

SEASON 2 / EPISODE 5 / Elkie Hughes

F*ck, who said we needed fixing anyway?

Elkie Hughes and I chat about expectations, self-acceptance and giving ourselves a little room.

WHAT WE GET INTO

Elkie and I get into all the expectations we pick up. Family, work, society, that voice in our heads. Before signing up to be a “better version” of ourselves, shall we ask who decided the current version needed fixing?

Five things from our chat.

01 Did you choose that checklist?

Elkie talks about the expectations we pick up from family, culture and society. Just because something is familiar doesn't mean we have to keep it.

8:19-8:46

02 Whose “best version” are we chasing?

Elkie questions measuring ourselves against a societal checklist. It's worth asking whether those standards feel like yours at all.

8:51-9:31

03 Even the bits that aren't all neat and tidy.

Elkie talks about accepting every part of ourselves. There's a different starting point from treating ourselves as a project that always needs more work.

11:58-12:17

04 An old conclusion is something we can get curious about.

Elkie uses a childhood playground example to explore how someone might arrive at “not good enough”. It's an invitation to reflect, rather than diagnose yourself.

14:21-15:00

05 A quiet moment doesn't have to look impressive.

Elkie suggests a brief pause or a walk. You don't have to start with an hour of seated meditation to make a bit of room for reflection.

52:45-53:29

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Fancy giving something a go?

A few things to try. These are our suggestions, inspired by the chat.

☐ Catch one “should”.

Write down an expectation you repeat to yourself. Where did it come from? Does it still fit the life you want now?

☐ Try saying it a little more kindly.

How would you put it to a friend? Rewrite the sentence in a way that's specific and realistic, then keep it somewhere you'll see it.

☐ Have a moment without fixing anything.

Sit quietly for a minute or take a gentle walk. What do you notice? You don't have to solve every feeling as soon as it arrives.

ONE THING BEFORE 50 - OR STARTING NOW

Can you meet one part of yourself with curiosity instead of criticism? Wanting change doesn't have to mean deciding you aren't good enough now.

A QUESTION FOR YOU

The “should” I'd like to question is...

A kinder way I could say it is...

[LISTEN TO THE FULL CONVERSATION](#)[TAP HERE >](#)

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