

From Conflict to Connective Communication

Guest: Mystkue Woods

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[00:00:09] Jaï Bristow

Hello and welcome to this conference. My name is Jaï Bristow and I'm one of your hosts. Today I am very pleased to be welcoming Mystkue Woods. Welcome.

Mystkue Woods

Thank you for having me. Hello everyone. How are you all doing today?

Jaï Bristow

Hello Mystkue, nice to have you on board. You're a sexuality arts educator and consultant.

Today we're talking about a topic which I think is really important, and is something that we hear a lot and is sometimes trending on social media, but not everyone always really understands. That topic is gaslighting. Do you want to start by telling us what exactly is gaslighting, and why is it so toxic?

Mystkue Woods

Yes, absolutely. Gaslighting is a form of psychological abuse. It is when an individual is manipulated into thinking that their actions, their words, all of those things, are maybe not as important as they actually are, or that they are assuming a position of inferiority from their partner, or partners. It's very much about them feeling disingenuous, like their actions, and their thoughts, and emotions are not worthy. And they are.

Oftentimes it happens through the aggressor, and or the partner stating things like, oh, it's not that deep, or it's not that important, or you're doing so much, why are you so angry about this? Or making them feel like everything that they're feeling is for ill reasoning. And so it is really about using the tool of manipulation to tell them that the things that they're feeling, and basically experiencing, are not actually happening.

Jaï Bristow

Interesting. Another way I'd had it explained to me previously was it's like rewriting history from the perspective of the, in this case, aggressor or abuser, or the person who is gaslighting, to the point

that the person who is being gas lit starts questioning their own reality. It's like you were saying, there's that sense of just having power over, and the person feeling like whether it's their thoughts, their actions, questioning what's real, questioning how things happened, and that making the person feel like they can't trust themselves, let alone the other person.

[00:02:50] Mystkue Woods

Exactly. And the key point is really making sure that the individual feels like they can't trust themselves, and that they are really just overthinking everything, overanalyzing, being super anxious about what it is that they're feeling, or wanting to say, they're second guessing everything. So that is a key point in gaslighting.

Jaï Bristow

Right and so that lack of trust also creates a lack of safety and leads to toxicity. So why do people do it? Where does it come from? What's the emotional psychological background to this gaslighting?

Mystkue Woods

I think there's a lot of reasons why people do it. Oftentimes I believe that people don't realize that they're doing it, because they are not ready to take on accountability for their actions. It's like, oh, I didn't do it, you did it.

You have that component of it, but then you also have the component of people thinking about, I don't know how to approach said situation. I'm only doing what I've been told, and or what I've learned through learned behavior. A lot of it is really second hand, and it takes for someone to think about the context of what gaslighting is, and what it looks like in different situations, because it does vary. It can be extremely out there and in the open, and it can be extremely covert too. And you have to be able to see through what it actually is.

It's really taking the time to sit back and assess the situation and say, okay, what part did I take into this? And how can I hold myself accountable for those actions? Such that when I'm talking to my partners, and or, because this can also happen in friend spaces, familial spaces, all of those things, professional spaces. To be able to talk to the other person and say all right, I can acknowledge my fault, and or the things that I did. But also too, I want to acknowledge and show empathy towards the things and the feelings that you may have as well.

Jaï Bristow

I think there's something really crucial you said there, which is often the person might not even be aware that they're doing it. People often, we talk about these toxic traits around gaslighting, manipulation, narcissism, all these buzzwords, and we often imagine this cartoonish villain who is purposely trying to do all these things.

But a lot of the time toxic traits come from either learned behavior, and it can be a big spectrum. Sometimes it's much more extreme, and sometimes it's much less extreme, and as you say, covert. In this conversation I want to talk about how we recognize when we are being gaslit by another person, and learn to find ways of healthier communication, in that situation. But also how do we

recognize when we're doing it ourselves to other people, and we're not even aware that's what we're doing. And then we'll also talk about breaking that cycle.

[00:06:00] Mystkue Woods

Awesome.

Jaï Bristow

Let's start with the other. Because it's always easier to see patterns in someone else than it is in ourselves. So let's talk about how to recognize, because the person doing it might not always realize, because sometimes it's more extreme and sometimes less so, sometimes we don't even realize that that's what's happening. The people being gaslit often go into that self-questioning, self-doubt, thinking they're the problem, and never realizing what's happening. So how do we spot? What are the red flags, what are the symptoms? How do we spot when it's happening, whether it's overt, or more covert?

Mystkue Woods

One of the first things that I would say in noticing it, is when you are trying to have a conversation, particularly, you'll probably more or less notice it if you're on the phone with someone, or if you're face to face, because they will consistently cut you off. So every time you try to get a thought out, or anything like that, they're like, wait, I have to add this, or hold up, or why'd you say this? And it's like, are you listening to respond? Are you listening to actually reflect and take in what I'm saying? So that's the first thing.

The second thing is the language in which they are using. If everything is very much directive and like, you did this, and this is this, and not really saying, hey, when you did this, I felt... And giving their perspective on how they internalize whatever the situation is. Then it becomes, and it seems like an attack on you. So when you have those different things going on, then you can figure out, okay, this person is making me feel this way.

Particularly when you go to respond to them and say, like, I heard you say that when I did this, you felt like this. And if they continuously say, yeah, but that doesn't matter because you still did this, that means that they're not taking accountability for what you may have done to them, and how they may have responded, which also garnered a reaction from you in the beginning.

Jaï Bristow

I think what you're saying is great, because it's like trust your instincts. If you feel like you're not being heard, if you feel like you're being cut-off and stuff, then that's a red flag.

What you were saying in terms of that communication. We often talk in therapeutic approaches, and others, to talk from a place of I feelings. I feel DA DA DA DA. But that has to be followed by a feeling, an emotion. So often people can use that to be manipulative, I feel like you're being a bitch, for example. I feel like you're not respecting me. And that's not how that framework works. If you're going to start with I feel like... It has to be I feel rejected, I feel unheard, I feel angry, I feel reactive. Those are actual feelings or emotions, but I feel like you are doing so and so, that's not a feeling.

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That's something that's really important to name because it's very easy to frame, and to use tools, and make it seem like you're following the protocols. Hey, I started the sentence with I feel, what more do you want? But actually that's not the case.

So watching out for those tendencies, as you were saying, of like, is the person actually listening to what you're feeling? But also, how are you communicating your feelings? How are you communicating? Are you saying, I feel followed by a feeling? Or are you saying, I feel followed by you're doing this thing?

And then same, how are they communicating with you? Is it the same? Are you cutting each other off? Are they cutting you off? And it's really important to recognize what you said earlier, that this can play out in partnerships, it can also play out in family dynamics, work dynamics, friendships, and all sorts of other relationships.

Mystkue Woods

Absolutely.

Jai Bristow

Before we go into tools for what we can do to break free of these toxic patterns and communication styles. We've talked about recognizing it in someone else, to recognize it in someone else is, if you feel like you're being shut down, if you feel like you're constantly being accused of something, and that the person isn't talking about their feelings, but constantly pointing the finger and placing blame, then those are some red flags. How do we recognize those red flags in ourselves?

Mystkue Woods

It's hard, it's very hard because it's about taking accountability. Sometimes we know that taking accountability means that it's a challenge. So the first thing that I would say is going back and reflecting, when the individual, whoever they are, that you are dealing with is talking, that you sit back, and you just listen, and you take inventory of what's happening in your body. Where do you feel areas of contention? Is it in your shoulders? Are you ready to jump up and be defensive?

Or are you willing to sit back and listen, and take deep breaths so that you can figure out why you're feeling this way. Are you able to formulate that feeling, and or thought back to an emotion? As we were talking about, of I feel unheard, or I feel disrespected. Where and why? Being able to name those things will then help you to be able to address, okay, I can put the onus on myself to say this is where I'm at, and not, oh, you did this.

Then to also look back, sometimes we do things and we don't know that we're doing them because it's so innate to us. To look back on our situation and say, oh, well, in this moment, I reacted like this. Or I'm so used to slamming the door and not listening to anything else that you have to say. But this time I actually left the door open, and I was able to sit there and hear everything.

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So it's really about doing that self-reflection piece to say, okay, this made me feel really uncomfortable. Well, why did I feel uncomfortable about it? At what point in the conversation was I uncomfortable? Was it at the beginning? Was it in the middle? Was it at the end? Because that will also tell you when the conversation starts to shift, so that you can know the moment that it shifts and you begin to feel defensive, then that is when the gaslighting starts to happen. Because you're like, I didn't do that. That wasn't me. It couldn't have been.

Jai Bristow

Thank you. I love how you start with listening. Listening is such a great skill, it's an underdeveloped skill in many people. It took me a long time to learn that skill, I'll point the finger at myself first here. So learning to really listen.

I interviewed Rafaella Fiallo on this conference, and we talked about the stories we tell ourselves, and breaking that free. And it's very easy when we're listening to go straight into our head and start telling ourselves stories.

So it's constantly coming back to, okay, what is the person actually saying? It's okay to ask questions, not necessarily cut the person off, but ask, oh, sorry could you clarify what you mean by that? That helps with listening. Or, when I hear you're saying such and such, and see if the person agrees, or it's like, oh, no, sorry that wasn't what I'm saying, actually this is what I'm saying, for example. So listening, super important skill.

Feeling that's the next thing you said, sense your body. Usually, if there's an area of tension, your body is telling you something. And whether that's telling you that you're in danger, or telling you that you're being activated or triggered as a trauma response, or telling you that you're feeling defensive or reactive, whatever. But notice those areas of tension. Notice if you're already in that defensive, ready-to-be-attacked mode and feeling guarded and fists up kind of thing, internally or externally. I think that's really important.

You were talking about that idea of really reflecting as well, of not just, I feel followed by what you're feeling, which is really important, because that can still be perceived by an attack by the other person if you don't explain why. If you say, I feel unheard, the other person might, even though you're doing the I feel followed by an emotion, the other people might hear, you're not hearing me, even though that's not what you said. Which is why going back to that listening is really important, that reflective listening.

To have that opportunity to say, I feel unheard and name, and you can either name something that's happening in the conversation, like you're saying, or naming something from your past. I feel unheard because I notice it's my own tendency or my own pattern. Or growing up I constantly was being talked over. So I feel... So I think all these are really important skills.

Then going over what's actually being said, I think that brings them all together, like questioning what's actually happening in the conversation? Are you getting defensive? Are you cutting the other person off? Is the other person cutting you off? Also recognizing these are practices.

Like you said at the very beginning, it's hard. It's okay if people don't get this all completely right. It's a practice, and there's always opportunities to go back to either repair, or to reengage, to take

times out. To be like, hold on a minute, I thought that conversation was going really well, but now that I'm reflecting on it a few hours later, a few days later, a few weeks later, suddenly being like, I'm not sure that I did feel heard, or I'm not sure that I heard the other person. I think they're all really fantastic tools that you brought in there.

[00:15:47] Mystkue Woods

One thing I do want to add to what you just said, is it's okay to not have a solution right then and there in that specific situation or conversation. A lot of times we are so set on this sense of urgency, like it has to be completed right now, and it doesn't. Because there might be a moment where it's like, I didn't even know that I felt this way, or that these things were coming up for me because I didn't have enough time to process. And then after, when you go back to reflect, you can say, okay, so the person was listening to me. Or I didn't even register what it is that was said in full because I was still in my feelings, or I was still trying to navigate through everything that was happening in that moment. So take your time.

Jaï Bristow

Definitely, I'm so glad you brought that piece in. What are some things we can do when we're noticing we are the ones that are being defensive, we are the ones that are cutting the other person off? What do we do then?

Mystkue Woods

The first thing I would say is take a breather, and or a break. So the two B's, if you need to take a breather, hey, I understand that we're going through this right now, but I need a moment. That moment could be you taking, and you practicing, some deep breaths, or it can be, I'm going to step away. And it's not necessarily about you being rude, it's just like, I really want to be in tune with what's going on right now, but I can't because all of these things are coming up for me. So you taking a breath and you walking away is perfectly fine.

Now you got other issues if the person is like, you can't walk away. Then that's a whole different scenario that you need to deal with separately. So those are the first two things.

The third thing I would say to do is really sit in that moment and be okay with being uncomfortable. Because oftentimes we want to fix it, and we want to be right, and it's not about always being right, it's about what is the best thing for everyone that is involved in the situation at that moment. And sometimes it's going to require you to be uncomfortable because if you're not uncomfortable, that means that you are not growing. Those are the three things that I would say.

Jaï Bristow

They're so important, that taking a breather, taking a break, and letting yourself be uncomfortable, like you were saying earlier, it doesn't have to be fixed right away. Fantastic tools right there.

You were also talking about sometimes a person won't let you walk away. And then that's going from gaslighting, which feels very much like an abusive communication style, to more controlling behavior, which goes beyond verbal or communication, or can be in communication, that you can't walk away. So maybe we can talk a little bit about that.

[00:18:32]

And then I'd love us to go into how we do build and cultivate healthy communication styles, how we find ways of communicating needs and wants in a clear, healthy way. But first, let's talk about that point that you touched upon. How do we actually engage in conversation with people, or break free when that very toxic dynamic is arising?

Mystkue Woods

First it's really about thinking, what's happening in the moment. Is the person nervous? Do they have some type of issues with accountability, that will be first, acknowledging and figuring out what that is. Or do they have actual issues with rejection? So you walking away may be a trigger for them. It is important to be able to assess and know where the individual is, and how in which they are reacting to, what it is that you're saying when you're saying you need to just walk away. That would be first.

The second thing, I really would caution where you're doing this. If you are out in public and you're like, yeah, I'm going to walk away, and you all are yelling and screaming, you're probably not going to get the best result. Versus if you are behind closed doors and you all are talking in private and it's like, hey, let's just take a break, because it's really getting heated. So those two really assessing and figuring out where are you in location, versus what's also going on, and what background information do you know about this other individual, or individuals, however many people are involved.

Once you do that, I think it's super important to ensure that everyone is safe. If you need to walk away, or if the other person is saying like, hey, you can't walk away, it's very hard to figure out, but sometimes we have these mechanisms where we either freeze or fight. So given the person responding saying to you, oh, you cannot leave. That is not a time for you to freeze, even though you may really want to because you're like, oh, I don't want to make things worse. If you feel unsafe, it is very important for you to gain some initiative and really push towards your safety, and that person's safety. Because the last thing we want to happen is something to go awry. And then the situation is worse than what it actually needed to be just because they were thinking with their emotions, and not actually thinking logically.

So those are the three things that I would really focus on. Making sure that you're assessing background, location, and overall safety, like what's around, who's around, to be able to prevent either one of us from being in a space where we feel unsafe, and so on and so forth.

Jai Bristow

That's so important, situational appropriateness. You don't react the same if you're at your partner's family's house, as when it's just the two of you behind closed doors, or when you're in public. Then again, factoring in what you know about the person. Whether it's a partner, a friend, a lover, family member, or whoever it is, if you know some of their triggers and their traumas, you have to factor that in, that's super important.

What you're saying about that safety piece is so important. I've said this on so many of these interviews, but I'll say it again, and again, and again. Safety isn't just about physical safety, emotional safety is paramount as well, and I think that can often be forgotten.

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Another thing I want to make really clear, and you've shared already. In the same way we were talking, at the beginning, about gaslighting and how you recognize it in another or yourself, and how it can be more overt or more covert. It's the same with everything. It's not that the person walking away is the good person, the person saying, please don't walk away, is the villain, or vice versa. I was talking in another interview about a situation where people are so conflict avoidant that they're always running away, and they're never coming to the table. And now we're talking the flip side.

The person who's like, okay, I can feel myself activated, I'm taking a break, I'm going to look after myself by taking a break. And the person saying, you're not allowed to walk away. And similar to the conversation I was having with Rafaella, in these stories that we cast ourselves, we always think we're the good person, the other is the villain. We always take ourselves to be the hero for the stories. Sometimes we see ourselves as the villain as well, and that's another trait to look at.

But it's never so simple as having one person is the hero, one person is the villain. It's not so much the right response is to walk away, or the right response is to stay. It's like you were saying, you have to take into account all the context, like external context. Where are you? What's going on? What time of day is it? Have you been drinking? All those things are going to play a big role.

You have to take into account each person's, however many people are involved, each person's history, and what you know about that history. You have to be accountable for your own stuff, like you were saying. And then there's also that sense of trying to also understand each other's perspectives, and find a way of consensually communicating to be able to have these conversations. So you have to set up the framework, and not immediately go into I'm right, you're wrong. Or you're right, therefore I must be wrong.

Mystkue Woods

Correct, absolutely, there is no right or wrong typically in these situations, it is a nuance. I would say get into the habit of believing that when there is conflict, that it is a mixing bowl. The solution is a mix of a bunch of different things, there's not just one way to do multiple things. There's not one way to fix this one problem. There could be, but if it was, then that would make things so black and white, and we know that the world is not black and white.

Jaï Bristow

Hallelujah. I love that idea of conflict is actually a mixing bowl. It's usually not just one thing, often there might be one thing that's the straw that breaks the camel back. Or in French, we say the drop of water that makes the bowl overflow. But that's not the problem often, or that's not the root cause of the conflict. Sometimes it's hard to find the root cause because sometimes there's a lot of different elements, and there's a lot of history and build up.

The solution, or the resolving of conflict, is also often going to be bringing together different elements, bringing together different practices. And that's why I love all the things you've already named, about recognizing your own tendencies, and the other person's. Listening, feeling, communicating, thinking back, all that stuff is super helpful.

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We've taken time to know how to recognize conflict, how to understand where it comes from. Let's talk about cultivating really healthy communication styles. If we're noticing in ourselves that we're getting reactive or defensive. How do we find healthy ways so that we're not being manipulative, or gaslighting, or being gaslit, or allowing ourselves to be manipulated? How do we find healthy ways of communicating our needs, our boundaries, our desires, and all that stuff?

Mystkue Woods

One of the things that I always tell everyone is, don't tell them what's going on right in the moment, you need to be having these conversations continuously. Doesn't matter in the morning, in the evening, in the afternoon, just in general conversation. What are your ticking time bombs? If you will.

What are the things that really make you happy, excited, activated, all of those things? What are the things that drive you insane and you're like, you know what I've had enough, this is too much. Because once you are able to figure that out, then you are creating an inventory in your mind. It's also good for you to write it down, because we have a lot of things going on. So making sure that you're taking inventory and you're writing it down, and or you have a note in your phone, or if you have a voice note, whatever it is that you need to do, you can draw it out.

One of the things that I practice with clients is, oh, this is a feeling that you have, or this is a thought, how does it make you feel? Instead of writing it, draw it for me. Show me what it looks like in the image. Because sometimes we don't have the words to articulate it, but we might not have a words, but we can have a shape, because if you show me a circle, the circle is round, and it has no edges. But if you show me a triangle, or something with jagged edges, then I can see the difference in how you're feeling. Because one is smooth, and one is more erratic. That allows your mind to open and say, okay, and figure out, and analyze what it is that you're feeling, and what's going on for you.

I would also probably put into it that spatial awareness, and thinking about your in general social determinants. Are you responding in this way, and in this moment because of other exterior influences that you have going on? That really don't have anything to do with the person, or the situation, but these are things that have to be acknowledged, because they're there. Will they look different, or will your response look different, if those things weren't around, or weren't an issue, if you will?

That goes the same thing for your partners as well. I think that making sure that you are really speaking truth to what it is, and how you feel in that moment. And also acknowledging if that thought changes, because sometimes we can feel that way today, but we might not feel that way tomorrow. It can be just as relevant as, oh, initially you liked that thing, but now you don't, and vice versa.

And so being okay with things being fluid, everything, again, is a part of the mixing bowl. So today it might be just enough sugar, just enough pepper, and then tomorrow it might be like, that's way too much salt. That's way too much pepper, and we don't need any sugar. So it all depends. And just understanding that everything is fluid and it's okay if you don't get it right.

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But you have to be able to communicate and say, hey, I think we got a little snafu here, we might have messed up. We need to go back to the drawing board and do that together. And then also granting grace, because if you're like, you didn't do this, or this didn't happen this way, then we're, again one, pointing the finger, but we're also not allowing for ourselves to say, oh, I didn't know that this was a thing, or this is how I wanted this thing to go.

Jai Bristow

I think that's beautiful, the way you talk about that fluidity. It's really important for people to realize that we're human beings, we're complex creatures, we don't fit neatly into little boxes, and our feelings don't fit neatly into little boxes. And that it's part of evolving and growing is to have that fluidity. But what's important is to be able to communicate that, and it doesn't make you a bad person, but you have to recognize that, because if not, you go back into what we're talking about at the beginning, the gas lighting. If suddenly you feel differently, and then you go and try and rewrite history for the other person because something's changed in you.

Whereas if you just communicate some of that differences, some of that fluidity, and you keep checking in with each other, and you keep adding different ingredients to this mixing bowl, and making sure it's a nice mix. I think that that's really important.

I love what you were sharing about the way you work with art, and art therapy, as well as talk therapy. The way you combine the two, because I think for a lot of people, communication, verbal communication, can be really hard. We're not all taught how to find the right words to put our feelings. And like you say, we're different, unique individuals. And some of us, it's easier to paint a picture, it's easier to draw a shape, it's easier to express in a nonverbal way, that is still very much communicative.

I love the way you talk about bringing that into therapy, but I also love the idea that it can be brought into relationships, again whether that's romantic, friendship, others, that you can be, hey, I need that time out like you were talking about earlier, and I'm struggling to put into words, so here's a picture of how I'm feeling. Again, embracing that fluidity.

Mystkue Woods

Yeah.

Jai Bristow

I'm wondering if you have anything else you want to say about bringing in that art element, and bringing in other forms of communication outside of verbal communication, and how that can apply to relationships in general, and healthy communication.

Mystkue Woods

I love that you brought that up, it's my favorite thing to do, I like to look at it as something that we all probably have done. Let's talk about music for a second. Music is this beautiful encryption, it's own language of all of the things, we have emotions, we have thoughts, ambiguity, we have so much that goes into music.

[00:32:26]

I believe that, especially when we're talking about gaslighting, one, thinking about the type of music that we're listening to when we're in those moments. If you have ever experienced a time where you are going through something, let's just use a partner for example, they have pissed you off. Think about all the music that you listen to while you're pissed off. Are you listening to all the breakup songs? It's you, it's not me. And then you have the music that's retroactive, that's like, you know what, it really is you and I am the best thing that has happened since sliced bread, all the things, the best thing you ever had, Beyonce, all those things.

Once you have gotten it out of your system, then you go back to the oh, but I want to be loved, and I want all the things, and I want us to work it out. Music really acts as a navigator of our emotions, when we think about the music that we listen to, sometimes, I'm going to say poison. But I don't mean it in that way, but it really is ingrained in us, like, oh, this is what I need to listen to because I'm feeling like this.

I like to challenge people to use the music to be opposite of what they're actually feeling. So if I'm going through something, I'm not going to listen to the sad love songs because I'm going through something with my partner. I need to listen to things that are uplifting, things that are going to motivate me to want to actually get to the space where maybe we can have that conversation, if I'm taking a break right now.

Or thinking about ways to be able to... If it's music that you're not really used to, maybe your partners, or your friends or whatever, they listen to different types of music. Taking yourself out of your comfort zone because music also is a comfort for us, and saying, I'm going to listen to a completely different genre that I've never heard before. Because you never know, there might be something that happens that activates you in a different way. That is how I really practice using art, specifically music.

Another thing is poetry. We talk about language. Language can be so fluid, but it can also be very abstract. I can say something in a poem that is really me just pouring out my feelings, but it doesn't necessarily have to be about my situation. It could be about politics, it can be about water, it could be about anything I want to make it about.

Giving yourself that free range in the arts in general, acting as a creator, you have the ability to create the narrative. I think that that is the power that you have when you are dealing in how you flow. Sometimes when we talk about our relationships and these situations, we feel like we're in a box, and that also is what brings us to our boiling point. But when you're just like, oh, I'm just doing an art piece, I don't really have an end goal per se, but when I say it's done, it's done. Because I am The Creator. That's how I look at it.

Jaï Bristow

That's fantastic. I love that you brought in that piece, I love the way you talk about music, because music is something that's very accessible to people. Listening to music. There's all different types of music out there, using music to either amplify a feeling, or how you can try and change something, or challenge yourself, or set the mood. There's so many different ways that it can bring in finding the right soundtrack for the moment, like in films or TV.

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Poetry is such a beautiful art form. I love writing poetry, not to perform to the world, but just to get my feelings out, or to process, or to find creative ways of playing with words. It's not about it rhyming, or whatever. I studied drama and film and I think we learned a lot about catharsism, the way that you can go through different emotions with the people, and that's where it often started.

That's why there was a lot of tragedies or comedies, because people wanted to laugh, or wanted to feel so that they could process. It was a safe space to feel emotion, which you weren't necessarily... or socially acceptable in other areas of life. I love the way that you bring in that piece, it's really special, and I wish there was more people doing that.

Do you currently take on clients? Who do you work with? And how can people find out more about you and your work?

Mystkue Woods

Yes, I am currently accepting clients. You can visit me at the Healing Exchange website healingxchg.com, that is where you will do a free 15 minute consultation, and then from there you will be able to book appointments with us. I take on clients, anyone really, but my focus is going to be on boundaries, creating boundaries, definitely gas lighting. So if you feel like you're in a situation where there's gas lighting going on, I take on partners, and I also take on single individuals, who are looking to become more intimate with themselves. As well as be able to express their sexual prowess, and their sexual journey with partners as they are going out into the dating world.

If you want to learn more information about me in general, you can find me at mystkue.com, but I'm also on healingxchg.com. So either one of those. If you want to book sessions, I would say Healing Exchange, but if you just want to follow me and know what's going on, that would be mystkue.com.

Jaï Bristow

Fantastic. That's brilliant. Thank you so much for your time today.

Mystkue Woods

Thank you for having me.