and a half or something.
- H** Hattie Butterworth 22:44
Yeah.
- R** Rebecca Toal 22:44
We've become like best friends it seems.
- H** Hattie Butterworth 22:46
So weird.
- R** Rebecca Toal 22:47
Really interesting.
- H** Hattie Butterworth 22:49
It's like.... it's unlike ... it feels like a sort of symphony. I'm really over-exaggerating.
- R** Rebecca Toal 22:55
I really find that so funny.
- H** Hattie Butterworth 22:57
A really baffling symphony. But it is just like, there are loads of these like silent moments. And then these like, moments where I'm thinking, "Shit! I've asked a really stupid question, or I've commented something really stupid."
- R** Rebecca Toal 23:09
Or like, gone too far.

H Hattie Butterworth 23:10
Gone to far, yeah. Or like something you've asked has gone a bit wrong or ... not that that happens very often but

R Rebecca Toal 23:17
No, but it like tends to come back and then

H Hattie Butterworth 23:19
Yeah.

R Rebecca Toal 23:20
It might circle around something for a while before like hitting the real crux of the matter, or...

H Hattie Butterworth 23:26
Yeah.

R Rebecca Toal 23:27
Then like trying to find a way to like, round it up at the end without it being like really abrupt and... Yeah it's true actually, as much as I hated the analogy, it is like a symphony!

H Hattie Butterworth 23:37
Gotta bring it back to music. Ooh, I have a question for you, though.

R Rebecca Toal 23:40
sigh

H Hattie Butterworth 23:41
Sorry. I just want to know... it felt to me, like interviewing and talking with people was really natural to you? Did you know that you were like good at it before you joined? Cute.



R

Rebecca Toal 23:55

And then, like, then when I got to, like secondary school, and I suffered with my mental health and eating disorders and stuff, I became so isolated. And then even at like, Guildhall, I felt quite isolated. I've always really had a problem with talking to people. No, I ... especially when I was a kid, I was always really shy. I remember, my parents would always try and encourage me to be less shy and like talk to people at like family events and stuff, because I just wouldn't talk to anybody. I'd want to like play my Gameboy in the corner.

H

Hattie Butterworth 24:28

Wow.

R

Rebecca Toal 24:29

And it really felt like the podcast gave me a platform to ... yeah, as you say, because it's about them not about you. So I felt a lot more confident in asking them questions ... like I've always been interested in getting to know people but never wanted to go through the process of like... ...exposing myself to them. So it feels like if they expose themselves to me, that's fine and as an interviewer you don't necessarily expose yourself.

H

Hattie Butterworth 24:45

Right. Yeah, or that's the thing where a podcast is slightly different to like an interview, that you do bring in your own take on it but...

R

Rebecca Toal 25:02

I think also having done so many of the first ones on Zoom kind of helped ease into it. I think if we'd have gone straight into in-person things, I would have freaked out a bit.

H

Hattie Butterworth 25:07

Right. But like, I just don't think you realise how good so many of your questions are. And like how natural your presence is for people...

R

Rebecca Toal 25:18

Aww, thanks mate.

H

Hattie Butterworth 25:18

Like, no, it just feels like you've been to courses in it and shit, like...

R Rebecca Toal 25:22
I guess I was the narrator in my school play. So that's ...

H Hattie Butterworth 25:25
You can tell. But like, now, do you feel like different?

R Rebecca Toal 25:31
Yeah. I feel like it's helped my social -... like, outside of the podcast, I feel a lot more confident, even just like going to teachers drinks or like parties and stuff, I feel a lot more able to hold a conversation with somebody, and actually have like, a good conversation without getting really stressed about like, "Oh, if I go to this party, I don't really know people" like, "what are we going to talk about?" I feel like I can always interview them if I get stuck.

H Hattie Butterworth 25:54
That's so interesting, because I feel the same after concerts. Because now with my job -... With my job...

R Rebecca Toal 26:02
Do you have a job?!

H Hattie Butterworth 26:03
D'you know I have a job? Schott Music, yeah? But like I so often go to like, either a thing at the interval or thing afterwards. And as you say, like I feel a lot more easy, with just kind of being in the presence of musicians who, in the beginning, I thought were like, miles above me, and I was really starstruck by loads of these people like Elena Urioste in Laura van der Heijden and, like talking to them, I'm just like "what the hell, they literally are just..."

R Rebecca Toal 26:37
They feel the same as me!

H Hattie Butterworth 26:38
Feel exactly the same, have the same problems, have like the same... many of the same things. I do put successful people on a pedestal, but I feel like through the podcast, it's..

- R** Rebecca Toal 26:50
Brought them back down to earth.
- H** Hattie Butterworth 26:51
I've brought them back down to earth. No, I don't know what I'm trying to say. But like, it is interesting.
- R** Rebecca Toal 26:55
No, it is. I never thought that like being on a podcast could help my life outside of the podcast in such a tangible way.
- H** Hattie Butterworth 27:02
Woah, I never realised, that's just so amazing.
- R** Rebecca Toal 27:06
I could never talk to people.
- H** Hattie Butterworth 27:08
But that just baffles me and like, I often felt like people would say to me when I would talk to them about my anxiety, a lot of people would say "I would never think you had anxiety." Does it I feel like that when I'm like...
- R** Rebecca Toal 27:21
Oh, for sure.
- H** Hattie Butterworth 27:22
I could never imagine you being socially anxious like ...
- R** Rebecca Toal 27:25
It's like this little child inside me that's like... I guess, yeah, for a long time it felt like I was kind of putting on this exterior of like, "I can talk to people." But now it feels less like just an

exterior, and more just like me.

H Hattie Butterworth 27:40

That's so great. That's ... because people don't... like people should be so honoured to be in your, in your presence. And like hear your ...

R Rebecca Toal 27:50

Hear my?

H Hattie Butterworth 27:51

Self.

R Rebecca Toal 27:52

Self. Beautiful. Thanks. Um, we have a question from your brother.

H Hattie Butterworth 28:00

Oh, go on.

R Rebecca Toal 28:00

How many saints went marching in?

H Hattie Butterworth 28:04

How many saints are there actually?

R Rebecca Toal 28:06

Dunno.

H Hattie Butterworth 28:06

It's got to be a few thousand.

—

R Rebecca Toal 28:08
Oh when the saints, tch tch tch tch Are you Googling it? That's cheating!

H Hattie Butterworth 28:12
How many saints are there?Guess.

R Rebecca Toal 28:18
Oh, are we talking about like actual saints?

H Hattie Butterworth 28:20
Yeah.

R Rebecca Toal 28:21
Oh I guess, yeah, that makes sense. Maybe like 2000?

H Hattie Butterworth 28:25
Two? Is that your guess.

R Rebecca Toal 28:26
Yeah.

H Hattie Butterworth 28:28
There are more than 10,000 saints.

R Rebecca Toal 28:30
Ah, like 10,000 downloads.

H Hattie Butterworth 28:32
Oh my God that's mental!

R Rebecca Toal 28:33
Maybe it's a code.

H Hattie Butterworth 28:35
That's so cool.

R Rebecca Toal 28:36
Wow.

H Hattie Butterworth 28:37
There's a saint for every download.

R Rebecca Toal 28:48
Okay, I'm not gonna read the rest of your brother's ones because they are a bit...

H Hattie Butterworth 28:53
Let me see?

R Rebecca Toal 28:54
Describe the concept of fragility in four words or less.

H Hattie Butterworth 28:57
Oh, no, move on.

R Rebecca Toal 28:58
Who was Otto von Bismarck, and why did he have a lovely bottom? How much methane does an octopus produce annually on average? And why is Matthew Goode so fucking hot? See, this is, like when we say not many people got in touch with questions, we really meant it like ... I think ...

H Hattie Butterworth 29:19

Guys, you've let us down.

R

Rebecca Toal 29:20

Yeah, he sent us five questions, and that was the most I think we had...I dunno.

H

Hattie Butterworth 29:27

Pippa's got a nice question. Have you got any plans for the coming year? Like maybe, like you know...

R

Rebecca Toal 29:29

Oh yeah? Non music related.

H

Hattie Butterworth 29:38

Maybe or like where do you see yourself or your career in like a year if that's not too triggering?

R

Rebecca Toal 29:44

Hopefully more money.

H

Hattie Butterworth 29:46

Aw.

R

Rebecca Toal 29:47

I think I see it being more manageable. Like the more I go along, the more I'm figuring out how much is too much for me.

H

Hattie Butterworth 29:56

Right.

R

Rebecca Toal 29:57

And I feel like...this might be a slight over exaggeration, but the more time that goes on, the more I get to know like, what feels right for me, rather than just taking on stuff because I'm

like, "Oh, I've got to take it on" and then regretting it, and then...

H Hattie Butterworth 30:13

Yeah.

R Rebecca Toal 30:14

So I feel like I'm better at saying yes to the right things for me, but we'll see.

H Hattie Butterworth 30:20

You still feel like, there's a lot of things that you wish you hadn't said yes to? Or?

R Rebecca Toal 30:25

Yeah, or like... Yeah, I guess I'm more accepting of the idea that I do love teaching, but I don't want it to be like the main percentage of my week for example.

H Hattie Butterworth 30:38

Yeah.

R Rebecca Toal 30:39

And that I want there to be space in my week for other things, and that doesn't just mean like time-wise, that means energy-wise, so actually, it might not be sustainable for me to do like a day of whole class trumpet teaching, because it's exhausting. So figuring out how to create space, through my teaching for other things, while still earning money.

H Hattie Butterworth 31:01

It's so hard.

R Rebecca Toal 31:03

It's so hard.

H Hattie Butterworth 31:04

In terms of how you manage like your anxiety alongside thinking ahead to the future. like. I

...guess for you, that's a big part of what...

R Rebecca Toal 31:14
Yeah.

H Hattie Butterworth 31:14
...makes you anxious?

R Rebecca Toal 31:15
Yeah, actually, feeling like I'm not in control of my life, usually causes a lot of anxiety and often stems from saying yes to everything. Because I feel like I don't want to let people down. Which I guess is quite common, but I've been trying to be more proactive in not doing that. Whereas before, I'd be like, "Oh, but you know, I know, this makes me a bit anxious but I've got to keep doing it." And I think having been in kind of the depths of having a really full schedule of things that I didn't really want to be doing over the past few months has been quite a good, like, visceral experience of why I'm not going to do that again. Maybe.

H Hattie Butterworth 32:00
Is that another part of like maybe slightly glamorising being a full time teacher? Or?

R Rebecca Toal 32:04
Yeah, and as much as I know that I'm a people pleaser and I'm like, the first one to admit that I am, here's also always been like, a certain pride in being like, "Oh, my weakness is that I'm a people pleaser." And everyone's like, "Oh, that's so nice." You're like, "yeah, no, it is like, what a nice weakness to have." Like when people say in interviews...

H Hattie Butterworth 32:24
Yeah.

R Rebecca Toal 32:25
...what's your weakness? And you're like, "I guess I'm just like to perfect all the time."

H Hattie Butterworth 32:28
That's hilarious

That's hilarious.

R

Rebecca Toal 32:29

So I feel like actually experiencing the tangible negative effects of being a people pleaser has been really useful.

H

Hattie Butterworth 32:37

Yes, yes.

R

Rebecca Toal 32:39

But I also ... it's taken a little while for it to catch up with me but not doing like any physical movement, or like, taking time for ... not necessarily like full-on meditation, but like, that kind of side of things. It's really caught up with me now where I can feel the effects of not having done anything like that, like, I haven't moved my body, I haven't like, looked inside my mind properly. And so actually, I know that as much as, you know, you don't get paid for that, I know that it's has to be an essential part of my week. Which it sucks... like I really, I really don't like the fact that it has to be.

H

Hattie Butterworth 33:19

Yeah, how did you approach like moving your body...

R

Rebecca Toal 33:23

Yeah.

H

Hattie Butterworth 33:24

...without it becoming like, in any way disordered?

R

Rebecca Toal 33:28

That's something that I just don't know.

H

Hattie Butterworth 33:29

Yeah, that's what I don't understand either.

R

Rebecca Toal 33:32

I don't know how ... I really resent having to do it because of how difficult it is to get to a place of feeling good about it. So I'll keep you updated. I dunno!

H

Hattie Butterworth 33:45

Yeah, it just made me think back to like, last night I went out with my brother and like, we ate a lot of food. Like I can't ... like it was ... I don't know like as it was happening, as we were eating more and more food, like it was so fun, because we haven't done that for so long. We literally just went like everywhere we love going and like ate some really good food like, he picked me up from work, then I had like a matcha and a doughnut and a yoghurt. Oh my god. A sucky yoghurt? A sucky yoghurt.

R

Rebecca Toal 34:00

Oh my God. That's gross.

H

Hattie Butterworth 34:01

And then we went for pizza. And after the pizza, I went and got a frozen yoghurt from Snog. You know Snog?

R

Rebecca Toal 34:25

Yeah.

H

Hattie Butterworth 34:26

And after all of that I ... literally in the past would have forced myself to walk home from there.

R

Rebecca Toal 34:33

Yeah.

H

Hattie Butterworth 34:33

And that's like an hour and a half's walk.

R

Rebecca Toal 34:35

Yeah.

H

Hattie Butterworth 34:35

But I was like, you know, I had this like awful feeling of guilt. And then I was just like, "What the fuck has all this been for if you just don't trust that you had a nice time?" But it is because I'm like, how do I know where the line crosses between just walking for fun and then walking because I'm like, whether I realised it or not, trying to restrict, or whatever.

R

Rebecca Toal 34:59

I think something that I sometimes come back to that helps is "if this was cancelled, like if my run was cancelled or something, would I feel anxious about it?" And usually, if I'm just doing it for fun, I know that I can find that joy somewhere else, or I can do it tomorrow or something. But if it's becoming disordered, I get really anxious, like, "Oh my God, but I've eaten this thing today. And like, I ate that yesterday."

H

Hattie Butterworth 35:32

Oh wow.

R

Rebecca Toal 35:32

I think that's been ... I mean, it doesn't always work, but it's quite a useful one.

H

Hattie Butterworth 35:37

So is that one where you're like, you're not sure?

R

Rebecca Toal 35:40

Yeah.

H

Hattie Butterworth 35:40

You ask yourself that question?

R

Rebecca Toal 35:42

Yeah. And like, so for example, in that situation, if I ... the walk home had been like, in a disordered mindset for me, I know that postponing that walk until tomorrow would make me anxious because I'd be thinking about the food that I ate now.

H Hattie Butterworth 35:58
Yeah.

R Rebecca Toal 35:59
Rather than "Oh, I'm sure I'll find joy in it tomorrow."

H Hattie Butterworth 36:03
That's so interesting, putting it to tomorrow. That's so useful, because it's like, I would never want to do an hour and a half walk tomorrow for something I've just eaten now. I want to get rid of it now. You know?

R Rebecca Toal 36:14
Yeah. That's why it's really useful for me anyway.

H Hattie Butterworth 36:17
Thank you for that. That's really ... that's really helpful.

R Rebecca Toal 36:19
That's alright bebe. What about that one from Melissa?

H Hattie Butterworth 36:24
Naww what one?

R Rebecca Toal 36:24
Well we've got "How do you spend your downtime?" And we've also got "if you had to have an extra nose on your body, where would you put it?"

H Hattie Butterworth 36:32
So I'll start with the nose. Extra nose on my body. So weird, Melissa, what the hell?

R Rebecca Toal 36:40
Yeah, where did you get this from?

H Hattie Butterworth 36:42
Maybe like...?

R Rebecca Toal 36:43
Like, would you put it somewhere that you could smell something?

H Hattie Butterworth 36:48
Yuck.

R Rebecca Toal 36:49
Or what do you put it somewhere that like, you're unlikely to smell something, like your elbow?

H Hattie Butterworth 36:55
Yeah, good one probably my elbow.

R Rebecca Toal 36:57
Though it would be quite hard to find t-shirts and stuff that had enough room for your nose.

H Hattie Butterworth 37:03
No.

R Rebecca Toal 37:04
No?

H Hattie Butterworth 37:05
Because your nose would be like ... the point of your elbow would be part of your nose I feel. I'd design my nose like that anyway.

R Rebecca Toal 37:11
What if you had a runny nose though? Like, would it leak through your t-shirt?

H Hattie Butterworth 37:14
That's fine! That's okay.

R Rebecca Toal 37:15
I guess you could put tampons up there.

H Hattie Butterworth 37:18
Just wrap it up!

R Rebecca Toal 37:19
Just wrap it up. Okay. And what do you do in your downtime?

H Hattie Butterworth 37:22
What do I do with my downtime? So I have a collection of hobbies that are quite dull really. I've done in my whole my whole adult life.

R Rebecca Toal 37:34
You message me.

H Hattie Butterworth 37:35
I message Rebecca, go on Tik Tok.

R Rebecca Toal 37:38
You listen to filth.

H Hattie Butterworth 37:39

I listen to a lot of rap. But I have a lot of other like artistic interests, I suppose. So one of my favourite things to do is write poems. Because I'm a fucking nerd. I also love going to a coffee shop early in the morning and writing poems or reading a book on my own. If anyone else is there...fuck off. This is my time. And one of the things I like doing that I don't do very often because I feel like it takes so much time is drawing. Really enjoy drawing.

R Rebecca Toal 38:21
You're really good at drawing.

H Hattie Butterworth 38:22
Thank you. And I like painting as well, I like like abstract watercolour painting.

R Rebecca Toal 38:28
You're too cool for me.

H Hattie Butterworth 38:29
I don't do it that often, though, this is the thing. I'm like...

R Rebecca Toal 38:31
That's even cooler.

H Hattie Butterworth 38:32
But no, because I just, this is a thing that I hate about hobbies and I hate about the internet, is that the internet is always just the slightly easier thing to do than any of my hobbies.

R Rebecca Toal 38:44
Yeah. Like Stuart and I before bed, like we've be trying to read before we go to sleep...

H Hattie Butterworth 38:49
You guys are such an old couple.

R Rebecca Toal 38:51

Yeah. And I immediately turned over and started reading my book, which I'm not enjoying, but I kept going with it, and he turned over but on the way days book, he spent like 20 minutes on his phone. In between, like, the conversation we'd had and like turning over to get his book.

H Hattie Butterworth 39:07
Literally.

R Rebecca Toal 39:08
And I was like "are you on your phone?!" and he was like "mhmm-hmm", and I was like, "Okay, I mean, I can't tell you what to do, but..."

H Hattie Butterworth 39:13
It's just that instant gratification thing, isn't it?

R Rebecca Toal 39:16
So much easier than reading. That's the point, I guess.

H Hattie Butterworth 39:19
What about you? What do you do in your downtime? I feel like you're quite cool.

R Rebecca Toal 39:23
I dunno...mostly sleep. Like I'm not even joking. It's been my first few days of the holiday today and yesterday. And I spent both afternoons just like sleeping or watching iPlayer in bed.

H Hattie Butterworth 39:34
Oh I love that though.

R Rebecca Toal 39:35
I would have more hobbies if I didn't resent having to get better at them to do them.

H Hattie Butterworth 39:40
Well, that's only running, isn't it?

well, that's only running, isn't it?

- R** Rebecca Toal 39:42
Yeah, for sure. But also like I did yoga today, which was nice. But now I'm like, "Argh, I have to do yoga again to like reap the benefits of it."
- H** Hattie Butterworth 39:50
That's such a musician thing isn't it?
- R** Rebecca Toal 39:51
And then, the other day I, like, did some gardening and it's like "Oh, but I've gotta do it again because the weeds are gonna grow back." And I like, I like having an odd like...
- H** Hattie Butterworth 40:00
That's really interesting.
- R** Rebecca Toal 40:01
...a one off thing.
- H** Hattie Butterworth 40:03
Yeah.
- R** Rebecca Toal 40:04
I love drawing - I'm really bad at it, but I'll do it one time, or like, I got into calligraphy a while ago.
- H** Hattie Butterworth 40:11
Oh wow.
- R** Rebecca Toal 40:11
That was really nice. But I think, because there's this longevity that I've got to have with music and podcast, I really like just being able to dip in and out of things.

H Hattie Butterworth 40:21
Yeah, that's so nice.

R Rebecca Toal 40:23
But then I'm kinda of shit at all these things.

H Hattie Butterworth 40:25
No, you're not shit.

R Rebecca Toal 40:26
I am. You haven't seen my garden!

H Hattie Butterworth 40:30
I hate gardening with a burning passion. Like my mum takes me round her garden, and I can appreciate it because she puts so much work into it and I can enjoy the garden.

R Rebecca Toal 40:38
But it takes so much work.

H Hattie Butterworth 40:40
It takes so much work and ...

R Rebecca Toal 40:41
My garden is covered in cat poo.

H Hattie Butterworth 40:43
What the hell? Yeah, exactly like, I'm just like, "Babe, I just cannot get into it." People love to know the names of shit, and she's really good at knowing what goes with what and when you plant what. And like the moon ... she, like, does plant stuff to do with the moon and stuff.

R Rebecca Toal 40:43
What? Wow.

H Hattie Butterworth 40:45
Yeah, I know.

R Rebecca Toal 40:49
Gravity and stuff.

H Hattie Butterworth 41:01
I'm interested though now...

R Rebecca Toal 41:02
Yeah.

H Hattie Butterworth 41:03
...with your life.

R Rebecca Toal 41:04
My life.

H Hattie Butterworth 41:04
...which is ... next to my life is the most interesting thing in my life.

R Rebecca Toal 41:09
You mean above your life.

H Hattie Butterworth 41:11
But with your life in terms of like the future, which I hate people talking about...

R Rebecca Toal 41:18
Yeah.

H Hattie Butterworth 41:19
And obviously having had a lot of rejection recently, has it made you like rethink what you want to do eventually or become eventually? Or succeed in, or whatever?

R Rebecca Toal 41:30
Yeah, I think ... I think it hasn't necessarily changed the outcome of what I want, but it's changed the methods in which I plan to get there. So I think that the rejections have been a really good springboard to have other conversations with other people about auditions and stuff. So I had some really interesting conversations last week with people about auditions, and one of them was like, this other trumpet player, they said, "You know, I've just decided I'm not going to do auditions anymore." And it felt like such an empowering choice that they'd made, and I resonated so thoroughly with all the reasons that they gave, and I was like, actually, and you know, they, they do loads of work in London. They're really busy, and I totally admire them. And so I can totally imagine myself not doing auditions and just picking up work in ways that suit me and my mental wellbeing better.

H Hattie Butterworth 42:27
Yeah!

R Rebecca Toal 42:29
I don't know whether I have the guts to, like put that into effect, but it's definitely been like a thinking point of "I actually don't have to do these auditions. Just because they come up, doesn't mean I have to apply for them." And yeah, I've always had this idea of like, 'I'm bad at auditions' as kind of an excuse for not doing well at them, but actually, I'm kind of coming to terms with the fact that like, I don't really perform that well under pressure and I know that performances in general, as a musician are, you know, you could say that they're under pressure. But if I'm in a comfortable environment, working with people that I feel comfortable with, I can play well.

H Hattie Butterworth 43:06
Yeah

R Rebecca Toal 43:07

But it's the pressure in an audition situation that I really just haven't been able to do well in yet, and I'm not sure that I want to. I'm not sure if I want to put the work in to be good at auditions.

H Hattie Butterworth 43:20

That's exactly what I was thinking about them too.

R Rebecca Toal 43:24

So I could totally imagined myself, especially the more I go down this counselling course, I could totally imagine myself being like, half the week a freelance trumpet player, half the week a counsellor.

H Hattie Butterworth 43:33

Good for you! That's so cool.

R Rebecca Toal 43:36

And never having to do an audition again.

H Hattie Butterworth 43:38

Oh my god, that's so freeing. Does that feel freeing, like, to you?

R Rebecca Toal 43:41

Yeah, I mean, there's still like a large portion of my brain that's like, "Yeah, but you're not going to say no to an audition if it comes up just yet." But I feel like ...

H Hattie Butterworth 43:50

It's a process.

R Rebecca Toal 43:51

...it's something new.

H Hattie Butterworth 43:52

Yeah. what lossy said actually about diving up the horn. and it taking her ages to dive up the

...giving up the trumpet, and then my eyes to give up the horn and to like, get past that grief - I'm not saying you're giving up the trumpet but ...

R Rebecca Toal 44:03
No.

H Hattie Butterworth 44:03
...giving up an audition is similar to that in like ...

R Rebecca Toal 44:05
Feels like it.

H Hattie Butterworth 44:06
...because it's what you've always done it's like God, it's going to take ages for you to kind of rewrite that passage in your brain of like "you are worthy without having to do this and strive for this".


R Rebecca Toal 44:15
In my Universal Credit meeting, it was quite interesting when my coach was like "and so how do you get your ... like most of your work?" And I started off by saying, "well, auditions". And I was like "I haven't got any work through auditions. Why did I say that first?"


H Hattie Butterworth 44:30
Me neither.


R Rebecca Toal 44:30
Like it's through friends, through colleagues... it's okay not to do them. It doesn't make you a worse musician if you're not doing auditions.


H Hattie Butterworth 44:37
I mean look at Stuart.


R Rebecca Toal 44:39


 Rebecca Toal 44:39
Don't even get me started.


 Hattie Butterworth 44:47
Before you arrived, I had a bit of a ...


 Rebecca Toal 44:50
A wob?

 Hattie Butterworth 44:51
A wobble. And I always get this like, this is just so annoying. Like it's really hard to admit because it just feels annoying. But I have this like ongoing anxiety sort of connected to my OCD around my health. And I have literally got one of the most mild colds in the history of colds, but what happens with my OCD is like any slight difference in my body, I feel it like 100 times. So before you arrived, I wound myself up into a frenzy and thought I couldn't breathe, and then I thought maybe I've got like, some kind of issue and I felt like my throat was closing up, and I felt like my tongue was swelling. And I just, I think when you're in those moments, the only thing I have to remember is like: the worst thing that's gonna happen right now is you're gonna have a panic attack. And luckily, I've had enough now that I do know the difference between being genuinely ill and panicking, but there's always that doubt there.

 Rebecca Toal 45:54
Yeah.

 Hattie Butterworth 45:54
That like really screws me over.

 Rebecca Toal 45:57
Do you have any small wins for the week?

 Hattie Butterworth 45:59
Oh, no. You have to go first.

 Rebecca Toal 46:03

I went to the hand therapist.

H Hattie Butterworth 46:06
Oh, yeah, that was so cool. You need to tell everyone about that.

R Rebecca Toal 46:08
I will tell them about it another time.

H Hattie Butterworth 46:10
Not the time.

R Rebecca Toal 46:11
I just feel like ... I haven't done my exercises today. Yeah, it feels good that I am getting my wrist pain sorted out when it's not really that bad, and like before it gets any worse.

H Hattie Butterworth 46:24
That's so ... that's like the most positive thing ever. Because I think if there's one thing, anyone with chronic injury would say is like "I wish I'd got help sooner." But it is hard because you do feel like really bad for your health.

R Rebecca Toal 46:39
Yeah, especially like, I got money from money. I was like, "Do I deserve this money?" Like, I feel like I was really having to justify the fact that it might get worse. But I don't know!

H Hattie Butterworth 46:53
My win for the week? My win for the week? My win for the week... I had a really good meeting with my bosses yesterday. Because I have a job. Did I tell you I have a job?

R Rebecca Toal 47:10
Oh, no, I don't think you did actually.

H Hattie Butterworth 47:13

And I often think these wins that we talk about are like us finding out something about ourselves and a personal win. But I think part of our meeting yesterday, it was actually really important for me to feel validated at that moment. And that felt like a massive win because it was like, it's difficult when you work so hard and you don't always hear that you're doing a good job or like being paid regular money for a job, even though it's literal minimum wage, there's still part of me that's like, "I'm really worthy to like, have this perk of having a regular job in classical music?" you know.

R

Rebecca Toal 47:53

Yeah, and as much as you may not ... like, you may be working to not care about what other people think about you, it is never going to be completely like perfect. And also you know, we work in a system or in a society where we have to have external validation in order to get further up the ladder or...

H

Hattie Butterworth 48:12

Yeahhhh.

R

Rebecca Toal 48:12

We can't live in a society without having some form of external validation to tell us that we're doing good job.

H

Hattie Butterworth 48:20

It's true. God, you're so fucking wise, I swear. We're gonna get pizza now. Say goodbye to everybody.

R

Rebecca Toal 48:27

Bye everybody.

H

Hattie Butterworth 48:28

Bye.

R

Rebecca Toal 48:37

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