

## Queerology 79 Episode Transcript

Jackie G. is Finding Home

Original Airdate – May 14, 2019

- Matthias: [00:00](#) Just a heads up. In today's episode we're talking about some difficult topics such as suicide and sexual assault. So do what you need to do to take care of yourself.
- Matthias: [00:11](#) If you enjoy listening to Queerology then I need your help. I create Queerology by myself on a shoestring budget. Recording and editing every episode in my tiny closet. How's that for irony? That's where you come in. Will you help keep Queerology on the air by supporting it financially? By tipping as little as one dollar a month, you can help me improve and keep making Queerology every week. All you have to do is jump over to [Matthiasroberts.com/support](https://matthiasroberts.com/support) to make a pledge and listen away.
- Matthias: [00:40](#) Hey friends, this is Mathias Roberts and you're listening to Queerology. The podcast on belief and being. This is episode 79.
- Jackie: [00:50](#) And so I realized, letting people into it with me and learning to love myself in it, broken pieces and all, that is home.
- Matthias: [00:59](#) Jackie G. is an author, a blogger and a speaker. She's written two books about self discovery, vulnerability and connection and she spends her time as a motivational speaker and making YouTube videos. Jackie is also the sister of Alex G. who has been on Queerology a couple of times.
- Matthias: [01:19](#) About a year after Alex came out just a few months ago, Jackie came out too. And before Jackie came out we had a couple conversations about her trying to navigate coming out after her sibling, which adds a whole other level of complexity to coming out. And Jackie has such an incredible story which she has shared in her new book Finding Home. And we get into a lot in this episode. I'm really excited to have her on the podcast today. First time having siblings on the podcast.
- Matthias: [01:53](#) Before we dive into that, a couple of things. First, I know so many of us are still processing Rachel Held Evans' death. It's something I've been carrying with me and will continue to carry with me for a long time. Grief is one of those things that I don't

think it ever necessarily goes away but we learn how to live with it.

- Matthias: [02:13](#) But if you're having a hard time with grief, I wanted to let you know about a resource that's out there. Kate Bowler, who's the author of *Everything Happens for a Reason: and Other Lies I've Loved*, she's offered her team of experts to people who are specifically grieving Rachel's death. So if you're in need of pastoral support or grief care, feel free to go ahead and email her team over at [support@everythinghappensproject.com](mailto:support@everythinghappensproject.com). Or DM Everything Happens on Twitter. The Twitter handle is a little bit different E-V-R-Y-T-H-N-G-Happens on Twitter. And get some care for yourself. Because we all need someone who can sit with us in our grief. And who can let us feel it. So please take advantage of that.
- Matthias: [03:07](#) Second, I mentioned this a few weeks ago Queerology is going to be back at Wild Goose Festival this summer in July. So excited to be on the Wild Goose podcast stage, but we're going to have a lot of fun. Now's the time to start planning for that. If you want to join us in Hot Springs, North Carolina, feel free to go grab all of the details over at [wildgoosefestival.org](http://wildgoosefestival.org).
- Matthias: [03:27](#) Okay. That's all I have. Let's go ahead and jump in. Jackie, hi, welcome.
- Jackie: [03:31](#) Hey Mathias, how are you doing?
- Matthias: [03:35](#) I'm good, how are you?
- Jackie: [03:35](#) I'm doing well, doing well.
- Matthias: [03:37](#) I'm so excited to have you on the podcast today. I don't think we have had siblings on the podcast yet. So this is a first.
- Jackie: [03:45](#) Oh man, that's exciting. Dang.
- Matthias: [03:49](#) So to start, the question I ask everyone, how do you identify? And how would you say that your faith has helped form that identity?
- Jackie: [03:57](#) Wow, well that is something that has shifted and changed so much just in the past year. I feel like the most authentic answer for me right now is I identify as a bisexual person of faith. That's definitely affected my identity a lot. Because if you asked me like a year ago, I would have been really, really certain about my answer, because my whole identity was really wrapped up in

where I was at spiritually. And that's changed and grown and stretched so much lately that it's been a lot. A lot of learning and un-learning.

Matthias: [04:35](#) Can you share with me a little bit what it was like, what your spirituality was like, you said like a year ago? And kind of wow, you've moved through that and maybe where you are now?

Jackie: [04:45](#) So basically, I was technically raised in a Christian household, but I didn't really take it seriously until I was about 19. We didn't go to church growing up and stuff. We just kind of, I came from a very, very conservative background as far as family goes but I didn't really get into church culture until I was 19. And I'm 24 now. And so I got really deep in Evangelical church world.

Jackie: [05:17](#) And so about a year ago, I would have been, maybe not even a year ago, probably maybe a year and a half to two years ago, I was very, very certain and involved in Evangelical Christian church world. Yeah, thought I knew all the answers to everything. I do not know all the answers to everything.

Matthias: [05:39](#) And what has that journey been like?

Jackie: [05:44](#) It's been really hard honestly. It's actually something that is probably the most emotional thing in my life right now, which I didn't even realize that until therapy a month ago. And this was the first thing that got me to start crying was figuring out what my faith looks like right now. Because for so long, I guess only for about three years or four years, I was so certain about what I believed and why. And it was my whole world. And so, that kind of started to unravel a bit.

Jackie: [06:22](#) Last year actually it was when my sister did come out, because I avoided the question about ... There is definitely a popular answer in church world on whether or not it is okay to be a part of the LGBTQ community, and I avoided that conversation for so long, because it scared me. And as soon as my sister came out, I realized that I can't avoid the conversation any more. This is really important to get a grasp on.

Jackie: [06:54](#) And so as soon as I started asking questions and talking to people that I knew weren't just in my tight church circle, I started to realize that it's so much bigger and so much more nuanced than I understood at the beginning. So for a while it felt like it was all kind of just falling apart in front of me. Which was really scary. There were specific things about my faith that I believed so certain to be true. Very black or white to me. And

then as soon as one thing started to unravel I felt like the whole thing just fell apart.

Jackie: [07:32](#) And it was hard and scary and now I feel like I'm trying to learn how to put it back together again. Like I called last year my deconstruction year. And now I'm trying to reconstruct how to find what feels real to me right now. And so, even identifying as ... I would call myself Christian. But I feel like that word comes with so much baggage now. Now that I've, I guess opened my eyes to so many things. And so many people's stories. And I don't know, it's tough for me to confidently say that without me ... I don't know. I'm not sure if that answers your question. But it's been a journey man.

Matthias: [08:17](#) Totally. I think that highlights the very complicated nature of what happens when we start pulling on those strings of what we've been taught about sex and sexuality and realizing wait a second, this whole belief system is set up to accomplish something. And, when we pull on those strings, that something that it was accomplishing falls apart. It's so hard to watch that happen, especially for those of us who were raised kind of so deeply entrenched in those belief systems.

Jackie: [08:52](#) Absolutely. Because it affects everything as far as friend groups and family and people all saw me as this one way. And then all of a sudden I'm question things and it's kind of just this ... It almost feels like you're exiled in a way. You kind of get put on the outside, you're not on the in anymore, you go from being in the community to the community now feeling like you have to re-save you. Oh, I've had so many of those conversations. And they make me very angry. Which, that's not fun.

Jackie: [09:28](#) But yeah it definitely is a whole identity switch. I try as I'm assuming so many people try not to let it get to them based on how they feel about themselves but it's like a really big battle knowing that just because I'm doubting things or questioning things that I'm still okay. And that I'm not this person that needs to be re-saved and re-brought into the church and broken and all that.

Matthias: [10:02](#) Yeah. And I'm curious because you mention your sister Alex's coming out as kind of being this catalyst for change. And I was flipping through your book earlier and you mentioned knowing that you were bi. Or at least having some kind of idea that you were bi, way before then. I'm curious what it was like to then have Alex come out? What is it like? I've never had a sibling come out before me and I feel like it would bring up so much for

me if one of my sisters were to come out. Which they won't, but if that were to happen.

Jackie: [10:42](#) Yeah. Oh man, I was absolutely shocked. So I've known about myself since I would say probably around 11 or 12. Around the time when I knew I started liking boys, I also felt like there was something more to girls as well. Which was really scary and confusing and just a whole lot of stuff. And I know that you and all the people who listen to this podcast are aware of. But when my sister came out, I was living in Boston at the time and I was sitting at a train station. And I find out and I start crying because I was so, for the first time, felt like I wasn't alone. Which was interesting because I felt like there was this part of me that I was now going to have to look inward at. And I can't avoid it anymore. I instantly knew, okay, I have to look at this as well. This isn't something I can hide. Because I hid from it so intensely for so long that I wouldn't even acknowledge any part of it with me.

Jackie: [11:59](#) So when my sister came out I just remember being really surprised because I, for some reason my head couldn't understand how two people in the same family could come out and have such a similar journey. But at the same time, I was like, "Wait, no, no, no, that was me. But, how, but me, but I thought it was just me and I thought I was crazy."

Jackie: [12:22](#) So it was at the beginning kind of scary because I knew that I was going to have to start looking inward as well. And when I came back, I've moved so many times. When I moved back from Boston, when I got back to Nashville after that, my sister and I, we spent a lot of time together and talking and the more learned and I suppose deconstructed my faith and became an ally and a big advocate for her, it was really helpful in me learning to be okay with myself. Because I was sitting there, and my sister, since I was a little kid, she's been my hero. I have just always been so proud of her and admired her so much. And she has always been the person that if I hit rock bottom she is going to be there every single time to help me pick up the pieces.

Jackie: [13:30](#) And so when she came out and I was kind of in my journey of deconstructing and becoming an ally and watching her become more comfortable and confident and just happy in herself, it made me feel less scared of hiding and it also was interesting because I got a bit of a preview of what it would be like if I came out, kind of community and the people around us, as far as that goes. Because everybody decided that they wanted to come tell me about what they thought about my sister being out and then when she eventually got engaged and then married they all had

to come tell me what they thought about that. And I was told so many things. Like you have to pick Jesus or your sister. Just people trying to re-save me because I was being there for her.

Jackie: [14:25](#) So in the back of my mind I'm like, "You have no idea. But you're actually speaking these things about me." And I felt like I got this undercover, double agent take on what was going to happen as far as family and friends and so it was helpful for me to become more confident in being an ally. And more confident in just the controversy of it all in general. I went through all that in some kind of way before I came out. The hardest parts of it I felt like I got out of the way.

Jackie: [15:03](#) And then when I did come out it was wonderful because the first person I mean I came out to was obviously my sister. It was a given. She kind of pulled it out of me. I was planning on telling her the night after she got back from her honeymoon and we were texting in the car when she was driving back and she just straight up said it. And I was like, "Oh, wow. Well I wanted to talk about this tonight in person. But I guess thank you for that."

Jackie: [15:29](#) But it was great because she really helped me get involved in an amazing community of people who identify in the LGBTQ world out here in Nashville. So she had these different people over for dinner and was like, "Oh, meet this person, meet this person." It was just a really safe community to automatically be invited into.

Matthias: [15:54](#) That's so cool to kind of get. You mentioned having this test run in a way.

Jackie: [16:00](#) Yes. Absolutely. It was so weird.

Matthias: [16:05](#) So you're describing what it was kind of like to have Alex come out. And then to have all of these people from your community start confiding in you in a way all the things that maybe they wouldn't tell Alex to her face but because you're still part of "them" they can share it with you. I know I've, it hasn't been the same experience by means, but remember being an undergrad, I went to a Christian school and having those conversations about people are talking about LGBT people not knowing that LGBT people are in the room. And knowing what it's like to be talked about.

Jackie: [16:48](#) Oh man.

- Matthias: [16:50](#) What was it like to have to face all of that knowing, wait a second, you're talking about me too.
- Jackie: [16:57](#) Oh gosh, it was really hard. It was hard because throughout all of that I was in the middle of me ... It felt like everything was happening at once. Because the faith aspect was such a big part of that journey for me and for so many people I felt like that was kind of crumbling, I was trying to figure that out, I was trying to figure out how to have the conversation about whether or not queer and Christian can even go together. I was trying to figure out how to have that debate and how to I guess be helpful and be a good ally. And so there was that. But then I was also trying to figure out, internally, myself in in all of this. It's very, very different. It's a very different experience being an ally versus actually being in the community. Which I don't even think I need to say, I feel like that goes without saying.
- Jackie: [18:00](#) But it was a different kind of battle because when I was in these conversations defending my sister and defending just being in the LGBTQ community or not, or I mean, it was a very different experience defending my sister and just defending the LGBTQ community in general versus kind of trying to get over whatever internalized shame in my own self I was feeling with trying to figure out my own sexuality.
- Jackie: [18:35](#) So when I was having these conversations and people would come to me, some of them, there were a handful of friends that really just showed up in amazing ways for me and kind of went on their own deconstruction journeys along with me. So I want to make sure that that's clear. But sadly there were a lot more that really just kind of made it sting a bit. And these were people that I had lived really closely with. And so when they were coming to me telling me I needed to pick Jesus or my sister. Or, reading me scriptures in the Bible. Or telling me ... Just lots of cruel things. It was hard for me to debate, as an ally because it was such a personal thing for me in my own sexuality. So it was a very ... I had to really try and figure out who I was in all of it. And really learn how to not even just be an ally for my sister, but really be an ally for myself in it without anyone else knowing.
- Matthias: [19:45](#) I mean, yes, I love that idea of learning how to be our own ally in a way. Because it is such a personal thing. And I think even now, now that we've come out. Now that you've come out. I'd imagine that still happening. Like you're still having to learn. Because I know I'm still having to learn how to be an ally for myself.

Jackie: [20:12](#) Absolutely.

Matthias: [20:14](#) So you just released a book called Finding Home. Detailing this journey of trying to figure out where you belong. Could you tell me a little bit about that?

Jackie: [20:28](#) Basically the book ... It's been such an interesting journey because the whole point and structure of the book has changed so many different times in writing it. So many drafts that got thrown in the trash. But I started writing the book because I had a very impulsive three day notice move after a two month summer tour to a city that I hadn't spent longer than 48 hours in. And I moved so much in my life since leaving my childhood home. And I felt like I was constantly chasing this sense of home. This sense of belonging and peace and just contentment. There's a lot that goes into that.

Jackie: [21:20](#) And I was constantly finding myself in conversations throughout each of the moves about what the concept of home means. And in each conversation I got answers like, "Oh, it's my wife or my husband or my job or I just really love the city. Or it's love." Or sometimes it really was for some people the white picket fence and the golden retriever, that kind of thing. And I realized when I had this really impulsive move to Boston, I realized pretty quickly that I was not going to find my answer inside one of theirs, but it had to be my own journey.

Jackie: [21:56](#) So I started writing this book. I decided, "Okay, I want to write a book about this." And as I wrote the book, for anyone, which I know you just finished writing a book, for anyone who's written a book, it's definitely relatable to like a giant therapy session. Oh my gosh. I just learned so much about myself through the process of writing it. It peeled back so many layers, upon layers, upon layers of what it is that I was actually looking for. And what I realized while writing the book was that throughout each move I feel like I was running from myself. Because most of the moves happened after something really painful and traumatic happened in the city I was in. So I would move to the next spot. And, I think a part of that is because I am, which I know you are as well, Enneagram seven.

Matthias: [22:59](#) Yes.

Jackie: [22:59](#) Yes.

Matthias: [22:59](#) It's so real.



Jackie: [23:03](#) It's so real.

Matthias: [23:04](#) Why deal with it if you can just move?

Jackie: [23:07](#) Exactly, just keep the adventure going. Just find something else to do.

Matthias: [23:10](#) 100%.Yep.

Jackie: [23:12](#) Yes, oh I could go on about that. Man, that was a huge factor in it. I just didn't want to sit in pain. And so when I was writing this book, towards the end I was in this conversation with one of my best friends in the world and we were having a beach picnic. It was the most just perfect, stereotypical Malibu afternoon. And we were talking about what the concept of home was. And I realized in that conversation that the home I had been looking for was one found within my own body. It was me learning to be okay with myself. Which I think goes hand in hand really well with looking inward at my sexuality because that was such a big part of myself that I had hidden away and ignored and felt shame over for so long.

Jackie: [24:07](#) It was interesting because all that happened me looking inward and being okay about it about the same time as I was finishing my book. And it all kind of went hand in hand with me, I think genuinely learning what it looked like to feel at home in my own skin. To being okay with who I am, flaws and mistakes and whatnot, looking in the mirror and really just loving and respecting the person I see back.

Jackie: [24:34](#) Because for so long I really hated myself for a long time. I was constantly changing and shifting and adjusting all these things about myself to try and fit into whatever world I was in. Whether that was the evangelical church world or whether that was, I worked and the music industry for a little bit, whether that was in there, or living in Boston, I was in Harvard Square so everyone was really smart and I felt really dumb. But it was just I guess a re-introduction to myself.

Matthias: [25:07](#) You say you realized that you needed to find home in your own body, or what you were looking for you found in your own body. And then you have been talking about all of these different things that led you to move these really hard painful experiences. One of which is being sexually assaulted. And that's a topic that we haven't really broached on this podcast before. But it one that is a reality for so many people. Because when we are sexually assaulted that messes with our bodies to

a level that is almost incomprehensible. I'm curious what that journey has been like to be able to re-enter your body and find home in it?

Jackie: [25:55](#) Yeah, it's interesting because I feel like that specifically played so much bigger of a role in all of this than I ever imagined it would have. Because that happened when I was 17. And it was the summer before my last year of high school. And it was my best friend's boyfriend who sexually assaulted me and then I lost my best friend in the process of it. And it was just a lot of me learning a lot of lies about myself that I didn't know were lies yet. Lies like, nobody cares about me. I am worthless. Unlovable, broken. My pain doesn't matter.

Jackie: [26:43](#) Because it's interesting because ... So after it happened I told my best friend what had happened because I realized that I had a decision to make. I could either not tell anybody and go around pretending like everything is fine because I don't want to deal with this, or I have to tell the truth. And I quickly realized that I could not keep something like that in. So the first person I told was my best friend and she didn't believe me and never spoke to me again. And so that instantly put it in my mind that in order to be okay, and to get through life I need to shut down my emotions.

Jackie: [27:28](#) And someone who I really, one of my favorite writers and just people ever, is Glennon Doyle and she says this amazingly. I call it putting on my mask and she calls it sending in her representative to do life for her. And so, I created this representative for myself that was the really happy-go-lucky, bubbly, nothing's wrong ever party girl and just constantly needed to keep that image up. Because I felt like if anyone knew that I wasn't okay, then they wouldn't want to be my friends. They wouldn't want to be around me. And my value of who I was went down immensely after I was sexually assaulted. I'm laughing because I'm a seven.

Jackie: [28:18](#) Yeah so it kind of just, that was the first big thing that made me move. Growing up I always wanted to be a dolphin trainer which made me decide I wanted to move to California because I grew up in Colorado where there are no dolphins there. So I remembered that dream and I was like, forget this, I can't handle this anymore. I can't handle this because I wasn't talking about it. And I couldn't play the part anymore. So I decided instead of dealing with it and moving forward there, I would just move. So I moved to California where I found out pretty quickly that your pain follows you, you don't get to leave your problems behind in one state and just move to the next one.

- Jackie: [29:04](#) And so, the trauma ... I feel like the backlash that is more long term, at least from my experience of being sexually assaulted, because I did so much Googling of, "What is going to happen to me right now? And what is going to happen to me later? What do I have to deal with?" Because I was scared. And I felt really alone. And I felt really just broken. So I got to California and all the side-effects, that's probably not a good word for it, but all the long term damage I found was a lot of self hatred from my experience because I felt very un-valuable and very worthless and when I feel that, I kind of just tried to ignore everything about who I actually was and like I was saying before just try to blend in everywhere else. And try and be what everybody else wants me to be because I felt like the actual me was really, really worthless and I was so scared that another layer of it was I was really afraid that what happened was my fault.
- Jackie: [30:25](#) So there was a lot of internalized shame about it which I feel like I've learned now is a very common thing for sexual assault survivors to feel after is that they did something wrong. Because a lot of the way the world is about that right now, rape culture tends to put some blame on the victim in it. And what was she wearing? I was asked by people really close to me, "Okay, well how much were you drinking? Well, what did you do? Are you making this up?" There's so much that goes into it that puts it in your head that it was your fault and you need to cover this up, so throughout feeling that shame, shame just kind of ruins everything. It's such a horrible thing.
- Jackie: [31:17](#) So throughout that, having that shame and having that self loathing and just feeling so un-valuable, I just lost sight of any part of who I actually was and I just kind of turned myself into who I thought was safe and welcome in the world. Because I didn't think the actual me was. I just didn't feel like I really belonged to myself anymore.
- Matthias: [31:43](#) Wow, thank you first for sharing that. You continue to talk about in your book then kind of the deep toll that took. You're talking about finding that representative and creating this person to then be in the world. And then you also talk about in your book then, internally, the voices of depression and suicidal ideation and all these things that are happening just below the surface. You're kind of splintering into different pieces. And I don't want to ask this question in a way that puts a bow on things. Because I don't think we ever really can put bows on those things. And, I mean, you're talking about finding home, I would imagine that's still an ongoing process. I'd be curious to hear maybe more about that.

- Jackie: [32:43](#) Yeah. So regarding everything as far as mental health goes, oh man, that has played a huge role in this whole journey because when the assault happened when I was 17. That was the first, I guess real huge trauma ever in my life. And by learning that the way to get through it, at that time, by learning that looked like sending in the representative and putting on the mask, what was actually going on under the surface was getting ignored and the truth of what was going on was really terrible depression. And I didn't know it at the time. But oh my goodness I don't think I had ever been that low before.
- Jackie: [33:33](#) And so, throughout the next I guess ages 17 to 22, 23, I kind of stayed in that pattern of pretending that everything was fine. Because I didn't want to look inwards at my mental health. Because, well there's multiple reasons. One was that I was really scared of looking inward. I was scared of I guess dealing with what depression meant. So that was something and then two, I thought people would think that I was absolutely crazy if they found out that I struggled with depression. Because I paint this image of being so happy and smiley and bubbly all the time, would they even believe me or would they think I was an insane person. And three, being in the church world, a lot of the time, that world does more damage than good as far as mental health goes.
- Jackie: [34:34](#) Because there's a lot of just like, "Oh, well, you don't have enough faith." Or, "Oh you just need to say this prayer and then you're healed." Oh I went to this ministry school that did that and it was just further damaging. Because they would be like, "What's wrong with you? You don't have enough faith. Just pray more." They would even go as far as, "What sins from your past? Or maybe this is an inherited, something your parents did." It gets really twisted. There's times where mental health gets over-spiritualized and ignored. And I think that's really dangerous. Really, really, dangerous.
- Jackie: [35:15](#) And so my journey with all that, I feel like I didn't actually start looking to take care of my mental health seriously until I left Boston. Because my depression hit a pretty big climax, I was only in Boston for about three months. And those three months were probably the most intense mental health months of my life. Everything that I have been running from for the past four years was just coming back. And in the middle of it, going back to what we were saying before, my sister came out and now I was looking inward at sexuality for the first time. And I was looking ... I had never wanted to consistently just take my own life than I did those three months.

Jackie: [36:04](#) And I just kind of came to a rock bottom. I wasn't eating and I wasn't sleeping. And I was just changing everything about who I was. And I came to this rock bottom and I opened up, finally I was cornered in a bathroom by, at the time, my best friend, to try and get out of me what was wrong. And so I told her, and I was asked to leave Boston. And so, I left. And I showed up at my sister's door and for seven hours I just told her everything about my mental health that I had been ignoring. Everything about depression, anxiety, suicidal thoughts, an eating disorder I was struggling through. And it was scary because I knew as soon as I said those words there was no turning back. There was no pretending everything was fine again. So it was a really scary first step, but it was I feel like a life or death decision that I made by opening up and starting to talk about it and starting to go to therapy and just taking the mask off. And it was scary, but it was so worth it, because I realized that I felt like what was destroying me, destroying who I was for all that time, I think it was the isolation that I was keeping myself in.

Jackie: [37:28](#) Because mental health is so serious. It's so, so serious. And I feel like when it gets over-spiritualized or when we're responded to by like, "Oh just smile. Everything's going to be fine. I'll pray for you and you'll be fine." And it's really dangerous. I feel like the best thing you could do for someone in that environment, or in that situation is to sit with them and validate them and know that sometimes they don't need advice and a fix it answer or tell you to just cheer up, life's good, here's what you have, be thankful for it. But really to just sit with you and validate you in it. And so once I started surrounding myself with friends like that and learning that I'm still okay, even if all this is true for me. Even if I struggle with depression and anxiety and whatnot, I am still okay. Like I don't have to clean all that up in order for me to feel at home.

Jackie: [38:22](#) Because I think that's what I was feeling for so long. Was that in order for me to feel at home in my own body or feel at home in a city I had to have everything all tidied up in my own head. Depression had to be gone. Anxiety had to be gone. And so I realized that letting people into it with me and learning to love myself in it, like broken pieces and all, that is home. That is home. It's a place where you're allowed to make a mistake. You're allowed to have a bad day. And you're not kicked out of the house because of it. And you're not put in time out because of it. You're still always, always welcome no matter what is happening.

- Matthias: [39:00](#) What would you say to people who maybe are in the midst of that journey, not to say that your journey has ended, because I don't know that it ever does.
- Jackie: [39:11](#) I don't think it does. I wish it did.
- Matthias: [39:15](#) But for people who are maybe just beginning that process of looking inward, of facing trauma, of facing mental health, of facing those things that are really hard to face, what would you say to them? Because those things of "just be happy" definitely don't work.
- Jackie: [39:34](#) No. That's a really, really good question because I feel like the more I talk about this and the more I write about this the more I feel like I want to have the best possible answer to that question that I can. It's hard because I don't know if it's so much about what you say as far as just being there with someone in it. Just showing up as a friend to someone in that. I guess just being consistent and validating however they're feeling in the moment and whatever kind of day they're having.
- Jackie: [40:20](#) And so I guess what I would say to someone who's in the middle of struggling with mental, middle of struggling with trauma, I just want to remind you that you're really loved and special and valuable and I'm not sure if those words are even helpful right now but I know that the main thing that I feel in those dark moments are that I am not loved and I do not matter.
- Jackie: [40:43](#) And just know that you're not crazy. And it's okay to feel how you're feeling. Your story and your pain, letting someone else into that with you, it's not a burden and it's an honor for someone to hear your story. It's an honor for someone to be there for you in whatever it is you're going through. Because I know that I also get really afraid of coming off as a burden to someone if I let them in on this thing because I get scared that now they're going to feel like they have to fix me and "Oh no, what if this is too much for them?" And I don't know. And so I guess an encouragement would just be that that's not true. That's definitely not true.
- Matthias: [41:27](#) Thank you Jackie. How can people find your work?
- Jackie: [41:32](#) I have a website that's currently being built. It is jackiegtv.com. But the main place that you can find me is on Instagram there is a link to where my books are and I also have a YouTube Vlog. My YouTube is Jackie G TV. And my Instagram is JackieG.tv.

Matthias: [41:57](#) Great.

Jackie: [41:59](#) Yeah.

Matthias: [41:59](#) I'm so grateful for you taking the time to join me and to talk about some very real things. Thank you for the work that you're doing. It's so needed and so beautiful.

Jackie: [42:10](#) Yeah. It's been an honor to be on your podcast. I think you're amazing Matthias.

Matthias: [42:15](#) Oh, thank you.

Jackie: [42:15](#) I've listened to so many of these. I was so excited to be on this. Absolutely.

Matthias: [42:21](#) You can pick up a copy of Jackie's new book, Finding Home, wherever you buy books online. She's on YouTube, Jackie G TV and on Instagram at jackieg.tv. And her website is jackiegtv.com. Queerology is on Twitter and Instagram @QueerologyPod. Or you can Tweet me directly at @MatthiasRoberts. Queerology is produced with support from it's listeners. Join over 230 people on Patreon and keep Queerology on the air. Head over to matthiasroberts.com/support for all the details. Another really easy way to help support Queerology is by leaving a rating and a review. Do that right in your podcast app. Or head to matthiasroberts.com/review. As always I'd love to hear from you. If you've ideas of what you want to hear on the podcast, or just want to say hi, reach out, I'll get back to you. And until next week y'all, bye.