

Episode 22: June 1-4, 2000

CONTENT WARNING

OLIVIA

Hello everyone, this is Olivia. I want to give you a heads up before we start - the voice mails this week contain a panic attack. Tammi's helped me set up a resource page on the website, we tried to find as many hotlines and info-pages and support things from different corners of the world - or at least the English-speaking ones. So if you feel like you need anything like that, go to [y2kpod.com\[slash\]resources](http://y2kpod.com/resources) and hopefully you will find it there. Please take care of yourself, and if you need to, don't be afraid to ask for help.

(INTRO MUSIC)

Scene 22.1

OLIVIA

(exhilarated) Hey brilliant listeners, Olivia here. I ran 10 k today and I am feeling fantastic! *This* is why I love running so much! It is such a feeling of freedom, and I can somehow think more clearly, and finish my thoughts properly. Like running gives me the headspace to really sort things out. Or to listen to podcasts, of course. But today it was just me and running. It was glorious. You should all try it! *(laughs)* The gospel of running according to Olivia, now weekly on the Y2K podcast! *(laughs)* Let's get to the voice mails, shall we? Last week Johnno was jealous, Kat was tired, everyone was pregnant - well two of them anyway - and Jess was feeling like an irresponsible teen. Here we go - welcome to the year 2000!

Scene 22.2

(Modem dial-up tone) (click)

KIRSTEN

(unsure) Hej Katarina, det er mor. Jeg har ikke fået fat i dig på mobilen, så jeg prøver det her i stedet. Du kan vel sende en sms, så ringer jeg op. Du ved hvor urolig, jeg kan blive, jeg forstår, du har travlt men *(worried smile)* ja, du ved hvordan jeg er. Kys og kram til dig lille skat. Vi tales ved!

(clicks)

Scene 22.3

(Modem dial-up tone) (click)

KAT

Hey Jess. Just got a message on here from my mother. She's been calling and trying to text - which is hilarious because it's either all capitals like she's shouting at me or no spaces so I can't make it out. The woman is an engineer and cannot conquer texting! It's absurd! (*laughs*) Actually, I think there is no room in her brain for that kind of thing so she doesn't bother learning. Anyway. That's not what I wanted to say. I wanted to say that she left a message and I haven't wanted to talk to her 'cause I don't want to say anything about Johnno and I, and I know if she gets me on the phone she'll worm it out of me, she always does. Also (*sigh*) I missed mother's day. It was this past Sunday in Sweden and I don't usually do much, it's not an important thing like it was in your family, but I always get in touch somehow, e-mail or call or, you know. And this time I didn't. Yeah. I suck. I was just so wrapped in everything here. I need to call her but I don't know what to say. (*sighs*) Yeah, I know. I need to do it. Will just pro-procastinate? -crastinate? One of those - a little first by talking to you... I brought up the jealousy thing with Johnno, finally. Talked to Shirin about it - she misses you! - and she said what you said - to just talk about it.

Ugh. Why is that always the most obvious advice but the most difficult thing to actually do? Anyway. I'd been trying to sort it out in my head, and I tried to make it into our problem that we could work on together, so it wouldn't be so much of an accusation. And it sort of worked, I think. Though it became a little more about me avoiding talking about men and a little less about him trying to find ways to control his jealousy than I'd have liked. He's stressed out, too. He's very happy about the baby, but turns out he's really worried, too. Worried about what his parents will think, and about providing for us, and being a good father. Which makes a lot of sense. And - to answer your question - I have those fears too. Not so much about being a good mother - maybe that will come later - but about being able to handle all the responsibility of being a parent. Anyway. I think Johnno and I are in a better place. (*beat*) How did your therapy appointment go? Was your therapist any help sorting everything out? The timing is of course bad, but, if you want to be with Rachel, and you want to be a parent with Rachel, maybe that's more important than the timing? You know? OK. I'm gonna go bite the bullfrog - (*laughs*) that's not it! Bite the bullet? (*laughs*) Yeah.

Call my mother. Oh! I'm recording that voiceover commercial this week and guess what? It'll be airing in both the UK, Australia *and* New Zealand! So if you watch enough TV you could potentially hear my voice over there as well! Isn't that wild? I love it! And remember to calm down, drop your shoulders and breeeeeathe. OK? Love you!

(clicks)

Scene 22.4

(Modem dial-up tone) (click)

JESS

Thanks Kat! I really needed that breathing reminder today!
(breathes) Antonio the therapist was really helpful. He was sort of on the same page as you - I can't do anything about the timing so why worry about it. This is happening now, whether I want it to or not. Funny thing about pregnancies. They're so... non-negotiable. They start, and then you know at the end there will be a child to take care of. Mind-boggling really. (beat) If all goes well, of course. Rachel was spouting off all these scary miscarriage stats the other day, which freaked me out. I had no idea it was so common, especially early on. Which week are you in, Kat? Got me a little worried about you, too. (breathes, mumbles) Just breathe. Remember to breathe. (breathes) Right. I get a little freaked out.
(deep breath) The core issue is do I want Rachel *and* a child. I can't have just Rachel anymore, they're a package deal. And it's just so weird that there seems no way of contacting the... 'bio-dad' - Rachel's tried everything she can think of and now she's given up, at least for now. Seems pretty unfair to him. But... what else is she supposed to do? (beat) Also - and this is selfish and silly - (beat) the child won't have any of my genes. Ugh. Don't like myself for that one. I don't think I should care about that but part of me sort of does. I'm not worried at all about loving the child, and absolutely in every way being their parent, I just... (thinks) You know, when we were kids, Bri and I used to stand next to each other in front of the bathroom mirror and compare our noses, and eyes, and the shape of our ears. We can both wiggle our nostrils, and roll our tongues, so we would do that, and laugh, and... Dad would come and stand behind us and do the same, and that made me feel like we were *family*, you know? Those tiny similarities made me feel connected. And I always assumed I would have that with a kid. Not that I know *how* I thought that would happen since I'm not too keen on the idea of being pregnant myself... Yeah. Just... (shallow breathing, fighting to control emerging panic attack, crying, louder crying, on floor, panic starts to set in) Aaaaahhhh...!

(quick footsteps, JESS' panic goes on)

BRI

(worried, muffled yell) Jess! (opens door) Jess! (kneels beside JESS, arms around her) Jess. (forces herself to be calm and controlled) Listen to me. Listen to me. I'm here. It's going to be OK. Focus on your breathing. In (breathes slowly in) - out (breathes out) -in (breathes in) - out (breathes out) (JESS joins in, calms) - in (breathes in) - out (breathes out) -in (breathes in) - out (breathes out) Good. Keep breathing slowly. Focus on my voice. -in (breathes in) - out (breathes out) -in (breathes in) - out (breathes out) Slowly.

JESS

Oh Bri (sob)

BRI

(softly) There you are.

JESS

I- (sobs)

BRI

Shhh. Easy. Breathe.

(They breathe together)

JESS

(sits up, still on floor) Bri, I- I- crap.

BRI

You had a panic attack. It happens.

JESS

I know. But it hasn't happened to me in... over a year.

BRI

You have a lot going on.

JESS

Yeah. I'm sorry.

BRI

Don't be sorry. You talked me down from a pretty big ledge not long ago, remember? Trying to return some part of the favour.

JESS

You don't owe me anything, Bri.

BRI

I know. Still.

JESS

Yeah. Still. Love you.

BRI

(voice breaks with emotion) Love you sib.

JESS

How are doing in all of this? You all right?

BRI

(emotionally) I am all right. (more composed) And stop trying to take care of *me*. You're the one who just had a panic attack.

JESS

(small laugh) Yeah. It's- I- (deep breath) Remember when we were kids and we used to stand in front of the mirror and compare our noses, and ears, and roll up our tongues-

BRI

(sticks out tongue and talks) Woo mean wike diss? ("You mean like this?")

JESS

(sticks out tongue and talks) Eggsaky! ("Exactly!")

(They laugh - and laugh-cry - for a while)

JESS

Anyways. Those little similarities, like the tongue rolling you're still so good at, *(smiles)* those made me feel connected to you, and to.. Dad. And to.. Mom - we have the same ear shape, and... So many other things. I know it's silly, but...

BRI

You're wondering if it will matter. To you, to the kid. To Rachel?

JESS

Yeah. *(beat)* I feel awful.

BRI

Don't feel awful. But also *(thinks)* Mom and Dad were never big on showing the love.

JESS

Definitely not.

BRI

Maybe in a more loving family, those small physical signals of connection wouldn't be so important.

JESS

Yes. *(breathes)* That's probably true. Oh Bri, I don't know what to do.

BRI

(looking for the right words) You've been talking a lot about how this would play out if you said yes. *(beat)* What would happen if you said no?

JESS

(upset) We would... break up, and I would still see her, and... the child, 'cause of Maia, and *(breathes quickly, more shallowly)* that would... *(starts to panic again)*

BRI

Shh. Breathe. *(breathes, JESS joins. They breathe.)*

JESS

(very upset) That would be horrible.

BRI
(softly) OK.

JESS
I- that's not what I want.

BRI
(softly) So what do you want?

JESS
I want... Rachel.

BRI
All right.

JESS
(realizes) And a family with Rachel.

BRI
(softly) There you go.

JESS
(slowly) There I go. Wow. (huge sigh of relief) Where would I be without you?

BRI
Horribly self-absorbed and depressed out of your mind. (beat) As would I, for the record.

JESS
Yeah. (smiles) So glad you're my sib.

BRI
(voice breaks with emotion) Likewise. (beat, smiles) So, am I going to be an aunt now?

JESS
(through happy tears) I think so.

(footsteps, soft knock on door)

MAIA
You two all right?

BRI
Yes, come in Maia.

(door opens)

MAIA
How are- (matter-of-factly) You're on the floor. Comfy, is it?

BRI
Not really. Come on, sib.

(They get up, BRI helps JESS as she is still shaky)

MAIA
Want some tea? Tia's making scones.

BRI
Sounds like the perfect thing.

JESS
Oh yes. *(surprised)* I'm hungry.

(They start heading out of the room, footsteps)

MAIA
So today I tried out those new enormous knitting needles - the ones as thick as my leg - and I couldn't stop laughing, they were all over the place and my arms are way too short and the yarn was too thin and it was just...

(door closes, Maia fades out, very soft click)

Scene 22.5

OLIVIA
(shaken) I'm back. *(pause)* So, I cut that short, there was round 30 minutes of dead air after this. Sometimes with very faint kitchen-type sounds and voices I couldn't make out. Thought you'd prefer to not have to sit through that. I- I don't know what to say after that. *(suddenly yawns)* Sorry. Suppose I'm tired after today's run. Also- Yeah. I'll just go sleep. Talk to you again next week. Here's this week's trailer. Hope you like it!

(Trailer for Ignorance Was Bliss)

OLIVIA
If you knew either Kat or Jess or any of their friends twenty years ago, I would like to hear from you. Please e-mail me at y2kpod@gmail.com, find me on Twitter or Instagram @y2kpod, that's the number two. Also check out our webpage, at y2kpod.com, where you can find more info, and, of course, listen to all the episodes. The show is also on Apple Podcasts - what used to be iTunes - on Google Podcasts, Spotify and wherever you get your podcasts. If you like Y2K, please tell your friends to listen too! And if you have a minute, it would mean so much if you would rate and review the show on Apple Podcasts. It can help others find the show. And also, it makes me very happy! If you want to support the show further - thank

you so much - you can do that by going to [patreon.com](https://patreon.com/y2kpod) and pledging a monthly amount - from 1 US dollar you get all our episodes early! So if you were a patron, you could check out next week's episode in just a few days! Our fantastic music is created and recorded by Jake Haws, check out his podcast "Making Music with Jake Haws" to hear more. I'm Olivia, thank you for listening, and welcome back next week when we return to the year 2000.

(OUTRO MUSIC)