TYBI E0: What Does it Mean to Tuck Your Boobs In?

[00:00:00] **RebeccaCia.co:** Welcome Survivors to tuck your boobs in the podcast that prepares survivors for the battle of overcoming trauma, and it helps you get your shit together after childhood sexual abuse or sexual assault. I'm your host, Rebecca Cia author speaker survivor on a mission to help women all over the world.

[00:00:16] Rise up and shine on after sexual abuse or sexual assault. . And before I go any farther, I think I need to explain something.

[00:00:23] Tuck your boobs in isn't about censorship of the female body. So please don't send hate mail. I'm not a bad feminist. I [00:00:30] promise

[00:00:30] Tuck Your boobs and refers to that moment when we take a pause right before taking on a big task we are determined to conquer like carrying all 17 bags of groceries into the house in one trip or walking into the boss's office to demand a raise. It's when we stand up, reach up under our boobs and we grab our bra and we give it a little wiggle.

[00:00:48] We make sure the girls are tucked in safe and sound and that we are ready to go into battle. So tuck your boobs in the podcast aims to do just that. Taking a NO BS approach to preparing you for [00:01:00] the battle on your journey to overcoming your trauma and becoming a POWERFUL FUCKING WOMAN.

[00:01:06] Every Wednesday, I dive into the touchy, feely, super science of trauma and give you real actionable steps to help you understand what is happening in your brain, your body, and your mind, and to help you turn your pain into power okey-dokey. Now, this is the part where I would normally be offering you a trigger warning, but I don't believe in trigger warnings or sugarcoating things.

[00:01:26] Studies have actually shown that trigger warnings can cause [00:01:30] more harm than good because it primes the brain to seek danger. And the participants often find the material more disturbing than they would have otherwise. I do understand that some people are more sensitive than others. So please note some of the stories and the topics that we will discuss in this podcast include childhood sexual abuse, rape violence, personality disorders.

[00:01:51] And other psychological conditions. I do my best to avoid unnecessary details. However, if you feel that these topics are too uncomfortable for you to [00:02:00] manage, then I strongly encourage you to seek help directly from a licensed mental health professional. Nothing in this podcast is intended to substitute medical psychiatric or psychological help.

[00:02:11] I am not a licensed therapist.

[00:02:13] I believe a massive part of my success in stopping the trauma cycle and building a life that is free of shame, fear and anxiety caused by both childhood and adult trauma has come from being 100% real and honest with myself. And I encourage you to do the [00:02:30] same. I am a survivor of both childhood sexual abuse and kidnapping, rape, and attempted murder as an adult.

[00:02:35] And I got sick of just coping with the black cloud of trauma that followed me around for years and was sabotaging my life. I got tired of being revictimized living one crisis to the next, and I finally decided to do something about it. So I tucked my boobs in and quit my 20 year career in architecture. And instead I studied psychology neuroscience, and even epigenetics.

[00:02:59] I [00:03:00] became certified in hypnotherapy and neuro-linguistic programming as a way to better understand what was really happening in my own body and mind. Why I felt like I was going crazy and had no control of what was happening in my life. And I finally learned how to take back control of my future. Now I am dedicated to sharing everything I have learned along the way in my healing journey with great educational content, including the neuroscience and even epigenetics of trauma in women

[00:03:25] in women.

[00:03:26] Interviews with experts and other survivors on how they achieved [00:03:30] post-traumatic growth and even actionable how tos you can implement right away on overcoming some of the most common challenges survivors face. Now I am so glad you were here to join. So go ahead, ladies, tuck your boobs in and let's get started.

[00:03:43] Now, if you have any questions or want to share your own personal experience, please leave a comment below or DM me directly @RebeccaCia.co for any anonymous contributions and as always, thanks for listening. And don't forget to tuck them in ladies and stand tall.