

Amy and Laura Podcast Audio FINAL

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SPEAKERS

Amy Stack, Jennifer Malcolm, Laura Steinbrink



Jennifer Malcolm 00:10

Calling all women who are curious and called to be women warriors are rising in this day and age to heal and grow together. I'm your host, Jennifer Malcolm, self made entrepreneur, women advocate and life balance expert. Well, welcome back to the next episode of Jennasis Speaks podcast The Transformative Power of Women's Stories where every woman has a story and every story matters. And that means you and today I'm super excited because we're doing flashback from season one. And we're bringing two amazing courageous women back together and doing our podcast a little bit differently. This time, inviting Amy Stack back and Laura Steinbrink back, both who had very courageous and vulnerable stories that they shared during our season one podcast and just wanted to kind of reframe, regroup relook at revisit some of the topics we explored on their podcast, and go from there. So welcome, ladies.



Amy Stack 01:07

Thank you.



Laura Steinbrink 01:08

It's nice to be back.

J

Jennifer Malcolm 01:10

It is nice to back. It's fun to see like, it's like flashback or like having a reunion. But I wanted to start because the vulnerability that you know, first, Amy, you shared back, I think in August, and then Laura, yours came out in October, I believe, which was about sexual trauma and abuse as an adolescent. And through your vulnerability and through your courage. It just put seeds, maybe the seeds were already in my heart, but it water the seeds in my heart, to bring myself to a deeper level of freedom, and courage to share my story. And I was able to share that as the closing of season one about my sexual assault that happened five, six years ago now. And your guys demonstrating that willingness to be vulnerable and courageous, opened up that avenue for me to step into. So when I'm saying to both of you, thank you so much, because I don't know what it would have done, I might have just held on to that for a long time. And it's brought healing in ways that I didn't imagine. And it's, you know, a little scary stuff that I didn't expect. But I wanted to just really thank you for that piece of honor and honoring your stories, again, to give me voice and courage to step through that wall of fear as well, to think you're welcome. So let's take a couple of minutes to look back at how your interviews impacted you. And, Amy, I'll start with you. You birthed this topic in the Jennasis Speaks movement and opened yourself up to be vulnerable. It was your first time publicly sharing your story. And how did that impact you? Coming out of that? Did you feel regret? Did you feel powerful? Did you feel foolish? Like just you know, looking back? How did you feel then?

A

Amy Stack 03:14

The first day like, I actually went right from my podcast interview with you to another meeting. And that was dumb. I felt empty, you know in it. But in the very best way. I'm D like, like poured out empty. I'm kind of like on a little bit of a high like, just, I can't believe I got all that out. I can't believe I said that. And I think I even said to my husband like driving to the meeting, I can't believe I said what I said, I can't believe I just did it. But totally freed, you know, I was free on a whole different level. You know, like you said it, this is the first time I had publicly shared it. I had privately shared it with, you know, a handful of people before that. But Wow, that was just it was really freeing. It was really amazing. And I almost felt like the days after was you know, just lighter. Like it didn't feel so secretive. I was okay with this being my life and my story. And then once it was published, and it was out there. I had like the fear and trepidation for a little bit. But to receive the feedback was really free like this. This is it. This is me. And now I know what people's responses. So it was like it was, you know, freeing on a completely different level. That makes sense.

J Jennifer Malcolm 04:35
No, very good. And what about you, Laura?

L Laura Steinbrink 04:39
So I think, um, I would say my experience was very similar to Amy's I like the way you said that you felt empty, but in the most, you know, beneficial way and I would agree with that. It was like there was a definite sense of like I have lightness of no longer carrying this burden and the shame and like almost the empowerment for I'll keep talking about it because it really wasn't that bad. And to know how many people appreciated and potentially will benefit from hearing this story is like, it's definitely empowering. And I'm super glad for the opportunity. So shout out to you, Jennifer, for making this platform. Yes. So thank you.

J Jennifer Malcolm 05:28
And just an A 32nd recap, because some people may not have listened to the original, any of our original podcasts on our sexual trauma. And if you're listening to this one, I definitely encourage you to go back to season one, you'll find them on our website and be able to catch up on the depth of the stories, but in 30 seconds or less, and we'll start with Laura, then go to Amy, and then I'll close. What can you just give the audience a quick glimpse of the topic that we're actually talking about.

L Laura Steinbrink 05:56
Thanks, Jennifer. So I shared the story of the sexual abuse that I suffered from my brother, who is three and a half years older from me, in my house, it began in the backseat of the family station wagon when I was eight, and it lasted for about six years. So that was the sort of overall coaching of my experience.

J Jennifer Malcolm 06:19
And Amy, want to give a quick recap of your story.

A Amy Stack 06:22
Yeah, I had shared a similar story with somebody who was close to our family, and who had started grooming me, I think I talked a lot in my interview about grooming. But you know, had groomed me from probably about eight or nine through my teen years, as well.

So yeah, there was a lot of similarities. I listened to Laura's and you are so brave, I'm so happy that we have this place to share. Because I think you and I, Laura, and you would have done. I mean, your story is very similar, you're gonna share it, but we are very small, few of them very many women that can tell the same story, so.

J Jennifer Malcolm 07:05

Yeah, thank you. And for those of you who are listening, my story that I shared early December, was that I was in a business context in a very safe setting, in an upscale bar downtown. And late afternoon, early evening, left my wineglass on a table went to the restroom. And what I considered a very safe environment, felt woozy and woke up to someone on top of me having sex in his hotel room. So all three of us have had traumatic things that happened to us. And looking and shining the light on it. And bringing, getting past that veil of fear is something that we're all having in common. And for me, after my interview that I gave my interview, and shared my story, I had such abundance of people that I've not talked to in decades, that have reached out to say that was powerful. That was courageous. I'm so sorry, that happened to you. I believe you. Me too. Me too. Me too. And the women that had come out to share their stories of sexual abuse, trauma was overwhelming, and it's still overwhelming. But that piece of women being willing to be vulnerable, because, you know, Amy, you started it for you, you know, kept the fire going. And me finishing it up on season one and women coming forward, whether it was from childhood, whether it was through college experience, whether it's a friend of mine, who's similar to me, went through a recent divorce and was trying the dating world again, and was recently date raped, and just that that whole spectrum of women just facing trauma. And together, we can come together and support and not judge and love and help each other through it. So thank you guys for sharing that. Did you guys have individuals who reached out to you that said, Because of you shared your story, I feel empowered to share mine. Did either of you have that experience? We'll start with Amy.

A Amy Stack 09:06

Yeah, actually, um, I was very overwhelmed with the response. mostly good. There was a couple bad but yeah, there were a few individuals who got very vulnerable with me personally, when I was still a coffee date too. But it was, you know, and I had shared my story about how what gave me the courage to share was hearing somebody else share years ago, and I just was hoping to be that catalyst, you know, for that and I thought, like right away, it was amazing. It was just freeing. And I think the reason why people well, the people that shared you know initially with me, I think the reason there's this I don't want to tell anybody My story is the overwhelming I don't want to say the overwhelming reason why nobody has talked about it is they didn't think people would believe them. And you

know, I think, I don't know, I guess I'm just kind of like, Who cares if people believe you like, this is your story. And if you, you know, you need to share it and be free and stop living in the shadows. Because if if you need to tell it and you need to release that, then that's going to, you know, that's going to make the difference in the world, there's always going to be a handful of people who are going to be critics of you, I think, no matter what you say, no matter with what authority with, you know what time in your life, you're going to always have critics, but I think to find somebody, and this is why this is so important to find somebody who can tell their story. Now, you know, you're a safe place, and people just kind of flock to you, I think, because you know, you they know, you're safe.

J Jennifer Malcolm 10:45

That's good. What about you, Laura, do you have anyone that reached out to you regarding their own abuse in any way?

L Laura Steinbrink 10:53

Um, so I already was in communication with a couple of people who have experiences. And so while no one knew to date yet has reached out to me, certainly I'm open to it. But those people that have already or women that primarily women who have shared their experiences with me, just noted the bravery. And the appreciation for saying this story. I don't know that it will empower others to do so or not. But I think to what Amy was saying that just the acknowledgement of the extra effort, it does take to tell the story was appreciated. And I am glad that I was able to do that.

J Jennifer Malcolm 11:45

That's good. No, that's really good. If we're all roles were reversed. And you guys were doing the interviewing, was there something that you wished I would have asked or maybe didn't have a chance to cover? or? Yeah, so maybe you would have asked that maybe I did it and hindsight you're like, that would have been impactful to share. And maybe not, maybe you felt like you shared at all. But we'll start with you Laura.

L Laura Steinbrink 12:10

What was interesting that I was in your studio when I shared my story sort of almost feel like it was my own little security blanket that I went to her house, and I just needed to be there in order to do it. Which I don't know if I needed to. But I definitely think that it helped. But I will say this, the way you interviewed and you did interject yourself and parts of you into the story or into our interview was really helpful to me, it's like you, not only do

I already see you as a safe space, but your methodology of the way you did that, I believe contributed to my ability to participate wholly and with you know, you would give me all once to stop and think about what is coming or just even to not think about it, because you were talking about some things.

J

Jennifer Malcolm 13:00

That's great feedback. What about for you, Amy?

A

Amy Stack 13:03

I agree with Laura, I think you did a great job. Just being sensitive, and you know, yeah, I mean, it was a conversation. It wasn't an interview to me, you know, there's there's that difference. It was like just catching up with you and just telling you my story. And I think that's really important. I think there's always going to be you know, details and extra layers of things. But I think what was supposed to come out came out, you know, I don't want to, I definitely didn't want to walk away analyzing what, you know, how, where we went with it. I just wanted it to be organic. And I think I did listen to it, which I was not going to listen to mine. But I did. And I was just blown away with how organic it was. It was just so natural. And I think that's important. It was not rehearsed. It was not. I know, you you had, you know, a list of things that you wanted to talk about. But I think you know, we had kind of gone left and right. And I think that's good. I think like I said, I think everything that was supposed to come out came out and... yeah, no, that's why you keep having other people on there, you're going to tell different layers of their stories, and it's all going to add together into this one beautiful, you know, work so...

J

Jennifer Malcolm 14:13

That's good. And it was interesting because in my interview, I didn't go into great depth of my abuse and and my one friend was like you, you didn't make it about your trauma in a really nice way. She said, you know you shared about it. It was like the first five, seven minutes, and then you went on to advocacy and believing other people and resource and for me I didn't need to rehash the details. I know those details. I am sensitive to my children and family that are listening to the podcast as well and and I wanted to put it out there where it was a load off of my shoulders, but without having to a Bri traumatize myself or be regrets What I said or, and I guess that's the power of editing, you know, the podcast is we can I can delete things out. But I felt really solid about what I did share. And it sounds like both of you also got out of it. And I love that you said that, Amy, that you know, the conversation. And that's the whole point a podcast is I want women to feel like you're sitting across the table from me having a cup of coffee, it is not an interview, it's

not a spotlight on you. It's just an organic conversation and how the, the healing and the conversation goes is exactly how it's supposed to be. And I trust that. Can I jump in on that?

L

Laura Steinbrink 15:35

Absolutely. So in your organic not interviewing us, what came up for me? You just saying that you didn't have to go into the details of your story. Right. And, and that this is about the the healing and the process that I think that's a critical piece to sort of take a moment and pause on, which is that the details don't matter. And, you know, Amy said she, her she heard from other women where they're afraid they're not going to be believed? Well, okay, first of all, to anyone that doesn't believe like, move aside. But second, it's not the details that matters. What matters is what's the impact? And what are we able to do with it? Or how does it trap us? And what can we collectively do to help each other move forward? Because rehashing the details isn't helpful to anyone. So it's all about what's around it and what comes from makes you you know, what doesn't kill you makes you stronger? And that's what I think you were able to pull out from all of these stories, and you see in yourself as well. So...

J

Jennifer Malcolm 16:43

That's good.

A

Amy Stack 16:44

Yeah, I think I think absolutely, like, what is the motivation behind sharing what we're sharing, it's not pity, it's not recognition, it is freedom, you know, it's freedom for women to not feel shamed, not feel afraid. And just to be comfortable in who they are. You know, I know, for me, I felt like I had to hide part of my, my upbringing I had shared, you know, being church. And I just didn't feel like I fit in. I have a tie, like I just from the interview, I just feel so much more comfortable in my own skin, like I just do I feel more comfortable in my marriage, even though like he knew, you know, it's just the freedom that comes from speaking. You know, who you are. And there's just another layer of healing. And that's my personal desire, is that the healing that's there that's available to people that they would they would walk into that?

J

Jennifer Malcolm 17:45

Yeah, any of you ever think that we did this to put a spotlight on us? No. Absolutely not. That is not the point of this. And I think it's that piece of looking at someone's eyes. And as

you're listening to it, I hope you can feel the intimate conversation that the three of us are having over zoom and we can see each other. But it's it's looking into someone's eyes and sharing that story. Where all you see is compassion. And all you see is love. And all you see is acceptance, and all you see is mourning or that that connection to grieve with you. And then all you see is power and then joy and freedom. And so it's that peace of looking into the mirror of into someone else's eyes, and receiving that peace of acceptance and non judgmental that I think that is is super unique and essential as as women continue to share stories with each other. Since your guys's podcast, what have you guys continue to do maybe to self care, self love, journal yoga, meditate, right? But are there anything or tools that you've used over the last several months just to continue to process or heal or just self care? I'll start with you Laura.

L

Laura Steinbrink 19:02

Yeah in my podcast, I talked about therapies and different motor modalities of therapies that helped me over the years to you know, deal with it as it came up. And then even most specifically, in the last three years where it kind of erupted into something that you know, at moments in time had a grip over me. But it's funny because like I shared the podcast with my therapist, and the SEC, I'm gonna make me cry right now but in a in a like, you know, self loving way that she was blown away and like, like, how many people she's had to that had to but she's had the opportunity to help through her work. And it's just not something that people do. She graduated me and she told me, you come back and I'm like, What do you mean? Like, it was funny because like, She's like, well, you'll know You need to come back. And I'm not saying that it's never gonna, like, you know, grab a hold of you again. But she she graduated me she like then kicked me out of her office. And I was like, Well, well, well, now what? Right, because there was a huge part of my efforts, the last three years, it was focused on this self, you know, self care. And that was a huge piece of it. And so, you know, for better or for worse that that piece of the chapter closed. But again, it's another feeling of a gold star. I mean, not the sense that I wanted a gold star for this, but I did the work, right. And I came out the other side. And, and so I guess that's just a message of hope, right? It when, when you're, when a person who suffers this kind of trauma is ready to move past it, it can be done, and to a new level of freedom. Right. And so thank you.

J

Jennifer Malcolm 20:55

Oh, that's awesome. That's great.

A

Amy Stack 20:56

That's so cool.

J

Jennifer Malcolm 20:59

What about for you, Amy?

A

Amy Stack 21:02

Um, well, I've always kind of process things writing. So I've been writing more, especially because I was, you know, kind of laid up. For months. I say that, but I also have seven children. So don't think it's been restful, it has not been. But I have been reading more writing more. You know, and then I think part of what, you know, I'm turning 40 this year. And I know, that's like not that big of a deal if you're over 40. But if you're under 40, it is a big deal. You know, and I think since having kids and kind of burying my story and trying to just move on, I've neglected myself big time. So one of the things I think positive that came out of doing the interview was, I'm just taking myself a little bit more seriously, you know, I'm eating differently and exercising and just feeling like I can't hear done, you guys can't see it, because this is the podcast, but you too can see, actually, like, I just, I'm just taking care of myself. I'm valuing myself, I think differently, you know, and I, I think there's layers of recovery and healing from these kind of things. And I had definitely taken many of those steps. And I probably would have told you I had, you know, done this stuff I really hadn't. I'm really just again, I'm just more free. I'm just more able to look at myself and be okay with who I am and feel beautiful for the first time in a really long time in a different way. You know if that makes sense.

J

Jennifer Malcolm 22:31

That's awesome. me chills. And I did see your when you went to the the salon the other day, and you're like, I mean, can you believe this is my own hair?

A

Amy Stack 22:42

Of course, it never looks like that after but that's all right.

J

Jennifer Malcolm 22:45

You have pictures to prove it. So I've been asked, I'm going to say 5060 times now since all of us now What now? What are we going to do with this? Like, I feel like the last six months, with individuals like both of you. And all these women that have started sharing their stories of you know, I was sexually abused in college, and you're the first person that

I've told, I went out on my first date post divorce, and I was date raped. I was sexually abused in my church going up. And the pastor's told us not to press charges. Someone you know, I was sexually abused by my uncle when I was a kid. And I'm now 60 years old, and tears still streaming down the face. And now why do I do this? So we feel like there's like this churning. And this, this question out there of women wanting to find a community, women wanting to share their stories. And I'm very cognizant that the three of us are not therapists, the three of us are not trained, you know, medical professionals, but we're just vehicles and vessels who are willing to process and willing to show compassion. So where do you guys see because I'm, I'm kind of processing I feel like I have all this sacred space, and I'm holding sacred space. And I'm saying now what? Well, what do we do with this? Do you guys have any ideas?

A

Amy Stack 24:13

I'm actually pursuing my master's degree in counseling very slowly, because I'm had seven kids, but for part of this purpose, I feel like, you know, I've always wanted to help people, and I thought it was going to be legally and that that that is done and over with, but I just feel like I'm, I want to listen. And I want to cry with people who want to cry, and I want to give hope to people who need hope. And I think this just fits me more. But I do think that there can be a movement. I am excited by the idea of a movement, where we go and tell story, tell our stories and let people tell theirs Cry with them. You know, I mean, it sounds so basic and it, but I think people need a safe space. I think they need to feel safe and empowered and loved. I will say, I don't know if this is a question in the future, I'm sorry if I'm jumping ahead. But I will say, you know, I had just two, I would say negative feedbacks to my interview. And they were kind of both in the same vein of we don't talk about that, especially in the church, I guess we do, because I have to tell you, like, that's part of this. You feel like you're in a prison, then. And if anywhere, I should feel safe about it, it should be with people who are like minded with me, right. And so I think there's a huge work that needs to be done, especially in the church. But I think, you know, we can be pioneers of telling our story over and over and over again, doesn't have to be the details, you know, but just to start the fire, you know, there's, there's a Bible verse that talks about how we're to comfort people the same way we've been comforted. And I feel like that's kind of been branded on me. And I have been too afraid to walk into that for many years. But I'm kind of in the same way, asking like, what's next? Like, I don't know, I'm kind of feeling like, I need to do something now. And my wheels are turning, but I don't know where to go. So I'm with you. Um, if you have any ideas, I'm here, so...

J

Jennifer Malcolm 26:28

Yay, no, and I love that you hit on that, because I've had probably five conversations since

my podcast. And Amy, I know you and I had been in the same church on and off, especially, you know, in our younger years, but I don't remember anyway, talking about this stuff. And then in Laura vitamins podcast that she did this year, you know, she said something about, you know, in the church, we get taught to throw it, throw a Bible verse on it and pray, and it'll go away. And I don't feel like vulnerability was modeled, I feel like you had to go pray it away, or you had to go meet with your, you know, Pastor, and it just was a surface level and people are dying, the people are being crippled by things that happened to them in their childhood, or things that might happen to them. And currently, and there's not the right resources, so Cahoots to you for maybe you're too negative Nellies out there that said something, because it does need to be talked about whether it's in the church, whether it's in professional, whether it's in print, whatever it is, this needs to be unlocked, and the voices and community to come together. What about you are any thoughts of, of where to go from here?

L

Laura Steinbrink 27:39

So I think this is what I would how I would have answered that. I at some level, I mean, I realize we're probably not the only women who've ever shared, you know, an experience or a story. But it's not like there's one place to go to figure this thing out. So I am all in for building a community around the openness and the sharing and the vulnerability and the healing and you know, helping people help themselves and helping others. How that takes shape, or what it looks like I maybe have less ideas. However, I think that the platform you have started to build with Jennasis Speaks could be that and I am a huge fan and would love to support you directly if this is something like a baton that you want to carry. And if the three of us need to get together over coffee or wine and talk about what else it could be. If it's not going to be Jennasis Speaks, then I'm up for that, too.

J

Jennifer Malcolm 28:44

Yeah. Good.

A

Amy Stack 28:46

Amen. I'm with you. Yeah,

J

Jennifer Malcolm 28:49

So good. And Laura, did you have any direct negative feedback? Because I, I didn't. Mine was all positive. Amy, you had a couple of negatives. But did you have any backlash or negative impact or, or positions on your story?



Laura Steinbrink 29:07

So um, I feel like there's a level of projection that I could do with this answer. But you know, it's my experience. And so I'm just going to own it for my interpretation. There was a lot of people I heard nothing from. And that absence of conversation, so did they not see it or hear about it? Like it was all over the Facebook? It's possible people weren't fed the algorithm during the middle of the political season, right. But, um, the people that I would have thought saw it and then didn't say anything, like, I'm not going to come up and be like, Did you read my or listen to my podcast, right? What there was an element of Aha, because I got messages from people that I wouldn't have expected now they weren't necessarily sharing Their story, but people listened and felt, you know, some connection to comment back that they had listened and they appreciate it, you know, whatever they said to me so that I guess that's the that's the piece that I would say is, there's a part of me that wonders like, as we get more powerful with our voice and we meaning other women as well, there is a group, or there's a something that blocks other people from being able to hear it or to meet us back with some level of emotional intelligence. And so that there is you can call it risk in the opening up and sharing of the story. But do I feel bad about it? Do I sit at home at night in bed wondering what so and so or this than that, you know, like now, like, move on and a little blip in time. So I but I, I'll just say that again, like there's some people who can't hear, and maybe one day they're yours will open, but I think staying focused on the people that can and want is where energy will build.



Amy Stack 31:16

I think there's, I think there's different groups of people who received the message, especially when you talk about sexual abuse, because I think, you know, as as much as sex is all over the place. And it's, I mean, you can't turn your TV on without it, we don't talk about it. Right. And so the abuse part of it makes it even more taboo. And so I think there's, you know, if you're a survivor yourself, I think there, you're you fall into two camps. One is this empowerment, freedom, inspiration, I, you know, I'm being fed by this, the other is you, you are in a way, and I definitely was the runaway person for a long time, I don't think there's any shame in that I wasn't ready to listen, you know, but then I think if you are outside of the camp of having, you know, experienced it yourself, you either don't want to hear it, you just have this blind, you're blind eye to it completely, or you hear it with a very critical ear. And by that I don't mean necessarily negative, but just what you don't have understanding. You know, I know, like one person had emailed me and said, and it was a, it was a sweet reaction. But they said, I don't know how you're functioning. And it's just, I think there, there needs to be that that follow up to have, we have to function, there are times of lower function, there's times of higher function, there's years that have passed, and I've done the hard work, just like Laura had said, like you graduated, you did some hard work, that is hard work. Like, I mean, I just want to applaud you. I just, that is

such an amazing accomplishment that, you know, we didn't just get abused, and then sit here and have this conversation is that that's not it. And so it's, it's easy to be critical. When you don't know, the middle part, you know, that messy middle of processing at all. And I think that's where, you know, we get lost, where this is what, what needs to be done in this community is exactly what you're saying. affirmation, I think we need to affirm the effort of people who share and who wants to break free from that. And when do and do affirm each other? When, when that happens? I know when I share anything at all, that's any degree of vulnerable even with my husband, and he doesn't react with words or, like, just tell me that you heard me and that you don't think I'm you know, like growing an arm out of my head, you know, just affirm that you've heard that and I think when you share it on a deeper level like this, that affirmation is, is healing it's almost like sealing something inside of us that like we're, you know, we're okay to share this. So I totally get it because there was I think the hardest part is like family members that I know that have listened that knew, at least to some degree, couldn't say anything. And you're like, please, nothing. Okay, so to me those that was worse probably than the two negative Nellies was, I can totally see how you can project like you said, but yeah, affirmation is totally needed.

J

Jennifer Malcolm 34:28

And for me, I have found that when I have gone through something painful or traumatic or life altering, so whether it was my divorce, whether it was my sexual abuse, any of those things, I feel like when I acknowledge and walk through into the freedom side, the depth of compassion, human compassion, is his birth. It's like this well of empathy and understanding and and connection. That has not made me Senegal has really given me like these super woman power strengths of not judging people where they're at. And that's my hope and want as, as, as women as we continue to heal through this, that the things that happened to us, or maybe we chose something that, that we had to walk through healing, but either way that they become our strengths, and they're no longer Yes, we may have war wounds, we may have scars on our body from those traumatic experiences, but they no longer define us. And they're now our secret superpower women, you know, places that we can now giving gift to other women as well. Well, as we wrap this up, I would like just both of you, you know, if you have any closing thoughts for our audience, closing thoughts of Pope or, you know, things to leave the audience as we wrap this one out. So, Laura, we'll start with you.

L

Laura Steinbrink 35:53

Um, so I want to, again, just, I feel like Thank you, thank you, thank you for this opportunity. And it's just so cool to actually do this with Amy. So Amy's podcast, dude said before came out a couple months before mine, I clearly listened to it before I did mine. So

it was like, this is a this is something that you're starting, that's building and it grows, and I absolutely want to be a part of it. And I just want to also give a shout out to many of the other women who have shared their, their gifts like those several women, like share gifts about how they've helped others or trip tips and tricks, you know, in a journey, but then the some of the challenges that some of your other guests have faced, you know, in their lives. Like, it's not just about the sexual abuse, this whole notion of healing and using your voice as a healing tool, I think is the piece that can resonate beyond just this one topic that Amy and I and you share around sexual abuse.



Jennifer Malcolm 36:53

So good. I just wrote that down, I got chills, you're using your voice as a healing tool. I love that. What about you, Amy?



Amy Stack 37:03

That's like a well, it's funny when, when you were just talking Laura, I thought of this gonna sound so weird. But I remember when I was younger, I heard some motivational speaker or whatever talk about, you know, when you go through something traumatic, it's like taking a piece of paper and ripping it all up into all these little pieces, and you spend your life trying to put that back together. And, you know, some of us are good at, you know, puzzles and putting things back together. But those, those edges that were ripped, will always need more reinforcement, because they're broken, but how much stronger is that when you start stacking it on top of each other, you know, you stack all those pieces on top of each other. And now you have this big thick stack that you can't rip through anymore. And I just I guess I see this as that, you know, we can continue to kind of do things in our own strength in our own spaces to try to mend those, those little pieces of paper back together. Or we can come together and kind of stack things up. And I think that's where hope comes from. to know, like, there are me two people out there, whether it's sexual abuse, I've gone through physical abuse, and there's lots of aspects of my story I did not share. You know, I know women that have walked through things that are just mind blowing, you know, and so when you start stacking their stores on top of each other, we have strength, a lot of it, you know, impenetrable strength. And I think that's where, you know, if people were to hear one thing that whatever I would say it's like, There's always hope, there's always hope. And we should never isolate, you know, because that's, that's where we have those, those weaknesses, those cracks that are going to keep ripping, you know, but I think together, we're just so much stronger.



Jennifer Malcolm 38:52

That's good. And that's something we hit on in the fall really hard is that isolation isolated and the importance of community and the importance of, and I've shared this, there's been you know, as much as I'm doing this work, and I get on here and I'm upbeat and I'm doing it, there's days I'm just down. And you know, Laura's on that shortlist of people where she knows what I'm down and I'll text her. And I need that voice of encouragement back at me that I need someone to get me out of my own head and out of my own thoughts or out of my own isolation or sorrow or self pity, whatever that is, and, and so that community aspect is where we strengthen each other because the three of us are not going to be on highs all the time. We're gonna have low days and when we are together, we are able to are stacked up and I was picturing pillars and these pillars of strength. When we stack those little pieces of paper on top of each other. We become pillars of strength for each other versus being able to let the wind blow us and take us wherever, wherever it may be very powerful ladies.

L

Laura Steinbrink 39:53

Good.

J

Jennifer Malcolm 39:54

Awesome. Well, I am again honored to be on measure that you too took the time. I love that you Both connected. And you guys have not had a conversation before today. And just excited to see where this goes. Because it sounds like we're on the same path and heart of what's now what's next. And anyone who's listening, they know please like, feel free there will have contact information, we'll again put out resources that we've we've put out before. But we're here as a community of women, to allow them to use Laura's, quote, allow your voice to be a healing tool and a healing mechanism, and that we believe you and it's not about the details. It's about just letting go and walking in your freedom. So thank you so much, ladies. I really appreciate it.

A

Amy Stack 40:38

Thank you.

L

Laura Steinbrink 40:38

Thank you.



Jennifer Malcolm 40:39

You're very welcome. All right. Well, that's wrapping up this episode. And so super excited to have Amy and Laura back on. I hope you've enjoyed and we will connect with you next week. All right, have a good one. Bye. Bye. Thank you for listening to the Jennasis Speaks podcast. If you love the show, one of the best things you can do is to share it with a friend. Tell them what you like about it, how it inspires you and invite them to listen. Subscribe to the Jennasis movement to empower women's voices and reclaim the power over your own narrative.