Kimberley ([00:00:00](https://www.rev.com/transcript-editor/Edit?token=xUyvmK9GJSyKrvAoxggcS1vR4diYTBiUuJw0Qm6EsjkNZU5DKFo-ZyeSCZmnFx7LfVpH6bnDvhFa1ZhfOBL7KOhs93Y&loadFrom=DocumentDeeplink&ts=0.31)):

Hello, my name's Kimberley Lee. My career name is Kim Sung Mi. UI am 38 years old. I was adopted at four months old from Busan in South Korea to Sydney, Australia. And I'm still currently in Sydney, Australia.

Adapted Podcast ([00:00:14](https://www.rev.com/transcript-editor/Edit?token=baGot-U4BgLmXvem_tkEwHKDhdLPUu1JehEq2-tCSbCsfyE-Y2edqeKPoax44xvU1w2JbpCa4yNLxNakamiK8KpRZK4&loadFrom=DocumentDeeplink&ts=14.98)):

Okay. so you've, you've lived your whole life aside from the beginning four months in Sydney.

Kimberley ([00:00:23](https://www.rev.com/transcript-editor/Edit?token=QMoPOqRIeDd7383QoXUTkscG9kdxWgnnsEklhdwZBmMRu34nIzkUkuQ42MQD3gKh1BWdIyb9X4RnoIlf6Fa8i9CIeNU&loadFrom=DocumentDeeplink&ts=23.8)):

Yes, I did a short stint in Melbourne for a year and a half, which I loved and made some really good friends, had some really great experiences, but Sydney has been home. I I do have a desire to some point live overseas, but you know, the world the way it is right now, I, I dunno when that opportunity will come about, but I'll put it out there to the universe and see what happens.

Adapted Podcast ([00:00:47](https://www.rev.com/transcript-editor/Edit?token=Mi7M8RhqZs5kwVJADPTKid4gcEgTsyTaA5C2jGk-ZmscUkR_eST92ZIdzxRviPgvzudU5SZ9bX_Zu0zQCIKXgBOuxZc&loadFrom=DocumentDeeplink&ts=47.25)):

<Laugh> what do you do in Sydney?

Kimberley ([00:00:49](https://www.rev.com/transcript-editor/Edit?token=j13Ua18SvDgxZkT11o4XwE0bgWLxByqw9Y2vSswWpCaH_UGTcEOZ1XdwWVQkmoBEH1WfpRaz7HgXFdlvDIySjaD-2Yk&loadFrom=DocumentDeeplink&ts=49.93)):

I am a communications consultant. I'm also a therapist and a meditation teacher. So they're the work things I do, but I also do hobbies, newfound hobbies, actually in the last probably two years of, of exploring identity and exploring what are the things I actually like to do and figuring out what I need to make time to do so that I have a also can build sense of self, but also maintain good wellbeing. I guess have to practice what I preach as a therapist. So I do the gym three times a week with a personal trainer. I do power lifting, which I love of I do two dance classes a week. I do walks, I do lunches, dinners and Hangouts with family and friends. Yeah. And whatever, whatever other adventures I can find.

Adapted Podcast ([00:01:50](https://www.rev.com/transcript-editor/Edit?token=e_CV44zcCHV76nG1wzwkho9m6no1V0O0DO-k1A3a0squqTjYEsQbUNA60yq6QUoFO0t25FlwORNqXJpobOgV0uBP7-w&loadFrom=DocumentDeeplink&ts=110.1)):

Wow. So really your social, your active you're active. You look, you you're doing life. Well, it looks like

Kimberley ([00:01:57](https://www.rev.com/transcript-editor/Edit?token=2Nu8CebrXvXqNiR0SJGGqr84igcoMIm1jqEk4sZfMqmIazGez1kg49ujN1idmFvPj4Zw-gYDTIT2sCqTbeboFJA5CVQ&loadFrom=DocumentDeeplink&ts=117.77)):

<Laugh>. Thank you.

Adapted Podcast ([00:01:59](https://www.rev.com/transcript-editor/Edit?token=2YyAAk6w9ZATu5T8ca7lV-CHc426unm1dgUqXuBS0bRI76ySaJwCrx3wJwpJ8c9OmBHPi1bcesF3aofGFwEEsaU_EVE&loadFrom=DocumentDeeplink&ts=119.84)):

What should we know about people in Sydney? Are you Sydney?

Kimberley ([00:02:05](https://www.rev.com/transcript-editor/Edit?token=F5RuElSIWSgX9o-6sI-sasbTzEhsvyhKP6LVFOhKU9mKyGLTYDmsb_dtRMDDoLSZ1ra-Jpj9MpciUh6GWO18BHJ8-3A&loadFrom=DocumentDeeplink&ts=125.89)):

I, I don't think I've ever heard it called Sydney, but let's run with that. I like it. Look, I don't have a lot to compare it with except Melbourne. And I don't know if that's enough of a stretch to provide any good comparison, but I think, you know, people in Sydney are fairly friendly. I think, you know, with the pandemic and everything it's changed the way people are generally around strangers and around one another and with one another. And I think, you know, just with technology and just the way the world is now, it's very different to how it was maybe 20, 30 years ago, but Sydney is great. I love it here. There's always something to do. We're super spoiled in terms of location being so close to well being on the, on the water's edge. But have so many green spaces and then not be too far from, you know, a little bit of a country getaway or a coastal country getaway. And you head further inland and we have this massive desert if that's what you're into. So we have a range of things. We also have snow as much as people overseas think we don't, we do it may not be the mountains of Colorado, but they're good enough. So we're spoiled for choice here in Sydney.

Adapted Podcast ([00:03:27](https://www.rev.com/transcript-editor/Edit?token=ewcLuEYukQ1-XuSaOViJud4TwS5RCgfwb7-AdgPRo8Pzr_RAHo20vMk1t0W1c8zfxDUvZotRjpTwQAPzBMIfYAGlGtk&loadFrom=DocumentDeeplink&ts=207.15)):

That sounds wonderful. Tell me a little bit about your family growing up in Sydney.

Kimberley ([00:03:35](https://www.rev.com/transcript-editor/Edit?token=mgbDeeTQxCg3ifEUWpw1CA9DKIzKzHHiA72kpcVC9wpuOY3xFsK7jGtuumNhhGoGyl05gO5hfpY1Hdk0hx4PWSGsv9o&loadFrom=DocumentDeeplink&ts=215.02)):

Sure. So my family I'm calling my mom and dad, my adopted parents. My dad is Chinese second. Well actually, no, he was born in China, but moved here when he was five and he's now well into his seventies. So he's basically born here is I guess, how you would describe him. And my mom is Caucasian, so she's a descendant of the first fleet. So I think being adopted by a biracial couple is I'm finding a bit of a unique experience. Not only for that fact. And back then in 1984, when they adopted me, it wasn't super common for, you know, mixed race couples to be together or to, to have children or to adopt children. And so I've grown up in a family with somebody who visually I've been able to identify with being Asian. I know that's a broad stroke category, but at least there was you know, somebody who looked like me and then a whole family, a whole side of family that also looked like me and I'm finding, and I'm finding that, you know, that's had quite a significant impact on, so my mics just come off, let me just pin it back on my clever mic that I bought.

Kimberley ([00:04:59](https://www.rev.com/transcript-editor/Edit?token=5OS8YijVWWfOooJ7epLPTjSHBpR4VpQ0A56bj_7GPrmhGxcpeIj8zoPo2OZ1qk5tdAzFVpxDGzqZsU_yVxTNqJbooG0&loadFrom=DocumentDeeplink&ts=299.42)):

I just realized I just flipped it off with my big hand gestures that I do. I'm like, surely there's some Italian in there and my DNA test, but there's not <laugh>, but there is some Chinese actually and a little bit of Japanese in there as well, which is interesting. And we can talk about that later, but going up in a family with Chinese culture, Chinese side of the family, people who looked like me, but looked different to, I guess, mostly white Sydney, where we grew up has been quite unique. Also having two parents that have experienced racism mom, within the Chinese community and then dad in you know, a white community here, predominantly white society. So growing up I felt was pretty blisful. I think they protected me and, and my younger brother and sister who were not adopted, but I think they protected us from a lot of those kind of harsh adult experiences, I suppose, as much as they could in terms of racism and difference.

Kimberley ([00:06:06](https://www.rev.com/transcript-editor/Edit?token=U8wbNzQDsYJ2PU83KKXuPQuZbG0GCVbUXwhq31NNxXnPwo1Mbb3EgF0sHnjiYuvdI3bE4JPMpZ9clfCVvLMmwbL_akw&loadFrom=DocumentDeeplink&ts=366.46)):

You know, dad, dad's a GP is semi retired now and mom was working too. So we also had two parents who worked. So we were, you know, lived a comfortable lifestyle in a house in Sydney's St. George area went to school. There had lots of friends actually had quite a few friends who were, you know, Greek or Lebanese Jewish. So a fairly multicultural community, I suppose, of friends and of, of family friends as well. We, oh gosh, you know, and I've talked about this in therapy because I'm like, I have ha I've I have happy memories from childhood and I'm like, yes, but surely they can all have been happy, but you know what? Yeah, there were obviously moments more within myself than within the family. But my parents really wanted children as many parents do who adopt, but they really wanted children.

Kimberley ([00:07:09](https://www.rev.com/transcript-editor/Edit?token=FZuoFPxRMAbUyvGHVbfaT72eIKqAEDPQjHSXTbFJrgR6WXv9MjJlrbdUu8iHpGsVOBjT3EBq5A1nuCw1AUf2PMOAA_w&loadFrom=DocumentDeeplink&ts=429.31)):

So they tried IVF for a number of years after, you know, heartaches from miscarriage and, and not being successful at conceiving and then adopted me and then gave IVF another go and had my sister. And then six years after my sister was born. So she's three years younger than me. Mom sat us down. We were holidaying in Fiji where dad was working as, as a doctor on the island. We stayed up at the time and they said, look, I think we're gonna have a baby, but you know, mom was 42 by that time and had only, you know, carried one baby to term via AVF. And so they prepped for all of the things that that could happen, that could go wrong. But everything was fine. He was born he's fricking genius. All of the potential things we were prepared for, it didn't happen.

Kimberley ([00:08:02](https://www.rev.com/transcript-editor/Edit?token=9rwk4lS1P4f4Ws6T35797WX5gnU1liOZa58ouaJ0IbxAZDebFh8ERQrBf8meFFlidui4xcUXAfvlmb7j1RAlzlVlT-U&loadFrom=DocumentDeeplink&ts=482.48)):

We weren't prepared for this incredible human to be born, but my parents have had children, I suppose, every possible way to have children adoption, IVF and natural born, I'm saying natural with inverted com. So it's, it's a, it's quite a, it's an interesting story. I suppose, the story of my family and, you know, growing up in that kind of environment where, you know, it was full of love. And I feel very fortunate to have had the experience that I've had. We're a close family even now. And I have a lot of friends who are like, it's so epic, but also it's kind of weird. <Laugh> that we're all adults, but we love hanging out. We love spending time together. We love family holidays. We actually really like each other as people. And you know, we're all quite different. I think my parents did a great job at setting boundaries and rules, but allowing us to also be able to explore things that we wanted to explore.

Kimberley ([00:09:06](https://www.rev.com/transcript-editor/Edit?token=L9BOT8frqZKav_N6zJA2Wfrf-71f22KchMeBsQ_UzsG14whuHCaVx6VH1W6gCogISeYa7BSMb_IXfzAAnlyL96WKdIU&loadFrom=DocumentDeeplink&ts=546.26)):

As, as teens, as older teens, probably more than younger than younger children to allow some kind of freedom. I'm sure there are a lot of things that we did that they didn't agree with and, and definitely still do, but that, but that's okay. So, you know, there's, and you know, maybe there's something we can get into a bit later, but there are all of those pressures of being adopted and having to adapt to survive that again, worked through at length in therapy slash still working through. But, you know, when I take a step back, even with that lens and a, a trauma informed lens in mind, and knowing now the trauma of relinquishment and abandonment issues and all of the ways that being adopted can impact us in our development. I do think my parents, you know, I do believe that they did the best they could.

Kimberley ([00:10:05](https://www.rev.com/transcript-editor/Edit?token=2-CQkcsijJbKWDVMtzjkr18AvGnP9SpWF0AKGqmCDbBVaS4bZy9NA4tyYhAqe2kFsvtRNi0LX0_x0XGsoCLceYEoiYY&loadFrom=DocumentDeeplink&ts=605.27)):

And I, yeah, I'm fortunate. I don't feel indebted anymore because it is a debt that we can never repay or it feels, can feel being adopted, can feel like this massive debt like this nice couple have given me a life and all of those stories. But yeah, no, I'm grateful. And I think, you know, now we have a relationship as, as adults, as separate individuals, all of us, the kids and parents, and sure we'll always have that parent child dynamic, but we also now have shifted. I feel into being adults, living our own lives, choosing to come together with people that we like who happen to be family who we love <laugh>.

Adapted Podcast ([00:10:47](https://www.rev.com/transcript-editor/Edit?token=xsqnzrfuBwOPCztAIvySbdKsyV7T9YQldHePVGBgOmGc86N-f3o7Rh30CskTLQ1DNih2fCH0iPw-OYa0X7qbCBehWtI&loadFrom=DocumentDeeplink&ts=647.02)):

So I would say the majority of the adoptees that the Korean adoptees that I've interviewed are in transracial families or mm. The parents were of a different race. Mm-Hmm <affirmative> primarily white in your case quite unique. Right. I'm wondering if you had struggles in your identity growing up or, and, or did you feel Chinese, or did you, did you feel by having an Asian parent that it wasn't so difficult? Like you weren't trying to be something you're not

Kimberley ([00:11:33](https://www.rev.com/transcript-editor/Edit?token=Xoa8s1iWt1f7hLILBbfqVzUMizQxG03uPBH1D5e9-alAzx-uY6NI8CxKK0nxgR53vuOPHrGL77rerZxlx92mnXbN3tI&loadFrom=DocumentDeeplink&ts=693.57)):

Look, it's hard to know because I've only ever been Asian with an Asian parent, but look, I think on one level, yes. Not in, not so much in the sense that we're both Asian, but more in the sense that we knew what it was like to be Asian in. I guess the, the place where we lived and the place where we went to school. And so being different, I suppose, different from the, the white norm, I think has been significant. I never felt I've. I still probably don't, I don't, I've never really felt Korean or Chinese or white Australian. I just feel like me and it's still something they ruminate over. I'm like, well, you know, who am I from that racial, cultural respect people often strangers usually will ask me, where are you from? And I'm always like Darlinghurst or wherever I'm living at the time, knowing full well that they're asking about my racial background, but I just don't know like I'm Korean, but I dunno what that really means or feels like when, compared to somebody who has strong cultural Korean ties, because often I'll say I'm Korean and it doesn't matter what racial background the other person is from.

Kimberley ([00:12:56](https://www.rev.com/transcript-editor/Edit?token=PqTQYxp_za7dPgkEvV59CJqWdNl0KI8gBfJCX5P98M6jlNEkC-VGer8FUVTWeGSCLXfg-PdMaTyp-lyVWep8DnsNc-g&loadFrom=DocumentDeeplink&ts=776.36)):

They'll start saying words in Korean and I'm like, huh, I don't know what you're saying. And then I'm like, you know, I, I don't speak Korean. And then obviously they ask questions about that. And I'm like, well, I'm adopted. And then, you know, it's, it's, I I've learned how to, I guess, process and manage that a little better. Whereas, you know, in the past I'd feel a bit shit about it, to be honest and be like, I'd feel guilty. I'm like, first of all, I know that I look this way, but I don't feel this way. Second of all, I'm sorry, I don't speak the language. I'm sorry, I've let you down. And then if it kind of gets to, oh, but my, you know, my dad's Chinese, mom's Australian, like mom's Caucasian, then they'll say, oh, do you speak Chinese? And I'm like, no, <laugh> and they speak one language.

Kimberley ([00:13:42](https://www.rev.com/transcript-editor/Edit?token=op3YHIIg_jHWsNl8E3A-DQfsA_TjCKU7RpjJgNVOHV2mipd9nVaxqfdvCCVCShX6NCFaVjGkBsT1ceAWPuFQ7Ztd6qc&loadFrom=DocumentDeeplink&ts=822.62)):

Similarly to when people say you speak really good English, I'm like, well, thanks. It's the only language I know. And then we get to, oh, but where are your, where are you from? Or where are your parents from? So it's always a bit of a Rigal. So I, yeah, in terms of identity and culture, I, I still, it's still a work in progress. I still don't really feel like anything, but probably like, again, inverted comments, like modern Australia and whatever that means more than anything else, but I I'm ready to explore my Korean roots more. I've been getting a lot more involved you know, with, with adoptees and just being more interested in general.

Adapted Podcast ([00:14:28](https://www.rev.com/transcript-editor/Edit?token=-Y8v7w35f4KemZ_kJ03Xqdcfg1Xh1tB1be6gWYP4fbtebYOk1JuhDE5_Mq4ZZkiUz_yYX8fToiF1drVkTWednaX4e8A&loadFrom=DocumentDeeplink&ts=868.68)):

I'm just thinking also, like with, when you said your, with your Chinese side of the family, mm-hmm <affirmative> are they imagining, you know, Chinese folks still stereotypically are very close, close knit family. I dunno if that's true, but that's what I imagine. And did you, at times, do you think, want to be Chinese or felt a bit of an imposter that you weren't, but there were maybe some things you picked up from your family, you know, meals and food and, you know, salutations and things, you know, that are sort of more culturally Chinese or maybe it didn't. Can you explain, talk to us about that?

Kimberley ([00:15:11](https://www.rev.com/transcript-editor/Edit?token=ZoXE1Bgm8l3Xgnh8MbfTy5HsK2hvP7p4x207YZQShl5FCcxBZ_1o12EgykLW7SUhtP8ZkYN2dH0lLNC6DZ-zUBS22NU&loadFrom=DocumentDeeplink&ts=911.78)):

Yeah, look, I think when I'm around my Chinese side of the family and there the last pre pandemic gathering we had, I think there were 70 people at Christmas. There are a lot of people and look, that's also people who've married into the family and then three generations and all of that, but we do, or we, we have typically had Chinese feasts, great cooking. All the food is amazing. You know, there is an annual go to the cemetery and honor past relatives thing that we do thing <laugh> I sort of <laugh> cultural what do you call it? Practice of burning incense and bowing and pouring rice wine and tea and burning you know, paper, money and paper, clothes, and paper things. And that was always quite interesting and well, you've read and we give, read red envelopes to mark special occasions.

Kimberley ([00:16:09](https://www.rev.com/transcript-editor/Edit?token=-7SU19zemFGBXA8K8jEJ3ywWx1wUK0IL0Qf8sxsbbeWYRr1l6C_pxzD3UyJF5yimpK4GQR2_IM2IYvo1vZgA1Arkr-4&loadFrom=DocumentDeeplink&ts=969.55)):

So there are different Chinese cultural things that we do as a family. But I wouldn't say that we are strongly, you know, take holidays for, for Lunar new year. I don't know if any of us, I don't get a sense that anyone's like, oh yeah, I'm really Chinese <laugh> because we're all pretty Aussie. But I, I guess in terms of wanting to fit in and wanting to blend in with the family, I haven't really thought too much about the fact that I'm not Chinese. I think I've just gone along with, yeah, this is my family and this is what we do. And then doing my DNA test and finding out that I'm 16% Chinese, I was like, oh, yes. That's why it felt, felt maybe that's why it felt so. Right. So that in itself was kind of a big move for me doing the DNA test to, to find out, first of all, am I actually Korean in my genetics?

Kimberley ([00:17:12](https://www.rev.com/transcript-editor/Edit?token=FHQp89_ZPPJ1KthKM0FbFAfNybnlFKGZD47wOLohOkqUl4WELPLXcySwQpXRwdZsNbcX_3yx3yErq51NrhDRXZXsxoo&loadFrom=DocumentDeeplink&ts=1032.9)):

M,but also what else is there? I don't know yet, cuz I, this is only probably a couple of months ago that I did this. I don't know if it really has changed how I feel about my like racial identity, cultural identity, knowing that I'm well, I'm 60, was it say 64% Korean, 16% Chinese, 13% Japanese and all the rest, just different Asian. UI actually did two tests. The second one was even less helpful. It was just Korean and little bit like not, not much other breakdown. So I'm of like, okay, that's there still, haven't done my birth search, birth parent search. So still don't really know a lot. I'm okay with being a little bit ambivalent. Oh, not ambivalent a bit ambiguous, I suppose, about how I feel about my racial cultural heritage that said there is like near my place, a Korean cultural center that I walk, walk past, like at least two or three times a week. Every time I go by I'm like must go in there haven't yet, but I will. So the interest is growing probably the older I get

Adapted Podcast ([00:18:27](https://www.rev.com/transcript-editor/Edit?token=5SzV0DcjyBmKhqvrCH44zSEFJ8CRVV86RlEWvx2PH8iy4PR8P6EQcf3vrdLzhQFmRvnBoy4pNcX8f3b02X0xI1ir-tk&loadFrom=DocumentDeeplink&ts=1107.99)):

You for adoptees. A lot of us, we just, you know, we're curious about how I, I, for me, I'm, I'm, I've been fixated on appearance and you know, we don't see our genetic family members so that we can say, oh, I get my nose from, you know? Yeah. Do people say to you, you look Korean,

Kimberley ([00:18:50](https://www.rev.com/transcript-editor/Edit?token=IM6Pekw1fYwakmskraY-xd8MdBFqPUj6CpEfFXUzhOzHZiCwf40eXmHgEWTdQ1ZmimOXEJ2BEC_Qwl2MmidK05wsA90&loadFrom=DocumentDeeplink&ts=1130.94)):

<Laugh> no Korean people tell me I don't look Korean. And so that's confusing. I'm like, cool. So what, what, what do I look like? Where do I look like I come from? And then I'll get Thai a mix of things or people like, I just don't know, obviously Asian <laugh> that broad brushstroke of Asian. But yeah, no, I think, look, it definitely went through a time and I, I don't know if this is so much because I'm adopted, but more because of the time and, and growing up in quite a white Australia, there was definitely a time when I just didn't wanna look like this. Didn't wanna look Asian, I think. And not, I don't think even specifically Asian, I just wanted to look more like the white whiteness of society around me at, well, God, when was that old been teenage angsty years. So also, you know, of a time of an age where the world was hard as a teenager, a pimply teenager. But yeah, I, I don't, I don't think it was necessarily because I am Korean and adopted more probably because I was Asian when there weren't many Asian or any Asian faces on TV or in media or in, you know, any of the, yeah. Anything really except in, in our family.

Adapted Podcast ([00:20:19](https://www.rev.com/transcript-editor/Edit?token=ZE66jNGq-f9hwsZLJpySbVTXppnSjUeCmYNqAUfiYBnpEnkRtdXHNgmXmaYyqxeF0nOU9sZMuSVvBZhRWvSHpTU2238&loadFrom=DocumentDeeplink&ts=1219.15)):

So predominantly you were in kind of a, a white Sydney.

Kimberley ([00:20:23](https://www.rev.com/transcript-editor/Edit?token=J50qC_fxO-VPYJRzbEXDAkwgc1UuUVjyH8pfE5_T-n-o8NWX1tNxHNmpXXGvZwv1efQiCybzy-T_57cZ2KT9Nms3vKM&loadFrom=DocumentDeeplink&ts=1223.56)):

Yeah. I mean, look, there were, there was Australia always says we're so multicultural, but maybe in the, in the burbs where we were. But when you look at watch TV, look at media. So, you know, you've gotta be start saying, when you're not seen, like how can you be something that you can't see? Oh God, where is my brain today? This is not helpful. But basically look, we did not see much multiculturalism in media, on TV. And at that time in the late eighties, early nineties obviously there was no social media there, there wasn't which God, I think it's made it better and worse today. But back then, it was just all white faces everywhere in media, all media that we consumed, all of the teen music magazines or the magazines that we were reading Dolly and girlfriend back then the news, Australian soaps, like everything was just white faces. Even the popular girls at school. Aren' went to an old girls school were all blonde hair, blue eyes. And it's not that I have anything against my nephews actually blonde hair, green eyes. It's not that I have anything against that. I just wanted to look more like that than the way that I looked even having a whole Chinese side of the family. I don't think really helped that. So I, I can't say whether it was adoption specific, but more of a time where we grew up specific.

Adapted Podcast ([00:21:52](https://www.rev.com/transcript-editor/Edit?token=w73LSpW-3BHhKLrMtnVxTH_huRafjkE_6Q-rTBsqze2VKCwkP9fRq5zPa_wBWT7vVQvBh8BsL-xNUV5lmda1FGlwLkE&loadFrom=DocumentDeeplink&ts=1312.88)):

When did you, you mentioned that about adoption trauma. When, what happened in your life or when were you, did you start thinking about that or realizing that your adoption was affecting you?

Kimberley ([00:22:12](https://www.rev.com/transcript-editor/Edit?token=kbsj4Mhto-MMdiwnEEL7N95sD54ycjoTmRlsyBuSrT7Y7iGdaMEt2V8TOAXKQcAjYFVur0ZLwHXavPSh05jM1cg8Zzs&loadFrom=DocumentDeeplink&ts=1332.74)):

You know, it was only in the last maybe five years and I was like, there's something up and I don't really know what it is because nothing bad has happened in my life, but like, why do I feel like this? I started to, you know, I went to therapy and talked to quite a lot about it and that therapist, she was lovely, but it was time limited would try and bring everything back to being adopted. I'm like, it's not that that's not why this is something else. And I think when I finished working with her, it gave me room to process and really think about, and be like, oh, maybe it is more than I thought. Up until that point, I hadn't thought there were any issues with it, mainly because I have, I have such a beautiful family and, you know, they've supported anything that I've wanted to do with my adoption.

Kimberley ([00:23:06](https://www.rev.com/transcript-editor/Edit?token=6wmRbPEmm1pP8rpVzRDFF5UrIrabbEYuB3hfIbmLmeast6aSDCd2s0e7Hfp26h9kZuHrtibZsOeX9ptNN29taE8073k&loadFrom=DocumentDeeplink&ts=1386)):

They took me to those bloody Korean picnics that we had every year that I was like, oh God, really? And mom's like, yes, this is important that we go and, you know, have celebrated my adoption day every day for my whole life. Have openly talked about it. One of mom's favorite things to do is reminisce and look back in my old or all of our old baby, the three kids, our baby albums. And, you know, it's, it's never been a secret or information has never been hidden. It's always been available in the filing cabinet. I know where that filing cabinet is and you know, it's always been accessible to me. And so I was like, yeah, I don't think it's that. But when I started reading a little bit more about different adoption experiences and learning about the fog and learning about the relinquishment, the impact of that in terms of childhood development, I started to get a little more curious and was like, maybe there were times, there were definitely times when I was maybe early teens or teens, just teens generally, when things would happen. And I would say to myself, well, if your own mother didn't even want you, of course this is gonna happen. And so those memories of having those conversations with myself started to come back and I was like, okay, maybe there is something there that I didn't pay attention to, or didn't understand at the time, because I would say those things to myself as a teen. And even then I was like, yeah, but this doesn't really feel like the reason.

Kimberley ([00:24:45](https://www.rev.com/transcript-editor/Edit?token=gHIJnw42mSCNWG9uzOEUcK-AhR8bxpQv0Yibda6KtwHd3T1SVTkBiVJ-fBEJFIPUSVFL_qHj8Chf0tp6T1LCdOyY2O8&loadFrom=DocumentDeeplink&ts=1485.67)):

So I was somewhat aware, but not fully aware of the trauma of relinquishment and what that meant and what it could look like and how it might come out as an adult or as a child. And the more reading I did then, the more I learned in my counseling and therapy training about attachment theory about childhood development, having needs met even the expectation. There's a great documentary called in utero, but the expectation of a baby to be born and placed with the person who's carried them for nine months. And what that bond is to have that bond broken, what the impact can have all of this learning. I was like, okay, there's probably some, or there's definitely some stored body memories there that I've just never been aware of or knew where they came from or that they could even exist. And so then I started, well, I still am doing more training in somatic psychotherapy to understand how the body stores, stress and trauma and how it can come out as physical, emotional things, stuff.

Kimberley ([00:25:55](https://www.rev.com/transcript-editor/Edit?token=GUaWjmTHWFHcV47PWF6SGg_mPS7o4MbvX8URrFf8Ay7X2MrMkwpKnpI6Tz7y-D4Gk51xB9rdoLieD7aSw0GGqTwZZ0c&loadFrom=DocumentDeeplink&ts=1555.39)):

And I was like, okay, maybe it's not just my personality and being oldest child Capricorn slightly type a that maybe that's not the reason why I hate my it's not that I hate my birthday. I just feel very melancholy around my birthday. Maybe that's why I have these relationship patterns where as soon as, you know, there's the first fight I'm like, oh, yep. They're just gonna leave me now. Maybe it's why I try so hard to maintain friendships and to be the one who's always like, oh no, I have to be the one to keep this going. It's my responsibility to maybe fix something if there's been a rupture or I have to show up extra hard or do twice as much as work, or I just have to try harder than everybody else to prove that I'm worth being here to prove that it was a good, it was a good choice to adopt me. And to keep me, even though my parents have never said anything to the words of those, that effect, learning about that cellular level developmental interruption, it's more than an interruption, but the, the trauma of relinquishment learning more about that started to make a lot of these feelings make sense. And that's huge.

Adapted Podcast ([00:27:19](https://www.rev.com/transcript-editor/Edit?token=LAELIiPBXf9dyXqOa7V_Y5MBgq5JGNVL3xLHZSgmHptM3VwMfCsCvjhdhHpsE0Eh-ShZrQ49PECsOHWVOsCSIjbIazg&loadFrom=DocumentDeeplink&ts=1639.33)):

Yeah. That really, that does make sense. This kind of feeling you couldn't shake of maybe not being good enough or the fact that you were given up, maybe there's something deficient about you and that you have to overperform and overachieve does that.

Kimberley ([00:27:37](https://www.rev.com/transcript-editor/Edit?token=qXzW7A9rlKc6xSOZeXvUT_WvVvR5HDIp6GsV3Z-gmGwN_JfhvpxwZljOHOnQeV69qTrsbjum6euCSQbXeHm8AicbawE&loadFrom=DocumentDeeplink&ts=1657.46)):

Absolutely. Yeah. The perfectionism street. And again, I was like, so because I'm the oldest child and I'm a Capricorn and you know, we are work hard workers and I come from a family that values education and, you know, we, we have a good work ethic and blah, blah, blah. But actually I remember in year 12, I think before my HSC trials, which is our final year of school I was so stressed that mum was like, I'm intervening, I'm taking the fam mom and dad were taking you on a family holiday to Fiji. You can bring your books to read, but you are not doing any study. This is a break cuz they recognized that the pressure I was feeling was definitely not from them. Sure. They're like, yeah. Do your best work hard. We'd love for you to get the mark. You need to do what you wanna do, whatever that may be. But I was putting all this pressure on myself again, I think probably from this sense of, I must perform and achieve and prove my worth and prove that you made a good choice and that I have value. So I guess it's yeah. Another example of the kinds of people that my parents are, they recognize something was up and did something about it that I couldn't identify myself.

Adapted Podcast ([00:28:56](https://www.rev.com/transcript-editor/Edit?token=HnWHY79BJZKKsdtCRmmaZEJsOxAckltT8Up3TmBXiM0x_5k-BcKm3r4M0Fg-zMqbHLxGZ1HmMi5_lLDA5D5TXA1NiVI&loadFrom=DocumentDeeplink&ts=1736.1)):

It sounds exhausting.

Kimberley ([00:28:58](https://www.rev.com/transcript-editor/Edit?token=-0cyz4CmmSwXfTX8oVFXMluqqndZ4AALG18izvjuLIGy0B35wwLmeACHPzqmLHW7UDKaxbydQD_ybyj1QsviS694hFk&loadFrom=DocumentDeeplink&ts=1738.19)):

It's bloody exhausting. And look, there's definitely still tentacles of that in my life now with all of the things that I do. But I think now I'm at a place where it's more from the excitement of knowing that I can do whatever I want to do without feeling any obligation to anybody. And that it's purely a choice for myself. And I think, you know, a big part of the adoption healing for me has been around understanding that a lot of who I was until I started going kind of going on this unpacking journey, maybe God, eight years ago, maybe at the start I realized like I actually don't know if the things that I like are, cause I like them or because this is what I thought I've had to like to not disappoint anybody or, you know, it's that adapt to survive, silly level feeling that I kind of was like, okay, I'm gonna make it my mission to figure out what I like and to make sure I like it because I like it to figure out what I don't like, obviously all of our life's experiences, whatever they are contribute to that.

Kimberley ([00:30:12](https://www.rev.com/transcript-editor/Edit?token=obJ0lnSDUZcTPpS3QzQl96-P2TqQBWr57VB36kZwmXSSsz5vLQR7VlJB568ES-L9zy7XAkDueReaAsxFQMhF4TcDk3Y&loadFrom=DocumentDeeplink&ts=1812.53)):

But I always had that kind of thought of, you know, who, who is this self that I am and where has it come from? Why do I enjoy certain things so much? And is it because that's what I think I have to, or because I, I just do, is it in my DNA? Are there, are there clues from past biological things that are there? What are they and the more I've become open to that, the more exciting I think I've, I've become about what I can do with my time, which is why my time is so full I'm I'm I feel very fulfilled at the moment in life. I've got hobbies for the first time. And that bothered me a lot for actually a really long time. I was thinking back and I think I was probably early twenties and you know, you do the usual like intro at uni or whatever. You're like, what are your hobbies, blah, blah, blah. And I was like, look, I don't have any hobbies. And it's really worried me and panicked me for a long time. <Laugh> and then I finally realized that I didn't have hobbies cuz I didn't maybe know what I really liked to do. I just thought I had to do certain things because that's what the expectation was. So that's been a game changer in life.

Adapted Podcast ([00:31:35](https://www.rev.com/transcript-editor/Edit?token=Lf6kHznNnqnCNH5kaEC3zI268WqjJ5L4nmFQUxufSXCW_UYAw1AbqpdhUozbV-FydZENG_8QWGyVHKcsj9C57Cm8fhY&loadFrom=DocumentDeeplink&ts=1895.32)):

Sounds like you maybe identified there was at, at some point in your life that you were running around trying to fit other people's expectations or that you thought was their expectations and that maybe there, there was nothing that you deep inside, you felt empty though.

Kimberley ([00:31:58](https://www.rev.com/transcript-editor/Edit?token=cdBSn_IcQpozWt1vpUhgMlsD6X7GsP9JPIvuo4WsaElnOM0pmXN7OCZC7TwtH4ihkCyoHvj9WzSl9kx4x7vnAb-qvtw&loadFrom=DocumentDeeplink&ts=1918.21)):

Yeah. Or just a sense of not feeling whole or unfulfilled. But not, but not being able to identify that at the time. Especially as a young person, I had no idea, but it's probably why I loved staying up very late going to clubs and dance parties and just letting loose and just, you know, losing myself in the music and the partying and all of that stuff. But then I was also able to pull it together the next day, no matter how hungover I felt and made all my responsibilities work a full-time job, do full-time uni do all of these things to never, never drop the ball on anything, but to try and I guess find ways that I felt like me, that I was having moments of me in amongst the doing these things cuz it's the right thing to do. So yeah, it's, it's exhausting.

Kimberley ([00:32:49](https://www.rev.com/transcript-editor/Edit?token=kWkRngbzdhiLb3r8-q_iUoHSpUHyhwxfA6MXxSTkwyJYbYPjA3zPLFQNgjs3reUSJwpvMfqRTBkf7OM-pXsyfvkrToE&loadFrom=DocumentDeeplink&ts=1969.28)):

And then I had a psychic reading last year and she's like, oh you have, you are part of a triplets and you are fulfilling some Akashic contract to a twin that was lost in you. I'm like, oh my God, great. So I'm doing the, you know, the, the work of three people <laugh> all of these things I'm realizing though are bits of information and data points that I'm now taking and going, okay, what do I want to do with that information? How does that help me understand or make sense or make meaning of who I am and my life's experiences and what do I want to do with that next,

Adapted Podcast ([00:33:26](https://www.rev.com/transcript-editor/Edit?token=pWsp0JsMiyHZxeRIRPC6yc1DosLUq7ojKseENTA1FecLAcr43WRhRPUucOqr4I8QO2xp_8ShjL0WJFVeO-QckOasR6k&loadFrom=DocumentDeeplink&ts=2006.55)):

After you started doing some of this inner work mm-hmm <affirmative> could you give us some examples of how you made changes?

Kimberley ([00:33:34](https://www.rev.com/transcript-editor/Edit?token=IFZrOX01ER7LUlX3LvmP7AdflAGL46L4urPklLsT1a1wKzUpVOfwRtfmrEm-DL3umAmmvMvfHeu5fbWjBa36u9suXsI&loadFrom=DocumentDeeplink&ts=2014.81)):

Yeah. I started to practice or get to know what it felt like and what it meant to lead with feeling. So that gut intuitive sense. I think before I started knowing what that meant and practicing it, I was finding many people and certainly adoptee are very heady in that everything was led by thinking by cognition because constantly trying to negotiate is this the right thing for me to do to adapt to survive? Is this what is expected? Am I meeting expectations? Am I going to not be abandoned again? Am I, you know, gonna be accepted? And all of those things when the decision making and the navigation of that comes from the mind is that's exhausting. But also the mind is tricky. Like I don't know about you, but I can talk myself in and out of anything in a split second. I'm like, yes, you definitely want that cookie.

Kimberley ([00:34:35](https://www.rev.com/transcript-editor/Edit?token=sit8xPlXSrros9ElQP2R_hZvWf81PtlQw8Xrtue3H58hy8nQBMGnWWAX_PFirtnwsAUbEfzZlZt8Pc63jl51WKsgnqA&loadFrom=DocumentDeeplink&ts=2075.17)):

It's amazing. You've eaten so well today. You're gonna exercise. And then in the next second I'm like, but you know, you've done really well today. You're gonna exercise you. You don't need the don't have the cookie look. I, I always get the cookie <laugh>, but you know, the mind is tricky. So learning about that and then practicing or, or getting to know what leading with feeling meant. So being able to go, okay, so that's what my brain is telling me, but what is my gut feel? What is my body mind? What is my intuitive sense? Telling me? And often it would be probably the opposite of what my brain was telling me. So then I realized, oh, there's this huge internal conflict. That's where it's coming from my head and my, my body. Aren't telling me the same thing. <Laugh>, they're actually telling me things that are opposite.

Kimberley ([00:35:25](https://www.rev.com/transcript-editor/Edit?token=SOpL82IX0Pjq8YQafP-cMyFtmr4g8QJ7s0o4rX6KGZfXoyeV5DGV_d1iReQ_oyLVkL1ma9n29LNgo6udGDorUD_57L8&loadFrom=DocumentDeeplink&ts=2125.739)):

So no wonder I've been feeling so churned up inside. So no wonder decisions I've made, haven't felt like the right decisions, but I've done it anyway. And then being like, oh God, this is not how I thought this was gonna go. No wonder. I don't really know what it feels like to be me in a way that feels solid. And like, I have an idea about who I am rather than I feel like who I am. And so being quite radical with leading by feeling was very uncomfortable. It meant that I had to pause and actually listen to what is my body telling me? What is my gut telling me? What should I do? And that in itself to practice when you haven't ever done that before is very strange. And quite scary, cuz I don't know if I trust that yet, you know, but the practice is in just trusting it.

Kimberley ([00:36:21](https://www.rev.com/transcript-editor/Edit?token=t8IOdFqtQxIwDhiEa8jqK-oLhblSTI7v8rcM-GvxICmVqaZND_oojTKUJo6nFWVgTp6jZauJHdxofdGU-nnn-zY1JVs&loadFrom=DocumentDeeplink&ts=2181.44)):

Even if you don't feel like you trust it cuz it's yeah, I haven't, hadn't spent probably much of my life trusting my gut because I didn't really know who I was at that level. I just knew who I was supposed to be in terms of, you know, that biological sense of adapt to survive, go meet external all expectations. So I'm not rebounded. All the adoption stuff had governed how I made decisions and how I was as a person, as a young person, I'm talking like child teenager, young adult. And you know, even without the adoption, those are crazy years of trying to figure out who you are and all of that stuff. So adding the layer of adoption, I realized there was a reason why I had this internal conflict. And so making that change to lead with feeling has meant that now when I make choices, it feels right in my gut and also makes sense in my head.

Kimberley ([00:37:27](https://www.rev.com/transcript-editor/Edit?token=iK6G9KlR8hfeqncjBdsLcHEZ05GrLdqmyFLUR68pCg16nDe4lskbNCQlmmUl90T3BHPbniPtE4Wn3JlMvk6g3eAerBA&loadFrom=DocumentDeeplink&ts=2247.18)):

So I'm not saying yes when, I mean no or saying no when, I mean, yes, that's probably the simplest biggest way that I can explain. And when you can say yes and mean yes in your gut or say no and mean, no, it feels really good cuz you're like, well that's my decision wholeheartedly and whole mindedly. And I never really given another thought after that. I'm not second guessing. I'm not questioning, I'm not asking what ifs, what if I made this choice? I'm like, no, but I didn't, it's made it easier to make decisions and commit to them rather than ruminating on all of the other possibilities or all of the mistakes or all of the potential things that might go wrong. Or I just go, Nope, that's the choice I made. And I'm okay with that for better, for worse as well. Doesn't mean it always works out, but there is a certain piece that I've found with making choices from having, I guess, a more, more aligned I know means perfect. Nothing is, but a more aligned mind and body

Adapted Podcast ([00:38:36](https://www.rev.com/transcript-editor/Edit?token=VCqHKbl07vHQarMycRkB73F7v83SeqLm6u2esvEwrqQts1g7XxFgdsWS1s-8rwiFt0CAHCMkVZxs1KjE4BJwXByIi98&loadFrom=DocumentDeeplink&ts=2316.64)):

Trusting your, your feelings or trusting your body's response.

Kimberley ([00:38:41](https://www.rev.com/transcript-editor/Edit?token=aymtRLK1jRevQwHqx_uo4XnAsNNnDm-BX5pzQ8FzgGTubXiZwPcb40crn-TucKFXl0-YR1-KSkaNfsoaPCQ5Vh0wOKg&loadFrom=DocumentDeeplink&ts=2321.6)):

Mm mm-hmm <affirmative>

Adapted Podcast ([00:38:43](https://www.rev.com/transcript-editor/Edit?token=DkuQvb_M2wJOmCTpUE9h0GNqzENAwjnLktsBk71-5CR-73yY6DlC_KHiP5EC1oDOou600TzCMvXVjYV1EkP6aXLIogM&loadFrom=DocumentDeeplink&ts=2323.86)):

As adoptees, we were disconnected from that because you know, what did adoption tell us? You know, we were relinquished and severed from our mothers. And so that was probably just so much sadness and, and fear, but we are put into families that we were told to be happy.

Kimberley ([00:39:08](https://www.rev.com/transcript-editor/Edit?token=sTd02LiLy7ruN2NIvj3BKEp45xGqrePyIYY5HSuXbnCeVgHfx_cmL-z0Kpk5EsBL_Q3A6XA07jb6_ilWrn3G2ma7w_Q&loadFrom=DocumentDeeplink&ts=2348.1)):

Yeah. Yeah.

Adapted Podcast ([00:39:09](https://www.rev.com/transcript-editor/Edit?token=dMg0i-Q2Z2GqoC6wHNJxg3PLKXxJHRSnerJo8unXgX2ZrEMwO50zJshTt4OCcrTnpX4q7430fxf5QpZBstzmWC1dXMs&loadFrom=DocumentDeeplink&ts=2349.89)):

And, and that in a way is like we performed the happiness and of course, you know, I'm sure you were happy with your parents, but it was sort of ignoring your natural responses.

Kimberley ([00:39:25](https://www.rev.com/transcript-editor/Edit?token=4nKuaErUKqUpQ2__IBLTL0yspXOE34j653UGMo0hpsyBGhuqMRZzVkxolil5uFjlpWh_8v-ToewhfXLpkTzh2ZJzkUY&loadFrom=DocumentDeeplink&ts=2365.01)):

Yeah, absolutely. And I think, you know, as, as babies, as adoptees, we learned so quickly what we need to do to be taken care of, to survive and you know, learning, doing my somatics training has been monumental in helping me understand that. And knowing that, you know, things happen to our little bodies as, as babies at that very base level of adoption, the relinquishment being handed around to many different people in many different environments, crying when we needed a need met and not having it met when we needed it. So learning that even when we give feedback or ask for things, it doesn't matter. It that is, you know, completely irrelevant. We get fed when we get fed or we get picked up when we get picked up. It's not when we actually need those things. And so I think, you know, quite quickly, well I think for me, I became is the word I was not embodied at all.

Kimberley ([00:40:27](https://www.rev.com/transcript-editor/Edit?token=P7GaJwk10gaFNNjmlssYKRa4FlXXqx4VRKy5Lr9PT2GL_Ec3GIQvqaoAUGJVMHlDAE1R4T_Gr4QM5T5XDk4Gz-fnabA&loadFrom=DocumentDeeplink&ts=2427.501)):

Which is why I was so heady and just existed at that cognitive level for so long. Even to the point of, I remember thinking, you know, I tried yoga, it was very uncomfortable, but one of the big reasons was I didn't feel safe closing my eyes and so much is like, and to shut the eyes down. And I was like, no, are you kidding me? I'm in a room full of strangers. Why would I close my eyes? And I realized that wasn't really the, the natural response of everybody else in the room. And I could see cuz all their eyes were closed and my eyes were still open. So even those little examples of realizing that actually I didn't have a natural comfort that others seem to have in their bodies. I remember even I would've been, I don't know, maybe 12, I had tennis coaching and look, the coach was not through it.

Kimberley ([00:41:19](https://www.rev.com/transcript-editor/Edit?token=bkXlqEF-hF2ZJd_BOc4xRQ2zS2q7FPNgjApzFuYwiu0nsfRxgPhTDo9o0SKeQzkHwxs7MzOjfck1EZHVAQeCg1OFpOM&loadFrom=DocumentDeeplink&ts=2479.96)):

He was the loveliest person. This is not a comment about him at all. But I remember putting the balls in the basket and he like just brushed my hand as we were putting the balls in, it was nothing sinister, but I kind of jumped back and he was like, oh, sorry for touching my hands. Like you recognize that I'd had this big reaction from just an accident, you know, whatever, just mad Rumage for the, for packing away at the end of the session. And actually that kid's coming up for me and I'm like, well, I really didn't have a sense of boundaries of what was safe was not safe or of being, you know, in my body where the body is a boundary in itself. A lot of the time I never had, I never knew because that was just not the experience that'd had.

Kimberley ([00:42:03](https://www.rev.com/transcript-editor/Edit?token=8ki51NmHsqif6tG0zTa2tauOMjCSiSoAvq29eYcvQgR3q7JS3_ZRQwpbkLUG4flr59sNxvOhUf3vy3mlm4zJPGxtv_k&loadFrom=DocumentDeeplink&ts=2523.09)):

And obviously I was little, I'd not gone on gonna do some research into this. I just didn't know. So part of, you know, the healing and the looking inward and gaining these insights about myself and how I am as a person, in terms of my reactions to things, realizing these things, I was like, wow. Yeah, I really just didn't feel like, I guess I was connected to my body or that it was my own and that I had choices about what I wanted to do with it or not do with it, I suppose. And probably why, you know, 10 drinks in with my eyes closed in the middle of a dance floor. It felt really free. Cause I was just moving my body, not looking at anybody, you know, and saw a lot of the work that I've done, I think over the last eight years or so has been very much embodiment work without knowing that that's what it was called.

Kimberley ([00:42:57](https://www.rev.com/transcript-editor/Edit?token=eQonN0z21O3wTxvqbBfOUqboOCYCB1j1fac_Gr4780WLoT2717Lrf9J0evBnAgA7XuSMr1NjLAM8JWZ49yZaGsc0UBg&loadFrom=DocumentDeeplink&ts=2577)):

But I knew that when I was like, right, gotta find out what it means to feel like me leaning into things like the gym pole dancing classes for us as physical activities, but also being able to just sit still in my body and feel safe with yin yoga meditation, becoming a certified meditation teacher was a huge thing because it meant that I could actually just sit and be me and it felt okay and now I crave it. I need it to daily and negotiable for my wellbeing. But like it took 36 freaking years to get here, like it 30, 35 years to get here. So it's a long time to not really know what it felt like to be me without having that language even.

Adapted Podcast ([00:43:49](https://www.rev.com/transcript-editor/Edit?token=_SCO2ksNEhctxLiEeIt7_vR7HpmBoar1hXFPeVieW322yJvEQFUgrWWCZILMY_SFZM0eV0IYB6n73pnG6aUUyWGWW8I&loadFrom=DocumentDeeplink&ts=2629.46)):

But thank God you, you, you know, because now the next 36 years, you know yeah. <Laugh>, you'll be on a, you'll be on a better path and totally. Yeah. Oh, I'm so happy for you that thank you. That you're making this progress, but I mean, yeah, it's, it's I wondered if you'd be willing to share what you know about your origin story.

Kimberley ([00:44:20](https://www.rev.com/transcript-editor/Edit?token=jkKu9s9YX6JsNScCG_c8GCWe6hC28mRNX3DetKP5h4Lym6BXnf-5E35vLajbxSeis-cWHKLp6MpeYwul-qccmd-zQU4&loadFrom=DocumentDeeplink&ts=2660.87)):

Yeah. Look, it's not, not a lot, but what I do know is that my biological parents were not married. So illegitimate is what it says. As it says on many adoptee records, illegitimate child of a Korean mom, Korean dad, apparently I have their names. I was given up at birth, my biological mom, I think she was 21 handed over in the hospital put, you know, placed in an orphanage for about two months. And then the second two months with a foster mom who had quite a few other kids, that's all I know place of birth Busan which I've actually just found out from a Korean dance teacher that I have in one of my pole dancing classes. He was like, oh my God, people from Busan are like, have so much attitude and it's a gangster and blah, blah. I was like, I'm liking what I hear. <Laugh> must explore this more. <Laugh> but that's, I, you know that in terms of yeah. What happened,

Adapted Podcast ([00:45:32](https://www.rev.com/transcript-editor/Edit?token=dhZnPXQz7GP9cvj8nvZzH7eIXcOigG028Qghf2BZ7jSSNVHKxLAkOpLnsEzgeqcZt6MkpQ-DAFZEWQMyrckk6wyZODs&loadFrom=DocumentDeeplink&ts=2732.68)):

They're known for the they're known for their thick accents.

Kimberley ([00:45:36](https://www.rev.com/transcript-editor/Edit?token=o1cy8e-9fgw2lUlMCsk2kIgimZfNtAR4WhqfLg69EQ_1F1ugGC1NhBRwqf33Ko3fe3wC7IMC7Ml4XQsuR3o2narlIqg&loadFrom=DocumentDeeplink&ts=2736.61)):

Ah, interesting

Adapted Podcast ([00:45:38](https://www.rev.com/transcript-editor/Edit?token=4kn0067KzKERHf8vFXsC6nrk2K9S5XwzWzjzQ0VY-G8qzGz1Nkfe2JHQDZcokRMd2DmjupWdaUnUOg5oFYik-V5LdU0&loadFrom=DocumentDeeplink&ts=2738.41)):

Dude. Maybe some of the gang stuff comes up.

Kimberley ([00:45:40](https://www.rev.com/transcript-editor/Edit?token=HfX6ZJ1aWVjJVatO31UINeuYP2eOE1C0zqF1IBQxCPY9IvPgfWplC8rDJ0Yi7WoSqDDGrCRqHZndXZSTeg7c6s6c6jU&loadFrom=DocumentDeeplink&ts=2740.81)):

<Laugh>

Adapted Podcast ([00:45:42](https://www.rev.com/transcript-editor/Edit?token=GpvcePE0lpDpZGX70wkmzgg0YpXCwMH13MCdLZCAHPxN0QRvixqq2ZJfwpGxyrIh0InebpurHVgxUxfZFkJFP1VMy8U&loadFrom=DocumentDeeplink&ts=2742.93)):

Do you have the, do you know if you have the Korean identification number?

Kimberley ([00:45:47](https://www.rev.com/transcript-editor/Edit?token=C6hLh-3Br8GYe_qwinemeNYo61nr_Z4XEdnsgIxUHNydr07LWmXYRjbtE8K2NPfFXM6sfFxghA3hBkaHBrKMUelpSvg&loadFrom=DocumentDeeplink&ts=2747.36)):

I don't God, that is a, I don't. That is a good question. I don't know. I need to have a look at this.

Adapted Podcast ([00:45:56](https://www.rev.com/transcript-editor/Edit?token=zVTPyM-I6JQcWPbzKhzR5MKXajKaIudj5qVMjIEPPSYGm5_3sz-D4uPGMXoQVh_aNnGdn7oTkpJ_6O0eqHxPAmpjsaw&loadFrom=DocumentDeeplink&ts=2756.27)):

Okay. You have their names. And if you have even any more details like their Korean identification number or their birth dates, I think they could be easily found.

Kimberley ([00:46:11](https://www.rev.com/transcript-editor/Edit?token=MT5DmA0K7zsF5eP2Dc76ugMPftTROJ9EPBGQVrt5RP3uqpsb3ohJgkXqEcVJLhPxYfUQbaBOd6y6nBXhfLRb6uP38Mg&loadFrom=DocumentDeeplink&ts=2771.65)):

And what would be the first port of call because it's on my, I have this Google note of all of the resources that have popped up along the way over the last few years, actually to look at when I'm like, right, I'm gonna do this search now I'm actually getting close. I've blocked out two hours next Sunday. <Laugh> to do my biological parent search or to at least start it. So I'm nearly there. And look, it it's, it's important, but I also think the reason why I haven't prioritized it is that I haven't just felt ready yet. And you know, it's such a feeling of readiness to, to do that. Cuz I know for me, I don't think it will change how I feel about my adoption, but I know that it is gonna be a lot of emotional processing and I'm like, do I have time for that right now in my life? Is there a better time than others for me to do this? But I think I'm getting close because now the travel is opening up again. Yeah. It's time, it's time. But thank you. I will have a look back through the record and see if in any of the papers I can find those details.

Adapted Podcast ([00:47:22](https://www.rev.com/transcript-editor/Edit?token=saV6EFSzUACNexFKPFL7DIMehRt8QNWB-H4cyL8GZLf0uMPeskcDRcQRwuOlCKu3ke0ROzaRpaXI9sVMHOpHDXTzlgI&loadFrom=DocumentDeeplink&ts=2842.7)):

<Laugh> what are you hoping to, to find out Or what are you hoping to yeah. You do you, do you want to find them or do you just want to find out that, you know, the data points the story, but, or, you know, are you hoping to find them?

Kimberley ([00:47:44](https://www.rev.com/transcript-editor/Edit?token=Y0eof-fM4QvzhEvUNs3RG_95L96GZPRh3MHHsbMaZJkRArOJG8wSxhQE95G_SkYaSrTP2m_56r7n5teXBIMiIeGLnno&loadFrom=DocumentDeeplink&ts=2864.63)):

I have thought a lot about this and I still don't really know like at this point, you know, for so long I was, I was just didn't even think about doing it. I'm like, why do I, why do I need to find these people? They gave me up hopefully I've got new lives with good families and they're happy and they don't, you know, I don't need to come along and be like, Hey, cuz what if they haven't told them? And it becomes a huge drama in that. I, I feel like I don't need to cause more pain for myself or for them. But then, you know, interestingly mom said to me, she's like, I think it's really weird that you don't wanna find your biological parents, your biological mother, but on the other hand for so long, even though she's always encouraged that I could sense, there was a bit of fear in her.

Kimberley ([00:48:36](https://www.rev.com/transcript-editor/Edit?token=QGb0zxfnL30kX3rJohvj4L6r-kkurS3R-Jnh3R8Bxwme-Oa-7PyS4Zvz8bTZJy6GtHci_NnBIvXJvBRvfBZKIRnokBw&loadFrom=DocumentDeeplink&ts=2916.59)):

And so again, that very intuitive feeling sense that I think as adoptee, we develop as quite a heightened, we feel a lot of other people's things cuz we've had to, to navigate life, whether we have blocked it off or not as adults is another thing, but I've always kind of sensed that, that fear as well. And so I've been like, no, it's fine. I, I didn't need to know. And also think knowing that mom and dad wrote to the orphanage for probably 10 years sent photos, never heard anything back. I was like, okay, cool.

Kimberley ([00:49:10](https://www.rev.com/transcript-editor/Edit?token=yXw7dqRWsyAuOf5-BKz_9WJXjg2vlKrfId6TE4PhuGy20fdl3kZ5HfdWG1wp2R9ajlkvwL__mhqvmnGMguZkewQVDOg&loadFrom=DocumentDeeplink&ts=2950.17)):

I was like, I'm good. Don't need to, don't need to do the search. But I think one mom was like, I think it's really weird that you don't want to. I was like, okay, she's had a massive change of heart cuz she didn't just say that, but I could tell she really felt it. And so that was for me the moment of like, okay, yeah, maybe there is something that I should look into. And so, you know, I have thought a lot about it since then over the past two years and was thinking, you know, it'd be great to go to Korea and just first of all, as a first step, just to get a, a feel for my birthplace and just, and then make a choice. But then yeah, COVID happened and I'm like, oh, kind of running out of time. So maybe I'll just try and get everything organized and get over there and do it all at once.

Kimberley ([00:49:58](https://www.rev.com/transcript-editor/Edit?token=o9RK_XW_aIBG-T5JJFtPqaFjo2chg1rHfhnWai-7Xp7rM67OlvE25BJ3Nvq9Vc5LSZwEGM0GRcfc5i6XvBQTUZCXgk4&loadFrom=DocumentDeeplink&ts=2998.76)):

But I hope that I open up an opportunity that my biological parents may or may not take, but that they know that it exists. I'm, you know, I think I've processed and I've made peace with whatever they choose to do once I've presented that as an opportunity or as, as an option rather. And whether they take it or not, I'm okay with, I think if they're like, yes, let's meet. I'm so open to that. And you know, I, I think I have no expectations not to protect myself from fear or hurt or whatever, but because I actually can't guess what would happen or how I'd feel or how they'd feel because it's just not something that I can really can even conceptualize. So whatever happens, I'll see how I feel. And that's how I know what I'll feel about it kind of thing. <Laugh>

Adapted Podcast ([00:50:58](https://www.rev.com/transcript-editor/Edit?token=JLAQgcMVjZfTMKf8maRHygD6BJzSX8-iqlk2FvcSYqsZZNENNwVnr4FUZsW-AXWV_oof_XGKNq1r2p3p-FryJEBMCVk&loadFrom=DocumentDeeplink&ts=3058.1)):

Have you been back to com back to Korea at

Kimberley ([00:51:01](https://www.rev.com/transcript-editor/Edit?token=lVNdP9791ZovGw31m1NXOmNEJQcHfKpFYqGSaPOKj48YBBP50_tjacXv6CcMe4Iba0NTbA6TDA2sxdH9xs4Rtn-5o04&loadFrom=DocumentDeeplink&ts=3061.469)):

All? No. I had, you know, I had planned my head hadn't bought tickets, but I had planned to go back, oh God, what? A in 2020, but obviously the world happened. And so there was no travel. It is probably the next place I will go. I've gotta go to Dubai for work, but that doesn't count. But as a personal trip in personal time, I think Korea will be the place because I do, I do want to go there. I'm starting to feel that craving of what's it like, what are the gangster people of Bruce sand? Like, like what is, you know, how do all I see people that I feel like, oh no, I do look Korean. Will I feel different? I do kind of sense that intuitively that I I'm gonna be very emotional. I feel like I'm just gonna land and I'll just burst into tears and be like I'm home. But who knows, maybe I'll feel exactly what I feel when I'm in any other place for the first time, although it won't be the first time. So it'll be interesting to see what body memories are sparked or what things come up from those body or those stored body memories that are only accessible by being in an environment with the smells, the sight, the sounds, the tastes the textures of, of a place.

Kimberley ([00:52:28](https://www.rev.com/transcript-editor/Edit?token=CS8N1_fz5mvb8E2-7ksUl10uFa8GSJfbGoe6iX78bNNxM2Bib3D0IAD_Xponj3WAAxsOrioTM_rbnsoHeVcHMNwsXKs&loadFrom=DocumentDeeplink&ts=3148.719)):

So I'm curious to know,

Adapted Podcast ([00:52:30](https://www.rev.com/transcript-editor/Edit?token=JRqTmH4b1Uu-u4IMgBsNDHql0RSlM_cDtoTjtPAGvx3ryVUx9SfPrkIFshIQr81Wl1yO4KlzkBWFKVEvhvzBeq9WtVw&loadFrom=DocumentDeeplink&ts=3150.78)):

I noticed some tattoos do any of them have to do with Korea?

Kimberley ([00:52:34](https://www.rev.com/transcript-editor/Edit?token=SPmHtGozcW5Oa23VUgvavZOPF7nI0UBwf07MaBJ1E-o4XzJ-4UIOFVouDweRvOpp7P1nAddA6PugTerJozN3AESgujM&loadFrom=DocumentDeeplink&ts=3154.821)):

So I do have the Korean words for courage, freedom and loyalty tattooed on my side. The others are more therapy quotes, but it's, I guess it's all kind of linked. One of them says condemned to freedom and that is a concept that to have true freedom is actually a lot is too overwhelming for, for people to comprehend. And that it is very isolating and lonely. So it's reminding me that, you know, there is such a beauty in freedom, but also that we do need people. So you're not alone. Try not to think that you have to do everything on your own. It's good to rely on others. I have a dandy lion. This is wild in the stem. And for all the symbolism of dandy lion, I was drawn to that. But also a reminder, once I discovered this whole, you can do whatever you want, do figure out who you are, find out what you like, the, the, the adventure that I'm still in with life.

Kimberley ([00:53:37](https://www.rev.com/transcript-editor/Edit?token=c7FEmU0PIE-FRJ6Rs1K3jQTzfNXqfamHvmWheUECHau2hSZol46JZMYHBuQNGev9xR9jnezKiT-HhV79ILd2DjQxclg&loadFrom=DocumentDeeplink&ts=3217.8)):

I hope I never lose that sense of wildness. And then this one is the moon phases. I'm don't even see it. And that is for me, a reminder that, you know, there is such a constant in our NA nature in our natural cycles and that no matter what is happening anywhere, really, you still go through the same phases of the moon like clockwork. So to also trust that time is, you know, time is going by. So what do you wanna do with that? But to trust that there are certain cycles in life, things that are gonna happen out of your control, but they're just gonna keep happening. So, you know, do you obsess over things that haven't happened yet or Lamento things that you know are in the past, you kind of go look, things are rolling on all the time. What do I wanna do with that information right now? So a bit of a stay in the present cuz time is going on with or without you, where do you wanna sit there? Where do you wanna go? How do you wanna, how do you wanna use that time?

Adapted Podcast ([00:54:38](https://www.rev.com/transcript-editor/Edit?token=lCwMVwwz13pTywrVTdtiVIW_f5alVxKsnOxlORpSaJGcwvEVgytrQvkSLCviPQszUtYa-uw13g_s-QM899HEaWysU7Q&loadFrom=DocumentDeeplink&ts=3278.59)):

So true. So true. Mm. When you, when you've eaten Korean food, have you paid attention to how your body feels or reacts?

Kimberley ([00:54:48](https://www.rev.com/transcript-editor/Edit?token=b19LMDgivx6WBES_by-gDjaFRIZKMnWFo_v2RrM5zHqWowx8_eJ2Q_qQnQpZ7eFQHTi7iGT3MrcwLbfI9voTbCrJ7IE&loadFrom=DocumentDeeplink&ts=3288.66)):

So I'm going through this weird thing at the moment in my adulthood where I don't like egg, yo like I can't stomach it and seafood, and it's really annoying <laugh> because I can't, I can't so egg yo and prawns specifically and anything that's too fishy. You know, when something's real, my, I like I have a physical vomit reaction. It's not that I just don't like it. There are things that I don't like, but I'll eat it. It's fine. But I actually have this physical and I didn't, as a kid, I ate so many eggs and bananas is another one and fish. And now I just, it's really weird. I, I there's, I have a physical, I wouldn't go as far as say an allergy, but I have a physical reaction to these foods. However, I love Sesame, anything Sesame. I love, I love things that are pickled. I love having a meal where there's like a range of things to choose from. Like, I get really bored with pasta cuz the whole bowl tastes the same. It's all mixed in together. I would prefer a meal where I could have a little bit of this little bit of that in each mouthful. <Laugh> I'm like, oh, maybe that's a bit of a Korean. Right.

Adapted Podcast ([00:56:04](https://www.rev.com/transcript-editor/Edit?token=_cMRVrYiU-G3FRFXpOQ3ZV7A1_gcz_FJoA7m4EiGWH9iuABqveMde0x-3-gBcQAtYD5IVHTaXdwYgunC6MdEEVlgsJU&loadFrom=DocumentDeeplink&ts=3364.93)):

That's like punch on. You know, because they have all the little dishes. Yes,

Kimberley ([00:56:11](https://www.rev.com/transcript-editor/Edit?token=OxYbZxEOafRxHtk5jOo1Bcp0t_DtSJKS7H4U1Ty2kvfy6I9Qe22YTX6YXVgcuuUA8be8uem3E4WsTRIgAZ0hsRM7aNo&loadFrom=DocumentDeeplink&ts=3371.13)):

Yes. I like that variety I've realized. And even though like, I love Bibimbap. So even though it's all mixed in together, like I can still, there's still so many options in that bowl of things I can choose. So I dunno, maybe, maybe there are those influences there, but I do, I really enjoy Korean food at the stuff that's really fishy. But also I'm not great at handling chili. So that's a curiosity for me. I like, I swear I get a headache. It's not as bad as my alcohol allergy <laugh> cannot process alcohol, do not have the enzyme have found tablets to override that process. Dunno if it's super healthy where my body's like, this is poisoning you. But I'm getting to pay more attention about how my body, what my body is telling me or how it's reacting to certain taste, smells, sound, things like that. But I love that we have some great Korean restaurants in Sydney and I do love it. I think the, the theatrics and the excitement of Korean barbecue as well. I love, I love that. It's an activity <laugh>

Adapted Podcast ([00:57:18](https://www.rev.com/transcript-editor/Edit?token=Of4pqM-R_zWX2WQViZ6R7SAXOrjCJLASdcff5g6HwR1jbnO6vaV0Phd9n3Vm4WLbLlIo-Zxx2S2wH8ZJ0-PH6-BC1_8&loadFrom=DocumentDeeplink&ts=3438.93)):

Well, Camille we'll have to catch up again at a later point after you've been to Korea and I'd love to hear your observations and just how that experience goes for you later on down the road. So

Kimberley ([00:57:32](https://www.rev.com/transcript-editor/Edit?token=KoApSkH-hIm5SHtL3Um7iU7hbZT8G75gAC7LfIH1Xh4fsTZNQpMPsHQn7brKwwtj2bNLQ68Jc087mEZoGCFB3zdUIWs&loadFrom=DocumentDeeplink&ts=3452.46)):

Thank you.

Adapted Podcast ([00:57:33](https://www.rev.com/transcript-editor/Edit?token=YFWq63xvb19Y-f65zyxdHiQEdCqbOBuvfXpB_zCAM1HRlkFeY0e5YB6nTE604Q6DK3cRJdIcQPfSA4k59VqMgbCEXq0&loadFrom=DocumentDeeplink&ts=3453.54)):

Thank you so much. I feel like we could talk for another couple hours. But if someone wants to get a hold of you

Kimberley ([00:57:43](https://www.rev.com/transcript-editor/Edit?token=Hdm09Ska806lVmfZ9ZDIEiuVdaVY3NT3Eft5lIhVE2YVMnruKyS9zLlelL1uX-pCnUz1iCGAbEuuHe0dzL9UE_NY8J8&loadFrom=DocumentDeeplink&ts=3463.36)):

Yeah.

Adapted Podcast ([00:57:43](https://www.rev.com/transcript-editor/Edit?token=E1Uhn1TTA2PzQno7B5Q4wbTH7jz1dDhwt2Ig5RcgHTvz3T4BF8dQpHwc3MoR7DvcgB52NUsWwCx9Mm5688b2rAi2llI&loadFrom=DocumentDeeplink&ts=3463.75)):

They're so moving to contact you, how can they do it?

Kimberley ([00:57:46](https://www.rev.com/transcript-editor/Edit?token=fKPpoKHiqek9WLEH42Nk_oNwGanzuEOgfgSqk1RdEAvUiVLnPx-g0fi5kRaPd0kjkXvbTfrKhLu_vP4qVkWcJBG2I4k&loadFrom=DocumentDeeplink&ts=3466.86)):

Oh, I welcome anybody to get in touch. I have a website it's Kimberly Lee dot com.au and that's K I M B E R L E Y L E e.com.au. And you can contact me there. I think my social channels are there as well, but I, you know, I invite anyone to connect. I also am hosting or co-hosting a monthly peer group adoption forum or meet meeting rather meet up on the first or on the second Tuesday of every month. And again, you can find info about that on my website. I think if it's not there, I'll put it there. So anybody is welcome to join that. It's in the Australian time zones, obviously it won't be super convenient for people, but always happy to connect with other adoptees.

Adapted Podcast ([00:58:35](https://www.rev.com/transcript-editor/Edit?token=-AZ-XeD3PaadUq2VPjFCU2d4_85-GAaPdXWfdgGdrXNUuTsti0_5Udi6K06kGwbFunbIQ41UKBunfxhAu99GuFF2JIU&loadFrom=DocumentDeeplink&ts=3515.11)):

And how fun for Americans to, to, to join with all these Aussie accents? I love it,

Kimberley ([00:58:41](https://www.rev.com/transcript-editor/Edit?token=zUy3Z4i9wdBPyj9ax5-ygE2Dhk55uj8Cx5d7kYHStHuijnOHRC0XqZCiP0toRCBPqMSSgQQO3aKDBbBinFLDuNu1YDQ&loadFrom=DocumentDeeplink&ts=3521.86)):

Right. Like I have actually a really good Korean friend in LA and he's always like, it's so weird seeing you speak with this Austral accent coming out of this Korean body. <Laugh>

Adapted Podcast ([00:58:54](https://www.rev.com/transcript-editor/Edit?token=6GJbFn7UTFnrh55ZsqlmhCqc92LNjVvnqny92XN4DHQqHCr33vh7aMvnWl1sJjzuyta9I1DiT44SvZJS2AnebW85RNs&loadFrom=DocumentDeeplink&ts=3534.24)):

I love it. I love it. And do you do any work with adoptees or any of your meditation work or?

Kimberley ([00:59:02](https://www.rev.com/transcript-editor/Edit?token=eO2J0Hv1n27GevoPKrH4Om__pY34TLG5K3OBIlqsWhzRvsXG84AGMONuUgYqS7rBJFgWQ8T-eLbJOvfVA2NCEtSLSzU&loadFrom=DocumentDeeplink&ts=3542.8)):

I do. Yeah, I actually I, as a therapist work with quite a few adoptees, both intercountry and domestic here in Australia and that work, you know, has been very fulfilling, I think, on, on, on both. Well, I hope on both sides, but definitely for me. And I know for the people I work with having that shared lived experiences is unique and part of the healing process. So that's been really beautiful for, for me to feel like I can give back or share from a place of true understanding.

Adapted Podcast ([00:59:38](https://www.rev.com/transcript-editor/Edit?token=3Kvd3-lGEroFuoG8fNe34uJxBK8SfBphoFnVObvC5JF9u4OweTpqd-QyREX02OOfjpsTuvv-F1fidqM5TAdWo9AZSH8&loadFrom=DocumentDeeplink&ts=3578.96)):

And are your clients all in Australia or do you take clients from other places?

Kimberley ([00:59:45](https://www.rev.com/transcript-editor/Edit?token=fJ8DgglEKv9PYOkBBfNc9QqraleYftuNoPxVRV7Ap961CyUNR7RMYMB60xqMjU782c9P-156kPHrPkqaWUDQUKNfA9M&loadFrom=DocumentDeeplink&ts=3585.19)):

I, at the moment they're all in Australia, I was working with somebody in Japan. I would have to check what my insurance covers me for. <Laugh> thinking about the logistics of it, but you know, you, I I'm open to working with people from, from wherever. But I think that sometimes the challenge is, you know, I am here if, if there is a crisis or something happens, I think we just have to do a little more work to make sure that that person's supports were in place before we started working together.

Adapted Podcast ([01:00:17](https://www.rev.com/transcript-editor/Edit?token=sQbE0nHoxb70HOsOlEUvlBekG3aXyQoiD1lYdbmkx7OWIh8pb9JnVXbwpH26v6bVN5gtWW2DW3mokJI_2BYOsbUbnDk&loadFrom=DocumentDeeplink&ts=3617.85)):

Okay. Well thank you, Kimberly. All the best to you.

Kimberley ([01:00:21](https://www.rev.com/transcript-editor/Edit?token=0U5bJd29swgMEFw63Wb3ovl7oTz7zc_km8RhcP6N1pznIn2hgVTnZMo8Ey71P0Cdg_d8vsterKXWUokqAoIDLMo2OhE&loadFrom=DocumentDeeplink&ts=3621.26)):

Thank you so much for having me. I really appreciate your time.