Adapted Podcast ([00:00:05](https://www.rev.com/transcript-editor/Edit?token=ATOlwP_rK9xXHIYorpd6rIoWegWPgpicmcqismsm1xyt9apk1nwzkK7avfsEdcszYJ4eq65mZllcRHYvlk1o49ryTCo&loadFrom=DocumentDeeplink&ts=5.58)):

Welcome to Adapted podcast, season six, episode 11. Starts now,

JaeJin ([00:00:20](https://www.rev.com/transcript-editor/Edit?token=ObZB_zDYR4xDDqOqtGyEf0nYFzcZOLDSCJD0i4zm67HqipyqDxq8Pp2qzULTUPjWPD4aeNWvtIyj9PG1yCnjJWSzJXI&loadFrom=DocumentDeeplink&ts=20.82)):

Rise it from below. I keep running. I keep running to a place where no one knows is Big

Adapted Podcast ([00:00:30](https://www.rev.com/transcript-editor/Edit?token=VqYv1o__M-hKS4UWSbBkJgi9GZMT8ME19KVI3G_yALZgJT_HHJFTN4vAK_I213muIuHY-0WwyqEZ_l1IXtZcPhDk6Ac&loadFrom=DocumentDeeplink&ts=30.09)):

Hi. This is a podcast that centers the voices of Korean intercountry adoptees, adopted people are the true experts and adoption. I'm Kaomi Lee, and I was also adopted from Korea. Our voices have often been silenced by adoption agencies, governments, and sometimes even our own parents and society that wants only a feel good story. Our lives are more complicated than that. This is our takeback.

Lisa Sjöblom ([00:00:56](https://www.rev.com/transcript-editor/Edit?token=eqVs0SL87Y9ZYCjYDKUan-Uo9IvpAhgnLu6AEZVFA4VFbNZxR5pLp8LV3kNp8dMJD_ozgEphDH0epFqDzxmWcWOKkcU&loadFrom=DocumentDeeplink&ts=56.9)):

I can feel incredibly Swedish sometimes, especially when I'm abroad <inaudible> and there are some mutual understanding about certain things, and then sometimes I feel incredibly Korean.

Adapted Podcast ([00:01:10](https://www.rev.com/transcript-editor/Edit?token=cQcb7JdXhTyXyQoSjhr0X7Y9wUQmkp1ixF8kk-C-vAhl2gQyKOR1Ca675UAzhF9yyQoRrvNxtPwe7sQVjWLXElaAcmk&loadFrom=DocumentDeeplink&ts=70.41)):

Lisa Woolrim Sjöblom is a Swedish Korean illustrator, comic book artist, an activist. Her latest book, Palimpsest is a graphic novel about her own search for biological family. It's also a study on the maze. One has to navigate with adopted agencies over lost or falsified paperwork and how any detail about one's earliest days becomes larger than life. In the next episode, Lisa opens up about attachment becoming a mother and of how grief and loss over losing a first family can continue on with one's children.

Lisa Sjöblom ([00:01:54](https://www.rev.com/transcript-editor/Edit?token=ZZJGUE1HvNzH8x9fBU0V5Pfxl56iHgqw88xqMfK-9PGuIb4IXa0s0o1q49ffmaPM4-KULPJhGzqD5l1MUHNgX4zOfJs&loadFrom=DocumentDeeplink&ts=114.9)):

My name is Lisa Woolrim Sjöblom. and I currently live in in Auckland New Zealand, and I've been living here for a bit over six years. I'm 45 years old, which feels absolutely surreal.

Adapted Podcast ([00:02:12](https://www.rev.com/transcript-editor/Edit?token=XQnRZuNPcPvPD2vnxWyHpecUyupx79UfLsrWTkhpqRD7zmSnO-eStzzmaPmowtIDShRbKyCIw4nh0Fj72RsuvvpBWEM&loadFrom=DocumentDeeplink&ts=132.39)):

Yeah, right. I know, exactly. how did you end up in, in New Zealand?

Lisa Sjöblom ([00:02:21](https://www.rev.com/transcript-editor/Edit?token=FGFlWUbSBfuVdtTizo5h0eXPqUurP8SKVHPCMmauIrFuWxHdNa8EHnG4_ry2Cp8I0sr6APAdkBbLWsqEGmq1n3HoeI4&loadFrom=DocumentDeeplink&ts=141.66)):

I was living in Sweden with my partner and our two kids. and we had known for a long time that we wanted to leave for several reasons. My partner is British and he, he didn't yeah, he didn't feel like he fit in at all. so we decided that we wanted to live somewhere where they speak English, but also somewhere where there's more Asians and just yeah, somewhere, somewhere else. And he actually got the position at the university. He had to do his PhD. but we were looking at other places as well. But the first response came from Auckland University, so we decided to go. So we just got rid of our staff, packed up the kids, and and went here. and none of us had ever been here before, so it was just, yeah, by chance. And we absolutely love it.

Adapted Podcast ([00:03:14](https://www.rev.com/transcript-editor/Edit?token=WPtkKtq9UsUH3OXOtbhm9Vloi_W3Xchb16RIlo81fRGNiwNL4d5IeeMBRhkKXxLCb8dYrbrHfuh_PDQwNzNXBwr6wU0&loadFrom=DocumentDeeplink&ts=194.71)):

Oh, you did, you didn't even visit before?

Lisa Sjöblom ([00:03:17](https://www.rev.com/transcript-editor/Edit?token=psCDqgJSEBXodB_xKxhDYoo8xoiHWkyOF-A9Oj2iivevp3nuafS2wJGwmNEe2wvLHeMKOhn0qLuapFhZCBQBsmBOY6s&loadFrom=DocumentDeeplink&ts=197.08)):

No, no, no. He had lived in Australia before. But you know, even if those two countries are lumped together all the time, they're very different.

Adapted Podcast ([00:03:26](https://www.rev.com/transcript-editor/Edit?token=SMyzq2D8Vv2TA6pIICMpz1QE_WLXJ0T8uLKp5aSpdUGBliPIN_iBha9orsBpkWZzm0rn7iksXVw0sJcbxZVTJCyRSzw&loadFrom=DocumentDeeplink&ts=206.36)):

<laugh>. Yeah, right. They're not the same. I mean, to Americans, they, they may seem the same, but they're not, so,

Lisa Sjöblom ([00:03:33](https://www.rev.com/transcript-editor/Edit?token=eVdYQT36xQmqpeeVtElFRzFvxwuhQFaQdq6ZfnHt4oTlQhM-pKRJ8uNEIWfU1rTIqwDXf6-nn24Sc_aUYyw-R68CM10&loadFrom=DocumentDeeplink&ts=213.01)):

Yeah. Yeah. And to sweets as well, it's like, oh yeah, it's down under they, yeah. <laugh>, colonized by the same people and have similar struggles and stuff. But yeah, it's very different. and it's really beautiful here and nice and calm. And

Adapted Podcast ([00:03:50](https://www.rev.com/transcript-editor/Edit?token=CRGoWP1K2PVq3hYyLDVpSXkmthuaBENX1hRa3-_y7pDtYc9Tjn-U_e4tOEIwAhDdt4aI6kUZhsGSxaWsKmxwhv0cpYQ&loadFrom=DocumentDeeplink&ts=230.23)):

Now when I think of New Zealand, I wouldn't necessarily think of a very diverse place, but I actually know of a woman of Chinese descent who's from New Zealand. And so I wondered maybe are there, is there quite a large Chinese population there?

Lisa Sjöblom ([00:04:08](https://www.rev.com/transcript-editor/Edit?token=viCuAlq0zK461nUZtEycdtW38R9EDNrIt8YTtuGlcbYJfFa2t6vW4GvJgHTr2VYJSSNQKXsC-5d_we2Hk7sgIMwfOok&loadFrom=DocumentDeeplink&ts=248.14)):

Yeah, it's a large Asian population and Pacific population in general. but I think it depends on where you go. cuz I, I always say like, oh yeah, New Zealand is, is so diverse if I compare it to a lot of other places where I've been. But it's, it's not really true, but it's true for Auckland, I think. but you can still get to a lot of places where there's mainly white people and other places where the majority are Maori and Pacifica, but many, maybe not so many other ethnicities. But Auckland for sure is a, it's a huge Asian population and it's one of the fastest growing ones too. But when you look at the history of the country Asians or in particular Chinese people started coming here around the same time as, as white people just after colonization. So they've had a, they have a really long history here as well.

([00:05:08](https://www.rev.com/transcript-editor/Edit?token=-G0XErIe_1cOsYW8Nta8gMsv1-2OUQAinDF7ImRswpzoBvhE3r9s9z9AU3k-H4xbLw3frcei63yUlSsy_nXvwKKGMeE&loadFrom=DocumentDeeplink&ts=308.2)):

It's just that the way history has been shaped and the way the conversation is, it sounds like it's white people of mainly British descent and Maori then Pacifica and Chinese people and a lot of the other Asian people here are still talked about as if there are these sort of new immigrants who come here in causing problems. But they have been here for a long time and they were, they came here during the Gold Rush. This is just like the US because the, the Asians have been there for a long, long time too. But it's still talked about as immigrants compared to a lot of other ethnicities right. Who are accepted as being part of America. I, correct me if I'm wrong, but

Adapted Podcast ([00:05:59](https://www.rev.com/transcript-editor/Edit?token=YjSDVXr2Wdg81lxec8xt-yyj9aifcyme4eGlQ-5v2JSzI0-x5ZRxDhBv20Y8IqpM4fslLtwYOnAnIgSS_ft-i2ZOFLs&loadFrom=DocumentDeeplink&ts=359.36)):

That's right. Yes, yes, yes. I

Lisa Sjöblom ([00:06:00](https://www.rev.com/transcript-editor/Edit?token=9ggMzhCcy3fl31CXELwAUPJ8NT-5kCLD8D7OPkCZJMPBS8thkawdfaPGTnFbNtVVv4ygnUnOR9O8i-4eitdPweDl824&loadFrom=DocumentDeeplink&ts=360.71)):

Get that idea. That's, it's a bit similar to here that

Adapted Podcast ([00:06:04](https://www.rev.com/transcript-editor/Edit?token=294eGAXTsDLpO-xW-yxSyyTRGJirz-YTymDQ-To0DOAhIB3RIbfd2wBcgKiZ16CCy4ir3gVTOjKt06HJPy13UeJrk6o&loadFrom=DocumentDeeplink&ts=364.94)):

It's like the forever foreigner. Yeah. You know, you could be here four or five generations. Yeah.

Lisa Sjöblom ([00:06:10](https://www.rev.com/transcript-editor/Edit?token=NsNCXeBceaHBjmsNDvlTHQdkSI4TvPW5eFEmgL7CV6r9484LsEZsX78Eu9ZLwVA_W2pb3uNWK4UO1uU4spMRrmvh8BI&loadFrom=DocumentDeeplink&ts=370.07)):

So when you talk about sort of white Americans or Americans, it's no problem including lots of European identities. but when it comes to Asians, it's still the newcomers, the foreigners. Yeah. and, and I think it's quite similar here.

Adapted Podcast ([00:06:30](https://www.rev.com/transcript-editor/Edit?token=kHuDafUSnX9Th3D3Pkad8d8ulE5Bsf9vQAmiXiyjs66sjS7X1nWJh82Gbi2UzBTBIqC-D83yiA8FiwYW8nZWiQfbXJw&loadFrom=DocumentDeeplink&ts=390.62)):

So how do you see your own identity as being kind of maybe a, a displaced or migrated person?

Lisa Sjöblom ([00:06:40](https://www.rev.com/transcript-editor/Edit?token=P7ry8AQ3U0T4Q0Amu_HfJvTRI_paY_oW4Q3OS_xQ1f2cQHmxr9dQQfjB-7-r4N8ORFKvtn6dMvq88vhbCxKFhOFEH4Q&loadFrom=DocumentDeeplink&ts=400.94)):

Yeah, definitely migrated. well, I think it's very complex and I changed my, my relationship to my identity all the time. And I think it depends on where I am and what people I'm with and who I'm talking to. Cuz you know, I can feel incredibly Swedish sometimes, especially when I'm abroad es and there are some mutual understanding about certain things. And then sometimes I feel incredibly Korean even though I have a very complicated relationship to my koreanness. cuz I feel both very close to it. And I have very warm and fluffy feelings about Korea. And at the same time I am very angry and disappointed in how they have been treating us and still, still are treating us. And then sometimes I just feel like this sort of floating person without an identity or I don't know, something very, very complicated.

([00:07:40](https://www.rev.com/transcript-editor/Edit?token=GOD3IC6cDQEAcnmvGpFiKmmvbzyXBCcunMsN6IZrGXDXSk2uNTzzEUjXKzQ16vqMPW6sBLwy32xldbIxCoVhERT57Fk&loadFrom=DocumentDeeplink&ts=460.97)):

and sometimes it's, it's easy like when you, when you live abroad and I'm a foreigner on my own terms, I can feel quite relieved about being here. That if someone treats me as a foreigner, I feel like, yeah, but I am a foreigner. But when that happens in Sweden, I feel let down and upset. And the same thing goes for Korean, that I know that I'm a foreigner there, but I shouldn't be. but they see my face, they think I'm one of them, and then I can't speak Korean. and this whole thing starts, you know, where you have to explain why you look like them, but why you, you don't know how to behave or you can't relate to things. and there's a wound in that.

Adapted Podcast ([00:08:38](https://www.rev.com/transcript-editor/Edit?token=VUq7XK431fwANCh0QREDv5qeVKy5jca5UEWRpK0LOjjrH-RSfyEIDXV9qQTF3oRpzmtlZy62rAOWCeJqakeiJ0flIi0&loadFrom=DocumentDeeplink&ts=518.24)):

Yeah. It's almost like, you know, I've, I've heard a lot of adoptees talk about, you know, ones who really think critically about they sort of explore their feelings pretty deeply and they talk about a third, a third space and where adoptees feel more at home at a third space, whether that's a Korean adoptee centric event or gathering or whether that's yeah, like either not really where we were adopted to and not really the country we were adopted from, but somewhere this third space and you're actually physically in a third space. So

Lisa Sjöblom ([00:09:25](https://www.rev.com/transcript-editor/Edit?token=n1fmNcURxrFLtl8_DwWhuiDzm6RRKHVvtq2LAgPrwWJTVu4qORLguD4-gToikjVruTSDtOrsqE2PT-ILH875CQ-1-vI&loadFrom=DocumentDeeplink&ts=565.56)):

Yeah, I can relate to that. cuz I've always been moving around a lot and made sure that my, to organize my life in such a way that I could do that. I've moved away from Sweden when I was let's see, I think I was 18 or 18 I moved to Spain and since then I've always been longing to continue moving abroad and being in different countries. so, so what I've done is that I've worked in some sort of insane job for like six months to just save up on money. Like, I worked in a fish factory in Norway for, for a while, just working like 14 hours a day and just saving up. And then I went to South America and Brazil and I did Interrailing. and and I just continue doing that. and I've always been told like, what are you running away from?

([00:10:28](https://www.rev.com/transcript-editor/Edit?token=bUXIAfVP9VZgN7OlEao2SGFRGNQLMUOwTmT1qlY6C5lxdA2BSIUQ1y4L2Fc_qkpRw0c91fD2ij_RW_u2SPLsGL9U1lw&loadFrom=DocumentDeeplink&ts=628.35)):

And now I've been very upset by that question, but that was before I started dealing with my adoption. But but now when I'm older, I can look back on that. Yeah, no, I never wanted to be attached to anything, so I didn't want to jump on like a university course that would keep me in one place for like three years or so. So I always did like individual courses that you do for like one term and then you choose if you want to do the next term. And always working in like really what can you call them, like low skilled jobs. So I could just work and then leave just to be able to move abroad. so constantly being well according to some people on the run or on the go. and I can, I can see now when I look back on, on that kind of life, which I'm, I'm actually still living to a certain extent, is that as soon as I start being in a place for a long time, not only do I start to feel a bit imprisoned, but it also comes with other expectations that you're supposed to feel at home.

([00:11:37](https://www.rev.com/transcript-editor/Edit?token=1rI6DJ-NxHgvK6QTpiJD8qOogHV1pvXCfd41ECm17Z5HqnRvB0iAhJj0s6XLQvv3w8JG8REp_q22aJm0gDvw2GWs5wQ&loadFrom=DocumentDeeplink&ts=697.29)):

And I never ever feel at home anywhere. but I like feeling new to a place. I like the excitement of not knowing how things work cuz I think that it makes it easier for me to deal with the fact that I feel so ruthless and don't really know who I am. So it's probably a way to deal with that without dealing with it <laugh>. yeah,

Adapted Podcast ([00:12:06](https://www.rev.com/transcript-editor/Edit?token=a9WhWFbPW5ZFlkGuJ8Z0qXGkuaa49ZLJvWFNgkIw0qhUr6HUEHgjJOyzarUJMlga0AFNN5GAHhOekxne4Ej8rR_pht0&loadFrom=DocumentDeeplink&ts=726.28)):

I really relate to that. So when, when people would say you are running, did you feel that you were running?

Lisa Sjöblom ([00:12:15](https://www.rev.com/transcript-editor/Edit?token=QqZJMVlthnFTqQopL1f7Wyxz4M-_gv_yzFosxZLLQ4BHm9HaqKTISYI_KRTeMc-a02XbaK-oBTXLnv0sDbKNNBu-wn8&loadFrom=DocumentDeeplink&ts=735.55)):

Not then I got very upset about the suggestion because I thought it was just, oh no, it's just me being excited about other cultures. but people have always said like, what now when you are in your, when you're 25, shouldn't you settle down? And now when you're 30, now when you have kids, you know, it's in a time, you know, but I keep doing it. And I also met someone, or my partner is exactly the same. so now I found someone to keep moving with and running with. and I know that he also has his, his demons that he's dealing with. So, so, so yeah, I think <laugh>, I don't know, I think it's both the excitement of being someone new but it's definitely something more to it as well.

Adapted Podcast ([00:13:11](https://www.rev.com/transcript-editor/Edit?token=tHuoiHzh9HwVvcHHYbnuQJyd-b4qjEPi9karj6zgUraH3Ld0SNRtgypV-1drOrqK4DX1H7dvuno1gBzg44Rt7WelWCI&loadFrom=DocumentDeeplink&ts=791.2)):

You know, there's something kind of really poignant about that, that you've talked about just never feeling root, like feeling, actually feeling rootless and then this idea that, okay, this expectation that now you've reached a certain point in your life that you should put down roots. But what does that mean for someone who has always felt rootless to do that?

Lisa Sjöblom ([00:13:39](https://www.rev.com/transcript-editor/Edit?token=ZRbHR9qIXBzHiHVDcbpN8B9pon8b7KBjg8xNFajSxT0d_SjIi07Tswcmx14upc7ZEESmu87a2gOBqpK2g5C01tOASow&loadFrom=DocumentDeeplink&ts=819.31)):

Yeah, yeah. I don't know. I wish I knew, but I think that, yeah, when I try, when I think about it or when I see other people who feel very rooted in where they are and what they're doing or their home, their, I mean their actual physical home that they live in and they have lots of memorabilia and you can see that they lived there for 20 or more years. they have this collection of, of just things and memories. And I can feel this in incredible jealousy and grief at the same time that I wish that that could be me. but then the next second I feel it's a trap, you know? because I'm, I'm, I've always described myself as a very non sentimental, sentimental person. I've always thrown away stuff and got rid of most of my things and I don't really keep any memorabilia except for maybe a few things. so I have, for instance, I kept the pajama, I arrived with from Korea. I kept the, the first clothes my children wore when they were newborn, things like that. But there are very, very few things, but a lot of other stuff I just got rid of. And I don't attach to things like that. But I can feel this incredible jealousy of people who do that cuz I feel that there must be such a safety net and it must be so nice to always know where to come back to.

([00:15:17](https://www.rev.com/transcript-editor/Edit?token=-eRyWySzFqQQDQeByrc5lqGHZYOsYIHHr3-aq2auuwXlNd9hKNP9IdK5kXtPIN6ANvS_gimGEhMGHgJT29ZS6tyeupE&loadFrom=DocumentDeeplink&ts=917.39)):

And also that also that you have family members who know where you are. that is a safe space for other people. So I think that I have this idea about, or I've had this vision of myself as, as something that I can never really realize because it's attached with so much grief. And I think that about family and especially around Christmas when not just because Christmas is so family centered, but also because they pump out all these Christmas films, which, which I've always enjoyed, even the quite bad ones. But in a, in a kind of sudden masochistic way cuz it's always about someone who is quite lonely or, or maybe an orphan or who've lost both her parents as an adult age or, or whatever mm-hmm. <affirmative>. and then she meets someone and who, and is taken in by that person's family at such a common theme and feels right at home.

([00:16:13](https://www.rev.com/transcript-editor/Edit?token=LqgwT4O6DfngMimHmCgegh3MO--QHpryGZhewr18zcXI9Jnv6PFhSuEXsDSH5u6ZdB1DLfc1XFJkAfFnvGROOCpj7dg&loadFrom=DocumentDeeplink&ts=973.31)):

And, and it's all, yeah, this celebration of family ties mm-hmm. <affirmative>. and I think I had this idea that, that that's what I want, you know, like a big family and everyone gathers and yeah. But every time I'm in that setting, when I've been invited to a setting like that, I just feel, okay, I can't be here. I, I, I can't breathe. I have to, I have to leave. So even we talk about how it can be triggering for other tees to watch things about separation and someone losing a family member. But I would like to say that it can be equally triggering to see images and films and stories about really tight family ties as well. So it doesn't have to be something that reminds us of what's been, what's happened to us in terms of separations, but also this thing about having close-knit families. even if it's <laugh>, of course fiction and a complete like, or families are complicated of course, and it's a Christmas film so you shouldn't take them too serious, but I can still feel this grief.

Adapted Podcast ([00:17:21](https://www.rev.com/transcript-editor/Edit?token=T7p_8tbCY96mdmBEd2g_Esr4FDN_eBy6WdGX7U-ebKWqv3uTRXACqkJCJ4SSF-j8O6Uix5dpsy_jepPgOflX_VKiT9M&loadFrom=DocumentDeeplink&ts=1041.5)):

Yeah. You know, that's really interesting. there's a couple things you said that sparks something for me, but when you said that you don't like to have a lot of attachments to things, do you think that extends to people as well?

Lisa Sjöblom ([00:17:36](https://www.rev.com/transcript-editor/Edit?token=HfyR9Lc1jTDyVm0jw1NNto5fIMZ6HcQI2x1qpDXSvQmj3lpjSPGY_HaFDggud-Gkdro7Yf36eno06I1qRrJEm4w7Id8&loadFrom=DocumentDeeplink&ts=1056.2)):

Yeah. Yeah, I think so in a way, but I think it's because I used to clinging onto people so tightly that I probably suffocated them. And then I've been told, not always in a very nice way, but maybe like whispers behind my back that Oh yeah, Lisa, if she phones, she'll never stop talking. It's so exhausting. Or yeah, Lisa always that I'm so intense and, and I'm talking about friends now like yeah, that I'm so intense and I'm a very loyal friend, but I think that maybe other people think that <laugh> I'm, I'm too much. And when I had that in passing, I think I started feeling like, okay, if that's the way people see me, then I need to take a step back. But then also because I, I am moving around all the time, it happens naturally too that you, if you attach to people, you know that you're gonna leave them and it's really painful.

([00:18:33](https://www.rev.com/transcript-editor/Edit?token=Cek1MHg3ZAqeLjNFBl8q7IKs5dF00bDY_2dt-qzritTwj1sdAh8xR0OLgDeahOQh3TRGYih32pQqBsTgo7Xw1x6wKYo&loadFrom=DocumentDeeplink&ts=1113.84)):

But this is a very complic complicated issue I think in general for me, because I've always longed to be, it's a bit like the Christmas films, but I've always longed to be part of a, like a group of friends like best friends, like four or five people or something, and we do everything together and blah, blah blah. And it never happens cuz I'm always the outsider and I meet people who are part of those groups and, and it happens like, oh yeah, you can tag along or you can, we'll invite you for this celebration that we're doing and you can, so I'm always the guest, I'm always invited to things like that, but I'm never part of the core group, but I know that when I have close relationships, I can also feel the stress that it's going to end or that something's going to happen that's gonna destroy it.

([00:19:22](https://www.rev.com/transcript-editor/Edit?token=q9Gikil2yNqiYcm2iLmwzqOalHmUDSVuuLHAKM730IL5hgQEZr_VO4dbfqkCwkdutfYIZYknIbaPWolepWDkJCUwoxY&loadFrom=DocumentDeeplink&ts=1162.2)):

So now I don't try to attach too much because it comes with so much pain. But I think that thanks to things like social media, I've managed to have close relationship that are still far away and I think that works quite well for me. So I have really, really close friends who I would do anything for, but we are very far away from each other, so it doesn't get this sort of in Yeah. The, the intensity to it is, is managed through the distance in a way. I dunno if you understand what I mean, but

Adapted Podcast ([00:19:57](https://www.rev.com/transcript-editor/Edit?token=nFeVru7uWArhZzCazf61EEoVr3eUcCFGfOngtHxRU93-0dxKFpZK7Em-g_h0RGuEnetTg8qhzzUCD8l0tIup5xwalv4&loadFrom=DocumentDeeplink&ts=1197.99)):

I do, I it's gotta be adoption related, you know? Yeah. It's gotta be the relinquishment because Yeah, for sure. It's almost like when you here you describe it, and I relate to a lot of what you talk about because I've struggled as well similarly that in, in, in the one sense it's kind of this conundrum because on the ones or paradox, cuz on the one hand you long to be in that center where you have these like, you know, very secure connections with people and you know, like the say the roots, the long roots. But at the same time, I think because of what happened to us at an early age that that could, like you said, you feel kind of claustrophobic or maybe the sense of if you are so close that someone can leave you and then that is a fear.

([00:20:49](https://www.rev.com/transcript-editor/Edit?token=lhrfz7QyFLKoKrS1Fkl5El_K0rftxpO6pJLBt6BdoSJLESjicVh0IH9jzqx6BEJ9JqnZWN3ljVKZP4CzkgxWt8dDYoU&loadFrom=DocumentDeeplink&ts=1249.54)):

And so then it's almost easier in a way not to, I mean, we still want it, we still long for it. Yeah. But it's almost like when you actually get to a place like that, maybe you, you have to, you have to turn around and leave and move. Hmm. Because it was getting too, I don't know in a way. I mean I could say, okay, I was just getting a bit bored or I needed something new or some new kind of stimulus. But maybe in some ways it's also because there's this fear of actually being too attached to a place or having people, others too attached to us, you know?

Lisa Sjöblom ([00:21:26](https://www.rev.com/transcript-editor/Edit?token=qE336CAlKN2s-dRuNwVBTR_8WcEsZ2zCURfAy3mTiPdnC9qFcRBGO1Blm1bJapx32YVCG4fbHrcg1G6Xu4L5CXnY-s0&loadFrom=DocumentDeeplink&ts=1286.86)):

Yeah. Yeah. I think so. Absolutely. And one thing I know that has co caused me a lot of stress and probably still is, it's just that it doesn't happen that often anymore, is when I have two really good friends and then they become friends with each other. And I have this fear that, okay, they're gonna go off together now and I'm not gonna be invited. Right. And this has happened to me for real a few times that I've been, yeah. That I have been having two like friends who don't know each other and then at some point they've met maybe like by the birthday or something and got on really well and starting hanging out or, or we start, hang, hang out the three of us or whatever number, and then suddenly they start doing things without me and then suddenly I'm being pushed out and I'm not included at all anymore.

([00:22:18](https://www.rev.com/transcript-editor/Edit?token=_xj2NK_d03cE7DDuaJmyzJvCmtpqr7Xc1M5H9UjiADdAehIKIOcbhzYhjAj_VqMl_u4QGRrmBUZEEBPQw63uBN8lino&loadFrom=DocumentDeeplink&ts=1338.04)):

And of, it happened a lot when I was a, as a kid, like it is I think for most kids. But when, and I, and I didn't deal with it very well then but then when it's happened as an adult, it's just, it's so, so painful. and I noticed that it cause me so much stress to fear that other people are going to become better friends with each other than they are with me. I mean, it's, it's, it's stupid but it's still, it it can be real. Yeah. That it feels like it's better to just step back and not attach too much in the first place. <laugh>, <laugh>. And it sounds, it sounds like I'm just after lonely. I I, and that's not how I want to come across cuz it's, it's not, it's not really like that either. But I know that I, I have ways of dealing with new acquaintances to protect myself a bit.

Adapted Podcast ([00:23:37](https://www.rev.com/transcript-editor/Edit?token=644C3kdOCHuoU8W_EBCO9fVv15ObAEd_A-xgTv_CXSlnM4SDe7bZBidl6J9biz24que49bivgQz3HQ5RmcQu-px62o8&loadFrom=DocumentDeeplink&ts=1417.96)):

yeah. You know, one of the things this kind of like is really struck for me is, so I think with a, a lot of adoptees too, I think friendships and relationships are complicated and tricky. And I've heard of many others who struggle in relationships, whether it's romantic or platonic. And I'm even thinking of like my platonic friendships that, that sometimes I feel I end up feeling disappointed a lot and I feel like I kind of question do I have too high of expectations of people? And this is, you know, something for my therapy session <laugh>. But I don't know, I wonder if it is a, i I mean I'm sure it's adoption related that, you know, we just have these expectations of people or just that if you're disappointed or let down Yeah. It's just very painful.

Lisa Sjöblom ([00:24:34](https://www.rev.com/transcript-editor/Edit?token=cJbHl8U3V_9r7tuc3IomRu0WNQ7KrVbMaEQUshsVEtrE4SFUmhT1FMd3o67IMnMbXhFkWTDNlroXIcwGBxw7oU0BKg8&loadFrom=DocumentDeeplink&ts=1474.73)):

Yeah. Yeah. I think I've been told that even that that I expect too much and that our people need to be so perfect around you. Yeah. And I'm thinking that it probably has to do with the fact that in a way the mother child bond, you know, when you're born is perfect, it's harmonious and it's, it's, I think the, it is the closest thing you can come to some sort of utopia. and it was disrupted and you were fighting for your life, for your survival to something that was so, so beautiful or was supposed to be so beautiful and close, which it had been in the boom and then you just torn away from it. It's not even gradual. Cuz I was with my mom, well basically I was born and then I got to be with her according to her for, for a little little bit and then I was removed.

([00:25:33](https://www.rev.com/transcript-editor/Edit?token=aAGFtDO9pVoJ_9qvAfMEvifXKHLr6mRcgLSengTjmhMUE8zqkHyXuLbZYbYfMSN6nI565pyvM8fGAWFKgRJJctoSkpY&loadFrom=DocumentDeeplink&ts=1533.29)):

and my image of this removal is just, it's just darkness. cuz what else could it be that we have this little newborn baby? and the only person and the only safety she knows is, is a mother. And, and she has torn away from her. And then I was sent around to different places until I ended up in an orphanage. And the orphanage of course can never replace a mother, especially not in those critical <laugh> first months of your life. And I think that's to sound extremely cheesy, but I think that's the relationship that I am looking for always in every person or relationship that I meet, where you can see that there's potential for closeness here. That you're trying to find a way to replace that hole. But there is only one relationship that can replace that. And that's gone. You know, it's, it's never gonna happen.

([00:26:29](https://www.rev.com/transcript-editor/Edit?token=PHKbolUoDCTUzeiqtyaeNzAFNlmclJy2p1T_G36iKSWAamdjUX3NgZMSjSwCwBSH0O0bo0RZ0KVrZQX48ahY2Hh1C5w&loadFrom=DocumentDeeplink&ts=1589.9)):

It doesn't, I mean, I, I have a very close bond with my kids and, and we had those moments of sheer perfection when they were newly born as well, but they were the kids and I was the mom. You it was, yeah. I was the one providing a safety. And you want someone else to provide that safety for you, that all encompassing safety where you are one and it's gone because you're not a child anymore. So even if you find someone who is, who is really calm and, and providing, it's still not the same because it's, you're an adult, you know, with everything that comes with, gosh, this conversation <laugh> got in a very different direction than I had expected. <laugh>.

Adapted Podcast ([00:27:19](https://www.rev.com/transcript-editor/Edit?token=h-pzaFxj4LzszRHZzBQIZ7RM4VEBgq4ZTTGwoy26809Qe-L3_sj4qJlEBXXdIWevzHycy2BzMRgF8rV2IShkPEhZgxQ&loadFrom=DocumentDeeplink&ts=1639.93)):

Oh yeah. No, we do. I mean we, I do want to talk about your activism.

Lisa Sjöblom ([00:27:22](https://www.rev.com/transcript-editor/Edit?token=QSon_YKO7vCAoexpMW2uc5cF7uuAOHqguixfmZLhOtRC6CaGnkeQ-57u8x4awz_EY4l_edZPhPWjfALcsovSctnZ4jg&loadFrom=DocumentDeeplink&ts=1642.64)):

Yeah. No, it's great. I'm a surprised...

([00:27:27](https://www.rev.com/transcript-editor/Edit?token=q1U43wyWzZZyIROv53_c6jNss3l7qI3gZsvtfjaOLEpLFA_9iB-3GSYXKCNngjlqAJvOVHqQ5lJhy253ND74s8-o3pw&loadFrom=DocumentDeeplink&ts=1647.42)):

I haven't thought about these things in a long time because yeah, I know <laugh>, it's quite painful to think about these things. it, it's fine, but it's nice.

Adapted Podcast ([00:27:38](https://www.rev.com/transcript-editor/Edit?token=gbdS_naZbFNeLLzP37T7Ra2ka2TrtQg9KDaHUXZ_MPiStsabyXsZkvmdYKz0JxjbZXp-RxVJ5T0COzPQaTZeZLgz-GM&loadFrom=DocumentDeeplink&ts=1658.07)):

Of Course.

Lisa Sjöblom ([00:27:38](https://www.rev.com/transcript-editor/Edit?token=Yw8B0ij-Cgifpr8rBFK7IfREx48Joyp9RUmRXgnX1pe8Pu-AzUyl3W979HnBYn4xojW-5J3EYtW-egJJQ1KUvb5b41g&loadFrom=DocumentDeeplink&ts=1658.4)):

Just <laugh> surprised. Cause they always have this idea when people contact me, you know, they want to talk about yeah. Mainly my work and not so much about my emotions about things <laugh>. Yeah.

Adapted Podcast ([00:27:51](https://www.rev.com/transcript-editor/Edit?token=sDHWAFlyKkyrptfQyUrg_mnow26bQE6SRSPE29VS-ud2gpPx_Vqzo0oHh6trKG11jpRuk07AMW9iqSFP8bXoJhcAc_8&loadFrom=DocumentDeeplink&ts=1671.96)):

Well, I mean, I'm just and I'm just always just a curious person too. And I, I'm not a mother myself. but when you're talking about when you had kids and if you yourself were cognizant that you didn't have that, or that your secure attachment got disrupted. And I, I know that as a child or an infant or toddler, even if you're not aware of it, I think your emotional insides are all chaotic because you know that something's changed, that you lost, your mother's gone and or that, or first early attachment's gone. And I think that has to be extremely scary. even as, you know, like I was an infant, you know, I think maybe I wasn't like intellectually aware of what was happening. Of course. But I think you feel it, you know, it's that body memory. Yeah, for sure. And I wondered, yeah. And I wondered if when you had your, you birthed your own kids and you were, you wanted to provide that secure attachment for them, but did you feel like you could, if you yourself lacked it?

Lisa Sjöblom ([00:29:12](https://www.rev.com/transcript-editor/Edit?token=sjYVSSewFJuZHRCzStbEohDeUUxFro6wVCsB8fGnFtTvwkiB1HCIaZX2RJ5_7jIySTxHK95Xg_OKD_-ZLDrGpKvDorY&loadFrom=DocumentDeeplink&ts=1752.63)):

I could with my second child, but not with my first. I don't know if he, if he felt that cuz I was there, but but I got quite severe postpartum depression. And I also, I mean my trauma came back like full speed during the delivery.

([00:29:39](https://www.rev.com/transcript-editor/Edit?token=92XwQGwF-aB1_mFmwPokvAwtercBhe8ZS5cVJomdWQ-CoGqUaSQKMYzsiFMvotBlQ-aAaFgDLe5WYDc3OIQSeCckqUA&loadFrom=DocumentDeeplink&ts=1779.24)):

it was just awful. And I didn't understand what was going on. And I have a huge beef with the Swedish healthcare system after that. and still do because they're still not taking care of their adoptees in in Sweden because we should have been told that when you are an adoptee, you are high risk, your pregnancy is high risk, at least the emotionally because they do, they do provide help if they know that you've been, for instance, sexually abused if, if your parents have died. But, you know, as you know, adoptees, we are not seen. It's not, we are not treated as if we lost a, parents we're treated as if we gained a family. There's a, a gap there that doesn't really count for even though it's, for us it's death. It is as if our parents have died. but it's not treated like that.

([00:30:29](https://www.rev.com/transcript-editor/Edit?token=GEaIDuGEMiWHztLNsYMu1ZLaOjuSGgNRCEbv7VLmYcpmX7-EuZgHzBrkGIfBW0GK71I-AvPgUJ3eKLw1wVqy6AUMlXE&loadFrom=DocumentDeeplink&ts=1829.68)):

so, so there is a lot of counseling and support to get, if you have special needs as an expectant person. but I wasn't given anything because adoption, you know, it's, it's great <laugh> I said ironically so I wasn't prepared for anything. And when I look back on it now, it's like, it's so obvious. Everything was just like, ah, of course that, that, that could, that was a risk. So, so when I was in pain with the contractions, I just, it felt like I became my mother or I projected some sort of feeling of being my mother. And she knew when she was having those contractions that she was going to lose me. That was something she knew beforehand that she was not going to be allowed to keep me. and they tell you like, one of the things they tell you to, to deal with the pain and the contractions is that you should envision the baby, like holding your, the baby in your arms and that all the pain, everything is leading up to that moment when you get to meet your baby.

([00:31:41](https://www.rev.com/transcript-editor/Edit?token=K_HK_X6sfPOZ9FWn2xtQzD4HbJEhLlpGFwSJIlKuJ8EgKwDlHvrVtH6JMbs1e3EFnSw5LBISDtkiFP80I0JhtdcYOSo&loadFrom=DocumentDeeplink&ts=1901.74)):

And I was just thinking, they're going to take my baby away from me. They're going to take him away from me. I'm going to lose my child. so I mean, the physical pain was absolutely in insane, but it didn't help that I was also in this an intense emotional pain too. And just thinking about my mother, mother channeling her. So when he finally popped out I was just, every, every noise that he made when he cried, I was thinking that he was crying because he was grieving. And of course babies cried means lots of things, lots of different things. And he knew that he had me and we were, we weren't separated or anything, but I still interpreted every noise that he made as some sort of call for that he was being abandoned, that he was afraid of abandonment and it, it got too much. So it just threw me into this depression. And of course I could have gotten it anyway because postpartum depression isn't uncommon. And it, and you don't have to have suffered your own trauma to get it. It, it's common in

Adapted Podcast ([00:32:55](https://www.rev.com/transcript-editor/Edit?token=DNsZVMu7qSc5wQVh5SgloKZpgGj-yjGo65ieC6Kn0vn4Iy70cCyXa-xejNegmk_hL69cQQrPZNyj5zrgAB40jn8nWTw&loadFrom=DocumentDeeplink&ts=1975.31)):

Hmm.

Lisa Sjöblom ([00:32:56](https://www.rev.com/transcript-editor/Edit?token=SZ8eEF28ecEaCYIAuRTLIhziKOix8AID_61OroxmzS5L3gyISo3KoxjsHzzx0R7PRkGovZeFM09_IgtAaqXVykb6K2g&loadFrom=DocumentDeeplink&ts=1976.18)):

Yeah. It ha it happens very often. but the, the next problem was that I didn't get appropriate counseling for this. Cuz first of all, I thought I didn't really understand what I was dealing with. And I thought it was because of the, because there was so many, we had so many struggles in anyway with the pregnancy or with the circumstances we were in because we had no money. And yeah, this is, this is a long sad story about our circumstances as well. But apart from that,

Adapted Podcast ([00:33:27](https://www.rev.com/transcript-editor/Edit?token=KE95vN5cozcOMmyqOKsRmdzyuybbnaOcEkk3rcDQDYncDVBtAV-9JM1IKbc0K0d2iEC8gHDegZd3DJU5msqjKULF1CU&loadFrom=DocumentDeeplink&ts=2007.08)):

You had a lot of anxiety going on anyway at the time. Yeah,

Lisa Sjöblom ([00:33:30](https://www.rev.com/transcript-editor/Edit?token=G6dP0uo0fsGM16fSI3m7MtckgIgpnaLSIc_ja2WeoJYVeQc4UzIl7fcfvzSH1-Iv6WiIdjBgApEEyww_3u4N6ZTZWb0&loadFrom=DocumentDeeplink&ts=2010.53)):

Yeah. And yeah, unemployment and homelessness and yeah. Lots of other things like that. So this is a very stressful time and a very unsupportive environment. <affirmative>. Me and my partner were very lonely as well lonely and scared and, and all that. but yeah, the support I got when I finally realized that I need help and I got counseling, I got this terrible therapist who, who couldn't relate to anything I said, it was a, first of all, it was a man, a white man doesn't need to be a problem in itself. But I think now looking back to it, it would've helped if it had at least been someone who had given birth themselves. And it wasn't even suggested that this had anything to do with my adoption and trauma around my, my own separation as an infant.

([00:34:27](https://www.rev.com/transcript-editor/Edit?token=nAMUURHGEFPGCo4A88ICbkhn4A6sobwU_ofeDO4bJ05n2BMbxPqaMPmNoItSbCY6AvEyYtp9vcL4bL7z5ku883vB3Ag&loadFrom=DocumentDeeplink&ts=2067.92)):

So it all ended with him basically yelling at me that I should just be happier that I'm a mother and I should just enjoy it and what is my problem anyway, a bit like that. and I was just crying and, but somehow he made, he made me so angry that I just fought to get the adequate help after that. So then I knew, okay, I don't need this kind of person to, to talk to. I need, this is what I need. I need someone who understands this and this and this and that. so, so then I got appropriate help and, and that was great. not so much adoption related, but close enough I think. Yeah.

Adapted Podcast ([00:35:08](https://www.rev.com/transcript-editor/Edit?token=rwa6go3fl4rZG_akKPHbVBB-TjK3NqMWcZvALFIa1n5SjcyS9nteUwgYDrGl-ULnluIH-t7URa_5wSAEKUFsXPrqnKg&loadFrom=DocumentDeeplink&ts=2108.68)):

Mm-hmm. <affirmative>. Yeah, I mean, just tapping into just finding some, like tapping into some anger about, I guess what had happened to you and that you weren't going to be separated from your baby,

Lisa Sjöblom ([00:35:23](https://www.rev.com/transcript-editor/Edit?token=PBSwvqgUpYW2sFZTGFMPbtp2bJ7zrev8xEo_lDd97Tt00Kb61CzINNDzlYk9ZqIDn2IHw80Gdaw6LXHQ1G4--fyTZDk&loadFrom=DocumentDeeplink&ts=2123.5)):

You know, and just this understanding of, cuz I was projecting so much on my baby Yeah. That I, I was both thinking that he thinks that I'm going to abandon him and he's crying because he's, but also this jealousy that he gets to be close to his mother. He gets to be breastfed, he gets to be, someone is always coming for him when he needs us. And, and, and I didn't have that. So it was so much grief going on that I didn't know what to do with, because at the same time, you, your body and your mind is on this baby and not on yourself. so it was just a mess. And if someone had just been able to help me navigate that a little bit, I think it would've been so much better because now I, I still grieve that period in my life that I couldn't, how I couldn't enjoy it because I was in so much pain emotionally. And every time I I, he does assess something that makes me think about that time, I'm thinking like, oh, it's all my fault. If only I, I had been a better mother when he was born. If only I had been, I had been there emotionally. If only it had been for this and this. I blame myself a lot and thinking, oh, I messed him up. It's all my fault. And he's 12 now and I'm still punishing myself for that <laugh>.

Adapted Podcast ([00:36:45](https://www.rev.com/transcript-editor/Edit?token=LFJsXccyxgr_aM8-jk_U8lH2AKTP32y3h9wXn7hG00geXkHFpRAaXjz6r9hYshm5qAoVTsBLr72nJkdfz0oCn3pnWXA&loadFrom=DocumentDeeplink&ts=2205.63)):

Well, Thank you for sharing. how was it with, so your second child with your daughter? It was totally different?

Lisa Sjöblom ([00:36:55](https://www.rev.com/transcript-editor/Edit?token=XIUB6EaUvaedcUTdKLrDDvnYJzCN0F2ow0FqBWlXLpeJPRWNbe9z_60BgRrqryDv4MIEtKbnHEEL2HBhtCbF0P8mth0&loadFrom=DocumentDeeplink&ts=2215.56)):

Yeah, I mean lots of things happened in those two years that I got before she popped out. And one of the things was that I became aware of adoption, <laugh> issues relating to more of the, the sort of emotional side of being adopted rather than just the practical bit. The, yeah. So there was a lot of things happening there. and also because I knew more what to look for. So everything, every single service that they had in the maternity care and healthcare I just took and I just said, this is what I need. and this is what happened to me. so I need to deal with this. And they were great. They res they respond really well when you know what you need, cuz then they can help you find what you need. But when you don't know yeah, it's, it's, it's very different.

([00:37:52](https://www.rev.com/transcript-editor/Edit?token=W4l8WcJ0IOfitDOSX7JR_TSXxwcCAJxd6-CpnM5fp74PWLiofhlyKC3zFaSBuRhYGTYw5FSewCWQks8JIepQPAtmmvk&loadFrom=DocumentDeeplink&ts=2272.08)):

so I got so much help. So I did a lot of work, emotional work. So, so when she popped out, it, it was, it was lovely. It was still difficult physically, but emotionally I was completed there and I knew that okay, she's not crying because, because of me everything is fine. And then I had had a baby for two years as well, so I knew that she wasn't made of glass. and all, all those things. And I knew how to deal with all the practical stuff. I knew that like, yeah, it was <laugh> so I didn't have to fumble around with like nappies and how do you wash them and how much can they take when you wash them cuz you are so afraid to break them just by washing them and all <laugh> and all those things. so it was easier to just focus on the bond.

([00:38:38](https://www.rev.com/transcript-editor/Edit?token=ee7_iDEzEqVMUOq-pVYGi46gJ1kaNGrrLjcLXFGHcEGFB-TISE9CbBge-z2Azsz9o1SiqD-MMjErSPODGw_RRBadf30&loadFrom=DocumentDeeplink&ts=2318.74)):

and she was also a different person. she wanted to be on top of me all the time and I think that healed me a lot too. So we were sleeping, she was sleeping on top of me for six months. and I understood that she needed that and I understood that she needed that. Not because she was traumatized, but because she was that kind of baby. so I could give that. And it just made us really close. so it is just beautiful. but let's see. There was something else you asked me about well, and I was just thinking like, yeah, I mean, they don't, like the healthcare system doesn't, yeah, I, I, I I mean I, you know, not having gone through a birth myself, but I just hadn't heard that, you know, for example, if you're adopted that, I mean of course you're, you're a trauma survivor, but they don't really put that together.

([00:39:30](https://www.rev.com/transcript-editor/Edit?token=MwW3pRJcRm58l9pv7DrraOHA4O8YZnCVpp_RDj2EKOumFcYKmvXx1t1ZcSxGwxUw4ptgk_w6gIWej1ilA0DlTkVkONM&loadFrom=DocumentDeeplink&ts=2370.4)):

No. And, and, and I didn't do it either. And that, I think that's the main problem is that we shouldn't have to be experts on our own trauma. Because I would say that probably most of us don't know that we have trauma or don't acknowledge it. So it's not just that we, we have trauma, it's also that we don't know that we have trauma and that there's a risk that something might happen at any point with that trauma. Cuz that's how trauma works of course. And we also don't know that our bodies have been in survival mode because so many of us are just focused on not letting an adoption mean anything to us because that's what we expected to, and we expect it to just feel that the new family we have is enough. And, and if we don't, or if we just even try to complicate that a little bit, we get gaslit.

([00:40:24](https://www.rev.com/transcript-editor/Edit?token=suffUkTVUEprzFB-LiJ1nqASkVDK9MF1oK_XkX9Rcwg6gWOcVs4--WAiFjS7m8EOBCp2OxY374_QfZDqEHtT4VlZ440&loadFrom=DocumentDeeplink&ts=2424.1)):

So we learn not to poke around, you know, with those questions too much. Because we might end up hurting not just our own family, but every other person who has adopted, you know, cuz you're responsible for everyone as a matter <laugh> to make everyone happy. So, so a lot of us have buried these things deep inside us and we're not even aware of it. And then suddenly this life-changing event happens and it really is a life and death situation. And I mean, what everybody said to me in maternity care and stuff is that just be aware that a lot of, a lot of things from your childhood might pop up, but then you think about like your adoptive parents, like what did they, how did they bring you up and blah, blah blah. But you don't think prior to the adoption, because you've been taught not to think about what happened be before your adoption because your life started at the adoption. So that the fact that yeah, like we talked about that you were once separated so brutally, you know,

Adapted Podcast ([00:41:27](https://www.rev.com/transcript-editor/Edit?token=tV82e_ixQqr0rZg-2DciiTq5YCody63UDs115a8foc25FTsyuenUd6p9ZlhVOFhNniW0SAaD5Wf37KUyyuc1ccCU6-Q&loadFrom=DocumentDeeplink&ts=2487.67)):

And that is the thing that is the thing that we're adoptees. I mean, <laugh> <laugh>, we are going through this life kind of blind without being medical, medical ghosts without some of us, a lot of us not knowing our medical genetic backgrounds and, and you know, going through these different life stages that people, there aren't, I mean we're the ones that have experienced it. So we're the experts and also the ones who are going through it without any kind of guidance or manual or

Lisa Sjöblom ([00:42:04](https://www.rev.com/transcript-editor/Edit?token=g72H3T48Mfz-a__QRXQ-tXPwaNQXxJN0wwNOlycd-hvMXajLuxQLmP1MwLxByxoPHxnYLyCkry97_stOiDTQNtiURxY&loadFrom=DocumentDeeplink&ts=2524.67)):

Yeah, we are both experts but also kept in the dark

([00:42:08](https://www.rev.com/transcript-editor/Edit?token=H7JtGALGBSohys0Uqw92QK6Nzvr4CuWgUnAwCEQkVpZWZQGZoakm--vVZNSTxMCt1JoOQHATHCW3e9Cv-JbxDq9Mr6E&loadFrom=DocumentDeeplink&ts=2528.51)):

([00:42:08](https://www.rev.com/transcript-editor/Edit?token=XvEA3ktxvJ9r8n_lGJf_rlA0Wx5_VKYr2eUSOBTWJUx2bwAw46Tf-A7VDFZkm47EeW6BdSvK62-9RZURC1Goht-a7oc&loadFrom=DocumentDeeplink&ts=2528.51)):

Quite often it turns out that a lot of other people knew things about us, the agencies or our first families. So sometimes even the adoptive parents have known things that they have kept from their kids. so it's a bit of both, I would say. Cause I think that it's very interesting when you meet adoptees who, who are still not thinking about their adoptions, the way they talk about things. Like no, no, no, I'm just like everybody else. But yeah, I know that maybe I haven't been able to form any close relationships, but, you know, everyone struggles.

([00:42:49](https://www.rev.com/transcript-editor/Edit?token=dvWVcwOC43lMi0gaSeA2SZF-4yRXCJFxl-o_L7s8RHD-085fc6yQKsj9zf_ctXu9zgHX-w4ON8DmgivUTWH1DsM5uHQ&loadFrom=DocumentDeeplink&ts=2569.73)):

Yeah. But I can hear that there's something going on there, <laugh> and that or that. No, no, no. That, that wasn't a racist attack because, you know, it's just those stupid people who would've said something stupid to anyone who, who who walked by. It's just the summation. They just said Jing Chok or whatever, but, you know, had, if I had been blonde, they would've called something to me. So it, it's not racism, it's just, you know, them being stupid. But they didn't single me out, you know? Yeah, okay. or that, yeah, I haven't been yeah, I get triggered by these things, but it's not because I'm adopted. It, it's just like, you know, we all have a stuff, you know, you know, these people try so hard to not make it count.

([00:44:18](https://www.rev.com/transcript-editor/Edit?token=OTOu8W6_jJRRaL7MzYjhyZKB-XcSsPO1zW0h4Jr6Fd0lEHUxWxw_v9bkccdk4aoXMdcruBN0P_y2v9u1gWpOFXw3690&loadFrom=DocumentDeeplink&ts=2658.92)):

I used to think that I was born with very bad luck and be before I realized that what was happening to me was like race racism and everyday racism. But I used to think that I had bad luck cuz that's how other people described it to me when I tried to say that, oh yeah, I wasn't let on the bus today. Or that person refused to help me. Or that person shouted something and that person was rude, blah, blah, blah. It was always, yeah, they probably had a bad day. It's always the ex explanation that, or they probably didn't see you or they probably thought that you were a foreign student. Or they probably, you know, there was always this explanation for other people's behavior. so I was always saying like, oh, I, I, I'm, I'm a person with bad luck cuz I'm always, I always seem to catch people on their bad day.

([00:45:12](https://www.rev.com/transcript-editor/Edit?token=efG7twIo9l8GT4lije1ta1ncQBV21gOupF8ZuYiS_wSrrmgq3IkrF_Hya-MgWN673DsLyhVx9z1lln_VDGhubR1Y5g0&loadFrom=DocumentDeeplink&ts=2712.24)):

And it was actually not until my partner, who I think it's always, sometimes it's really good to have someone from a broad observe your life because they can, they don't have the same filter and they, they, they look at the situation with new eyes and they'd also don't have anything invested in defending their countrymen <laugh>. so when he came to live with me in Sweden, he was just shocked. And I was like, have you noticed how people talk to you? Oh, have you noticed how they look at you? Have you noticed that they point at you? Have you have, you know? Yeah. And I'm like, ah, you know, it's just the way things are, isn't it? and he's like, no, it's racism. This is insane. so, so it was actually, it took, yeah. a foreigner to start pointing out things in my life before I could really see what was going on. And then a lot of other things happened with the, the conversation in general around racism and, and also social media helped a lot because suddenly I was in conversation with so many people who could describe the exact same things. And you start, you know, putting things together and realizing, okay, I've been subjected to racism my whole life, <laugh> and I've been working so hard to protect the people who attack me.

([00:46:41](https://www.rev.com/transcript-editor/Edit?token=k9jrE5vc1Qrhy2tS4dCOs6CuIqsLJFTK5NMIkhlDbtGjsIbfueTvsqeGeu0ZoAuq31xsea5gbUXI-K3iclHT0C4kaXU&loadFrom=DocumentDeeplink&ts=2801.4)):

Yeah. And of course some things were very obvious when there was racism, but a lot of things was just,

Adapted Podcast ([00:46:45](https://www.rev.com/transcript-editor/Edit?token=Ol1jriMXgKuvayWBYi0alnjgSb0Bno7S3Lexgr5FLrV58OhgkippRwTybaUvIG-4kY8jnMPtuurWTH_V8F99mNOPqwA&loadFrom=DocumentDeeplink&ts=2805.93)):

Or to explain it away. Yeah,

Lisa Sjöblom ([00:46:48](https://www.rev.com/transcript-editor/Edit?token=9V6V0KcCHC2X3hasqnQRoTkzSMxsyw4sJQgDtSdRuoCwWgQz61K13cVgLK9SpLeCvYqHeOsp1aALSiVMLJPrcvbv59g&loadFrom=DocumentDeeplink&ts=2808.21)):

Yeah, yeah. Yeah. so that was a, a real wake up call.

Adapted Podcast ([00:46:54](https://www.rev.com/transcript-editor/Edit?token=Dkvdde2b3OUQPjhocWzeaxgFMUN43G4pqor5-i8WgmKN7bXdYxJyy7Yp94hL7hY-M2UMROsPzti0fVvUTB1C9w2jpMk&loadFrom=DocumentDeeplink&ts=2814.36)):

That's so interesting. Wouldn't we like our parents or, you know, if you, if you had white parents, wouldn't we like our white parents to have, you know, said to us as six year olds, yes, you're right, Lisa, that was racism, <laugh>, you know? Yeah. To really identify it and acknowledge it and, and and to validate your feelings.

Lisa Sjöblom ([00:47:15](https://www.rev.com/transcript-editor/Edit?token=Bz9X_Fm7cr6yDDNWYEayVtXcgfzeMtevoWYtWXGKcE-5U7rpM9wf3oN9ArqNABT2JSxNcRLjmOVXQsp8sEFiQWwacsM&loadFrom=DocumentDeeplink&ts=2835.36)):

Yeah.

Adapted Podcast ([00:47:16](https://www.rev.com/transcript-editor/Edit?token=dY9xSBmsBswl0KEyhXXKkkpoll8itXOOHPx5ZYGDobjKllY_VRIbM8xdNGv4x3XS9tkgAU-qzZlyavcD8VRkhflcksA&loadFrom=DocumentDeeplink&ts=2836.17)):

But we didn't,

Lisa Sjöblom ([00:47:16](https://www.rev.com/transcript-editor/Edit?token=gi28xfRnorWdJ7JxG7p_7VAHoqDtnXhfdeZsd2-BP3RRbn8POcz2oXo-iG77jti5LMG1-dBcFK_Ev7-laL_Lv7dmRC4&loadFrom=DocumentDeeplink&ts=2836.86)):

Even today when, when they know that I'm very vocal about these issues, even today when I explain certain things to them, they're like, it's, they, they respond with silence, like mm-hmm. <affirmative>, because one thing that happened my my my dad is gone now, by the way, but they, they lived in an area for older people. It's called a 55 plus home. So you're only allowed to move in there if you're 55 plus or older. and it's very white area white middle class area in Stockholm. And I was visiting and I've been there many times. and I was stopped by neighbor who questioned why I was there. and I said, my parents live here. And he said, oh, but sure, are you working here? No, my parents live here. Ah, right. Who are they? and I said their names and then he started testing me like, so oh yeah, they are the ones who live in this building.

([00:48:18](https://www.rev.com/transcript-editor/Edit?token=eR9ObEuEvhOk4yD_YWucVCntR4WMz5H7VaigMj5bTrz6-QHo0EQBlJ0Fs1IhfSHxOJXAZ-D1uM1Tyki9SyIUQGWVdsg&loadFrom=DocumentDeeplink&ts=2898.79)):

I said, no, they don't. They live in that building over there. Yeah. Until he had sort of gotten enough proof to let me pass him. And I told my parents that, that yeah he wouldn't let me come in, you know, and they, ah, yeah. But he's a bit funny. And another time I've been taken for the cleaner and personal assistant to someone in a building. So there's, there's always all these questions when I come to visit them. but yeah, they don't really want to see it for what it is. But it's very obvious what it is about.

([00:48:54](https://www.rev.com/transcript-editor/Edit?token=tQ00FxmbJs3PAOI49ZrIsRmSAm5HASZNwVVhhBwPus9FyBeolRTgHxu6qmzMmMv2KR9bfgI6mZQovBE08EWwkLZArSo&loadFrom=DocumentDeeplink&ts=2934.7)):

I guess your, your kids have recently written something for, for prion the newspaper. How did that, how did that come about?

([00:49:21](https://www.rev.com/transcript-editor/Edit?token=tLZGEEL46szo_Aas5BYYAsFbF-fWTDsRCmyjvJ7RZeFM5edHWy3TJeRHJL2qKeF47mJHJKjfpCKUdoUdnd8EyEIFXKk&loadFrom=DocumentDeeplink&ts=2961.4)):

Yeah, yeah. Ah, well I've been I'm part of a network called Swedish Korean Network, and I don't know if you've heard of us, but we've been work, working really hard for the last few months to do our own submission to the truth and Reconciliation Commission in Korea. So we joined the Danes in that. and around the time for that the Danes had also organized so that we could send in articles cuz they just want to pump out their voices in Christian. and they said that they want to hear not just from ais but from our family members and partners and children and and and so on. So there's been a lot written, which is really great to read. And I told my family about it and my kids were really on board. they ha they have a lot of questions about adoption and and their own, how it affects them.

([00:50:19](https://www.rev.com/transcript-editor/Edit?token=jE5CzQDGZHrsG_HVqrB9pz_1MiaELuUZyFCagnEkvoh2E9viV1wiAmtZYc9hgOdqhUUcnF66bigbJyqFoB8W2c_UPe4&loadFrom=DocumentDeeplink&ts=3019.3)):

so they really wanted to voice their opinions. So my, my partner, I said that, that they could do it without me cuz I didn't want to affect them. and I wrote my own article and I don't know if it's gonna come out, but I wrote my own thing and then the three of them did their thing. well I thought they were going to write something joint, but it turned out that my partner just interviewed my kids and then sort of put together what they had said. And in the end he just, the only thing he wrote himself was the introduction and then he just left the kids words. he just wrote them down exactly as they said them. He might have edit the, the order things came in, but but he wanted it to be their voices. So you can, you can see that it's quite it doesn't sound like written language. It sounds like an spoken language. Yeah. Like spoken language. yeah. So, so that was

Adapted Podcast ([00:51:20](https://www.rev.com/transcript-editor/Edit?token=ONMpiQrBwROw8bWdnzQH1wauqNpDf78yE9NN03BZ7T1QHtDqg5hfdh9mYvtsoEv39vd5yaYM9_D1uOy-S5ETWitCD-U&loadFrom=DocumentDeeplink&ts=3080.87)):

Anything surprise you? Did it surprise you what they

Lisa Sjöblom ([00:51:23](https://www.rev.com/transcript-editor/Edit?token=GRMR3Aud1xY7u-RzZ7PGqcYzMcYuWQ9uc08IMfqvUqhVYf5BnF2unQYZDIpqfceC1zcOanU-luG9T5v8r1QIAJa5pJQ&loadFrom=DocumentDeeplink&ts=3083.7)):

Wrote? Yeah, the thing that surprised me the most is that they very, very harsh about what they think should be done to the people who have been well the perpetrators in the adoption industry basically. and I think that was actually one of the things that my partner edited out because my, my son had some very what do you say? Colorful language and he said, asked him to tone it down a bit so he rephrased it <laugh>. But yeah, they would, they, they want them to be punished because they know how hard it is for me. And they also realizing more and more how much it affects them too, cuz I think it's more or less daily that they ask about, do we have any cousins in Korea? Why can't we meet our grandparents? Do you think they're ready to meet us now?

([00:52:17](https://www.rev.com/transcript-editor/Edit?token=VZqKGBx7KI7t_E2_lTvdw31wy595Mb_OG8cwtENs3E9zr3O-HM7YZ2ebzP6fJFg9aRDsQ0NMczy8tVFjR5OqbfbfNvs&loadFrom=DocumentDeeplink&ts=3137.99)):

How many aunts and uncles do we have? do your siblings know about you now next time we go to Korea, can we, you know, do you think we can meet them? Do you think they know about us yet? Do you think they think about us? You know, they have so many questions all the time and checking in on me if I know anything more than last time they asked. and it's also the thing that they get a lot of questions from their friends and they can only answer about half of their family. And then they have these friends who not only have big families and families close by physically, but also they can, they can trace them back in generations. And my kids can't do that. and the same thing with language, cuz being bilingual or trilingual here is not unusual, which I really love about this place.

([00:53:13](https://www.rev.com/transcript-editor/Edit?token=a67xCB_5Z-LzYYh20n6_SWFmUEjtByqqwJ9a_-Of7pBPkzyno5gf2FOSsKKzzjFDfYQVgXAbLS1e3CmCwrXjeI0ZZ-A&loadFrom=DocumentDeeplink&ts=3193.37)):

And they are bilingual, Swedish, English, but people think of course, that they are, they should be able to speak Korean because that's how they look. They don't look British and Swedish look Korean. And that's the one language they can't speak. so of course they are also reminded that they are, they don't know where they come from and they can't speak Korean. They don't know not anything authentic about Korean culture. They only know the <laugh>. My feeble attempts to imitate something that just makes me feel like I'm doing some sort of cultural preparation basically. so, so they're developing more and more thoughts and emotions around this that isn't just about my grief, but but about their own lack of a story.

Adapted Podcast ([00:54:11](https://www.rev.com/transcript-editor/Edit?token=tNg_RNfgPGQsJr10o1ER_REMI5AfmYyVPNDuVPhx4rh8ga_JV1DGxOf-s3R7-LcJ8hhUp3AB15EcIpldHQWbgmbxOD0&loadFrom=DocumentDeeplink&ts=3251.07)):

Does that surprise you that they would have their own grief?

Lisa Sjöblom ([00:54:14](https://www.rev.com/transcript-editor/Edit?token=kjwD6eGhmGFSnjRDskyHDxm-o8vpVlqwpQ-PWi6UWpIUAfSr84-C8qgOx1oy9YweZwXjN-0pnMc7rDd_95pJZUIF48s&loadFrom=DocumentDeeplink&ts=3254.37)):

No, not at all. it would, if I hadn't done so much research, I think because of course I am interested in, in, in these questions. Okay. So I dedicated my life to, to write and draw and yeah, about it. And also I'm, I'm a very vocal activist, so I'm constantly involved in these issues and educating myself. So now I would say, and, and also because of the a lot of the talks here about intergen intergenerational loss, which is a big thing among indigenous groups who have suffered colonization and and genocidal separations and so on. It, it's such a common and known concept here. That, and, and everything about it you can translate to adoption. So I think through that, those conversations, I'm very well aware of how trauma travels through generations or can travel through generations.

([00:55:32](https://www.rev.com/transcript-editor/Edit?token=JXIto1ef9AdgHuTgCqVfbYDdZVU-YbVFztLtvGC9B_hcSrauk9Euv9w8ti43YgGYlg7yXOeHSYuEysJ95IgPlLnceOs&loadFrom=DocumentDeeplink&ts=3332.22)):

and, and also a lot of, I mean my kids are quite young still, but there are a lot of children of adoptees who are starting to become more and more vocal. And many of them are, are adults with their own kids today. And who are very vocal. it doesn't matter if their parents have been vocal about their own adoptions, but to have their own stories to tell about feeling that, like the third space we talked about earlier, feeling that they don't belong, feeling that they don't have a, a whole history and identity and feeling loss. things that are very, very similar to what we say apart from the, the, the difference that they're not adopted themselves. so in that sense I've sort of expected it from my children and prepare prepared for it and well, as prepared as you can be for these questions.

([00:56:34](https://www.rev.com/transcript-editor/Edit?token=vJbjgmu1doBtwcrSyu218VvX3sNKYXh1aak1r6buzA1Ge4YhGM1gA7y1UKnPrw9fqR55IWVveZfiSFTTXrA6tk_8At0&loadFrom=DocumentDeeplink&ts=3394.33)):

So this this, this writing was for a publication in impression. and it just introduces my kids who, who wrote this article together about how they are born to a Korean ee which is me. and that they were both born in Sweden, but they have grown up in New Zealand. And Teddy, my son, he loves playing football. That's his entire world. and my daughter Poppy, she likes bunnies and ballet and crafting. and they go to, I like her already. <laugh>. Yeah, <laugh>. And they go to to the, to schools where the children are from all over the world. and there's, I think there's only one white kid in both their classes, which is quite astonishing. cuz we live in quite a white area, but there's a lot of Asians in both their classes, which is really lovely, I think.

([00:57:37](https://www.rev.com/transcript-editor/Edit?token=J4CKbkMad3s87XFSwMxDMzJ2HpYE6POr9poZo4QHk-tub357LI2r38xtxF1YCkHsOKf2R0yeEkOaPY3WgazWo8RZNTI&loadFrom=DocumentDeeplink&ts=3457.93)):

And they've been, they've been back to Korea twice. And the first time we went there, they were very small, just one and a half and three. and that was when I reunited with my mother. so they don't, they don't remember much from that. And then they went there again when they were little bit older. that's when we tried to find my father, but failed. so they have a lot of questions about our background. but my partner interviewed them and these are their genuine words and we didn't coach them at all. but, but of course the, the questions contained certain, I guess certain they were phrased in a certain ways. Of course, they affected their answers a bit, but we didn't tell them what to, to say so that it would sound nice or sound in a way that we appreciate, so to speak. So this is what Poppy said.

([00:58:44](https://www.rev.com/transcript-editor/Edit?token=ZPZ9cAdkk_UlBQ4OfHqxiSGGZFCQ40NLWyP2BKe8rNmJhY_hoKHyeyn522CjVC5KC7GxxNCN0G-qd5rru6O22RhMEIs&loadFrom=DocumentDeeplink&ts=3524.74)):

my mom feels sad that she couldn't be with her mom and that she doesn't know her siblings and dad. She feels sad about not growing up in Korea. When she was in Sweden, she was Asian and everyone else was white. Lots of people were mean to her because she was from a different country. Mom feels sad when she hears people talk Korean because she can't understand them. All of my school friends talk about their relatives and the ancestors and I am the only one who doesn't know my Korean family. It isn't too big of a deal that I can't speak Korean, but I would like to learn one day. All of my friends know about their ancestors languages, but I am the only one who can't speak anything of mine. It was bad that so many children were taken from their families in Korea and sent to other countries.

([00:59:28](https://www.rev.com/transcript-editor/Edit?token=hP-3SW7ErX6pAvEo65O48QnpQM7f1bqk2WSSj-aSJsVyE9BENnA7Nh4yaizTJbHOm1JRj0dh3sxovJ-eqf1ZThr93hs&loadFrom=DocumentDeeplink&ts=3568.34)):

The people who lied about my mom and faked her information and sent her away from Korea should be punished if mom wasn't adopted. I wouldn't have to eat Yk Swedish porridge. I could eat Korean food instead. And Teddy says, oh, sorry, poppy. And Popp is how old? she's 10. She's just 10. 10. Wow. Like a month ago. Yeah. and the Yuki Swedish porridge, by the way. It's really yummy. It's rice porridge. So it's, yeah, it's, it's something we eat for Christmas, so I make it once a year. But she doesn't like it. No. And I make Korean por as well, which she loves. So yeah, <laugh>, but that's a very different dish. and this is what Ted said. I think my mom is sad that she wa was sent for adoption from Korea. She's angry because people took her from her mum.

([01:00:21](https://www.rev.com/transcript-editor/Edit?token=h9abut-iMJMEEfhMiAd0zXGs-8P4Bm531nZEccdyD-IwPOqKS3p2VQsvpShF_yQtWE3i-Vt9kyfAdcTtbVmYW9AYdRI&loadFrom=DocumentDeeplink&ts=3621.17)):

She's angry that her mum wouldn't let her see her sister because it would make complications. I am sad and angry that my mum was taken away from her family in Korea. The people that did this should go to jail. I'm sad because I want, I want to meet a Korean cousin if I have one and my grandma and grandpa, I want to see all of these people. We could visit them in Korea and wi would be so fun. We could eat nice food with them like grilled fish in the fish market in Pusan at school. People think I'm Chinese. Some people say Jing Chong to me, this is racism. A boy from Korea came to my class for a term and he couldn't speak English. I really wanted to talk to him in Korea and, but I couldn't. Now he has gone back to Seoul.

([01:01:03](https://www.rev.com/transcript-editor/Edit?token=_-DHnqnAR1iu3zLT_RKZfujCsbGD2BF1cDKJ8jb0muibDoHPorxD8z_YDjmOHwfUVqUb1OWLRQOxnIgBa5pIqYCLmYA&loadFrom=DocumentDeeplink&ts=3663.62)):

My favorite football player Son Heung Min, is Korean. It's so cool that he is South Korean like me and plays for my team. Tona Hok. He's my inspiration. I am Korean, I like being Korean and I would like to visit Korean again and learn Korean so I can have Korean friends. I held my Korean grandpa was really sick, but we couldn't see him because he doesn't know about us. I wish we could look after him and tell him we care for him. I want to tell my Korean grandma to be friends with my mom. I want to ask her to tell all her family about us. I would tell her everything will be okay. We could come to Korea and we could be together. And my mom could be friends with her family.

([01:01:48](https://www.rev.com/transcript-editor/Edit?token=V4GyRsiLRRCvNG2oCap8oCUBKU6AZWrnnu9hlW3wlMe07vYu8aoVMDGWUes5AtlqDHCDI5LFBBYbQwAsp-R4jsZJ9XI&loadFrom=DocumentDeeplink&ts=3708.06)):

You could tell here too, where they differ in personality because Teddy is very outgoing and very extrovert, which also makes him different from the three of us cuz we are all three are quite introverted. But he, he just loves seeing other people and he w wishes that we had this big, big, big family. and he just wants to be with people all the time. and you can see the focus there in his text that is so about he wants to meet everyone. He wants to know everyone. He wants everyone to be friends and get together and eat. And yeah, cuz that's one of the things he remembered from Korea is of course cuz we, we, we visited a friend who has a big family and they cooked all this lovely meals together. They all came to the house and like cooked together and was loud and noisy and everyone was, you know up in each other's business and stuff. And, and Teddy just loved it. and I think that's this vision about if we could only know our family, that's how things would be. and it's really lovely and sad <laugh> at the same time. Cuz I know people never, people never get it.

Adapted Podcast ([01:03:03](https://www.rev.com/transcript-editor/Edit?token=CBOdjbMIG7Ixc3h7OnJ92Ukr2jvgvn_-2X5PeFkPvGa972y6I2XX57vy-MF3NzSw0wdTc6bBsq21GXL7HVtJgIr8wQU&loadFrom=DocumentDeeplink&ts=3783.45)):

Yeah. It's just struck me, it's struck me as, it's similar to many adoptees, you know, just seeking acceptance or wanting just to meet everyone and not not understanding why there has to be, it has to be like this.

Lisa Sjöblom ([01:03:23](https://www.rev.com/transcript-editor/Edit?token=hu6YAWmf-rJiP2VU1Wk__r0GhLWTZSUAAISf0aAjRGOhvxBlrc-0sL6YkTv3I_RSLw-bl52KrukZzUaqTxVhVOsL8Tg&loadFrom=DocumentDeeplink&ts=3803.13)):

Yeah.

Adapted Podcast ([01:03:24](https://www.rev.com/transcript-editor/Edit?token=mcw2dZjKddFn_V0pBG8pjG7nFfceVmDg0hTtwreKS0bpBAkboXL_qe6dhqMURzEnwG0aSmvn27D9Z6wpgqZb2tx3ils&loadFrom=DocumentDeeplink&ts=3804.66)):

So,

Lisa Sjöblom ([01:03:25](https://www.rev.com/transcript-editor/Edit?token=xsxbM5xki5CfPn5XalPxEDyHwBLoAVKR2aoWjCnT4ATh0yXA-GghH288-SbLWXuaiIVVXf0yf2tZQQ_xxpqVjYyFN_k&loadFrom=DocumentDeeplink&ts=3805.86)):

Yeah.

Adapted Podcast ([01:03:26](https://www.rev.com/transcript-editor/Edit?token=YaGVNXMJrWaGanVTbpA3JQafmh-5kmscvVJvvmUtg3DqxcKFjLz1kvCMVSnkuVrWmEUjWI_isnNhpu3oVayJb-0tgFE&loadFrom=DocumentDeeplink&ts=3806.37)):

Well, oh, go ahead.

Lisa Sjöblom ([01:03:29](https://www.rev.com/transcript-editor/Edit?token=nt-46Xnt5QfWqjK9FbVsioK0dqk4pVYrq6rHVd70i_nwmUx2894_HX8i_ikQNjwusQTe4PxVeZyiJgXwME73InG2gLw&loadFrom=DocumentDeeplink&ts=3809.17)):

No, no. I was gonna say, I tried to explain to him why it is complicated and that we need to understand why, why my parents can't acknowledge me and see me or us. but it's, I think it's still too abstract for him.

Adapted Podcast ([01:03:53](https://www.rev.com/transcript-editor/Edit?token=ugoHTIyhYr2AQO7hw9xChZ-X1Q6buLKIaN5fs327jHDQ90BRfun3rfrrQ5Mc8JCOYG3QUIex15sewil9oLpj04yS_Mw&loadFrom=DocumentDeeplink&ts=3833.46)):

And I take it, your family, the you've still been kept a secret or it's family members can't know about you. Yeah. how can, so you are a writer, an artist.

Lisa Sjöblom ([01:04:08](https://www.rev.com/transcript-editor/Edit?token=hQ0ZCuAkdWyFv-3MPigdvB_nqUUziVadOHF7A73_YgPjSq1QpL2ZxmAMtXg_D_PoruQqbwEmBbS1wQvI-bqiwr5Dcjc&loadFrom=DocumentDeeplink&ts=3848.61)):

Yeah.

Adapted Podcast ([01:04:09](https://www.rev.com/transcript-editor/Edit?token=rwIMqbdESSMh7V7g5DYmWpFQcSPwd6Uf60WkGcHCgbWgJtKvVsctmapitfwq-6xeOKWH4qSi30B9z53-eIkB4Qm8sE4&loadFrom=DocumentDeeplink&ts=3849.1)):

Yeah. Okay. And we didn't really get to that part so much because we, I mean, this is very lovely what we talked about, I thought. But did you, can you wanna say a little bit about your activism and what, and what you're doing where pe where people can see your work?

Lisa Sjöblom ([01:04:26](https://www.rev.com/transcript-editor/Edit?token=6ED_DHPAqZj2DMTI50BsgDUTtPeOIZQ8UDxLrHZ6YYYZE98J6Wk2LD4vs0DWrWBiDa2bOFyuUkykIgcviN4cgChqU88&loadFrom=DocumentDeeplink&ts=3866.28)):

Yes. I've first of all, I've published two books two graphic novels. And the first one is called Palimpsest, which has been translated to English as well. so it's accessible to a few more people than just Swedes. And that traces my my search for my, my Korean family. And it's also the according to me when I talk about it, it's also the, my sort of awakening or coming out of the fog moment when I realize about corruption within the adoption industry and that my, my own adoption was fraudulent and how I start wanting to do something about it. and I could argue that the second book, even though it's not about me, it's still kind of a follow up to, to Palimpsest says the sequel in a way, but it's a biography about Chilean adoptees and mainly one Chilean adoptee, who's called Maria Diemar who's also Swedish.

([01:05:30](https://www.rev.com/transcript-editor/Edit?token=6B6ZiBxcJCyTbi11ykFXufsJBgrZafAQX2B9iJwmypmN0c3y8GV3yfcI_VluOSXxHnFmk5zTc2oiI4spe7TFHjoOP60&loadFrom=DocumentDeeplink&ts=3930.61)):

and she and her adoptive brother were stolen from their respective families in Chile. and she also became this and still is this major activist who's done incredible work for children adoptee in Sweden to make them aware of what's going on and what they can do to submit their cases to this ongoing criminal investigation in Chile about fraudulent adoptions. so she's a big voice and I wanted to I wanted to tell her story and was very inspired by it because I absolutely love activists and activists and work that we do. cuz like a lot of other people, we usually don't get credit. We don't get paid. We have to do it on our free time, and we have to be extremely dedicated to our course to continue our work. so it's really inspirational in that sense. And it's also a way to shine a light of one of my biggest interests when it comes to adoption with it, which is the corrupt part of it. so yeah, th those are two books. and I'm hoping that the second book about, about Maria will be translated as well to, to English but maybe most of all to Spanish so that all the Chileans can read it.

Adapted Podcast ([01:06:54](https://www.rev.com/transcript-editor/Edit?token=Tu-5_6BU_i5YXhS2IqPj0ROthxZ_l7CZcM7w3OjX0KVIMNQSGoucKn4r5COafpRTl5UYrkwdFCxWMlKtLGZocF_aOkw&loadFrom=DocumentDeeplink&ts=4014.33)):

<laugh>. So the second title is, is what?

Lisa Sjöblom ([01:06:58](https://www.rev.com/transcript-editor/Edit?token=vUriWUj9ZGJvrMx5rXo5o0k83Zvpa_9qSHcG8FnKFCdvnTea54t4Jcyqt8-M810hMEKeD1BqrjB6QIUjz4g63ARFYYA&loadFrom=DocumentDeeplink&ts=4018.09)):

it's since it hasn't been translated, it doesn't have an official title. Oh. But I call it the Excavated Earth, which is the literal translation of it.

Adapted Podcast ([01:07:08](https://www.rev.com/transcript-editor/Edit?token=xNXSgl-P1pa7t-4vNkhl97-wqikGveF2wahMFqOuGmZ5wXyYqHXqy0lZfrGHLc1VmzpYGo4nzL6bSww32h_GjPREeSQ&loadFrom=DocumentDeeplink&ts=4028.74)):

Ah, okay. And it's in spa It's in Swedish. In

Lisa Sjöblom ([01:07:12](https://www.rev.com/transcript-editor/Edit?token=_e1hys_gJcDrbc6aNfFREeDH76Q_cFxi2joL9URB7PgEMPRBMZmU_P_2voltj47M1hwFbOnPm91wAmgQoVx3UgBivQU&loadFrom=DocumentDeeplink&ts=4032.4)):

In Swedish, yeah. And it came out earlier this year.

Adapted Podcast ([01:07:15](https://www.rev.com/transcript-editor/Edit?token=2tlIugmINOXDq-H70SdFP383Hd7pYhbUj-Sz2UwyghzQPnQbxhKaOz8L7-dT1PM3MfQ4tlaeUqSoLNpcxsDI0dbG8yU&loadFrom=DocumentDeeplink&ts=4035.49)):

okay. And, and then how do you happy

Lisa Sjöblom ([01:07:17](https://www.rev.com/transcript-editor/Edit?token=7qTy1c3wl3OsJT45BQ1pltSbrEZ7S5XEwpRPYT0vGu1qCoxnxdCioIWxZ-JOrzsQKbAKFtZqKL1eqTnBUj_dcQJ2CHA&loadFrom=DocumentDeeplink&ts=4037.46)):

With it?

Adapted Podcast ([01:07:18](https://www.rev.com/transcript-editor/Edit?token=rnD06DcomU8smQkWlzwzbpCE_7aEtq-T4tb1MCK6An6Q2ob8gHOx50luq2lFO85BkZlZ-fHy_etm0TahWUa43uQL8Sk&loadFrom=DocumentDeeplink&ts=4038.43)):

Sorry. And then the, the first book, how do you spell that? Palimpsest

Lisa Sjöblom ([01:07:23](https://www.rev.com/transcript-editor/Edit?token=6_mStqNK6d6KlDfetXq97gybHPsteXsrf1aJbYgkre8QglEOex6EAitLWi1sffBd7lQdodJ5VPiQIrjrqGgFfDDva6E&loadFrom=DocumentDeeplink&ts=4043.88)):

Palimpsest. Yeah. It's a Greek word that means it relates to like an old document with writing on it. That has been the writing, original writing has been removed so that you could reuse the paper and write over it. And I thought that was the perfect metaphor for not just adoption, but also what's been done to us. So you all, you, you have this idea of have you had your old life and then it's been replaced by a new life, but also the, the fact that our documents have been erased and then replaced with a new story, like in my case where I was given a new identity. so, so yeah, it's a complicated but beautiful word. I think.

Adapted Podcast ([01:08:06](https://www.rev.com/transcript-editor/Edit?token=eNlkcndvV-76RYhR5uk_20aXmBDLcYSnIn6RqyS0-r6-lOq1iqESU4L2M8RNqQXWFKepeVFeO5SKbZWZcXeuPvNDTBs&loadFrom=DocumentDeeplink&ts=4086.95)):

It's a graphic novel. It's a

Lisa Sjöblom ([01:08:09](https://www.rev.com/transcript-editor/Edit?token=ZzMtHpRwqTzQ6TZYNTdJrl86tLOhBDZcEWezQylUIUc0x54QAApwI4uIy4NETg0gnsH4_m7Q60p_3ZOUQXgaXGUbcGU&loadFrom=DocumentDeeplink&ts=4089.69)):

Graphic novel. P A L I M P SE S T <laugh>. It's a graphic novel. Yeah, they both are. I also am very active on inst, oh, very active is a bit of a stretch, but I am active on Instagram as well. and I think that's the best place if you want to see a bit of my activism and my current writing and drawing. Cuz I, I try to post short of things there about things that matter to me in terms of yeah, informing about things that's go, that that's going on in the adoption world and commenting on things. And if I'm angry about something, which I am quite often or if there's something major going on that's happened that I want to cover. yeah.

Adapted Podcast ([01:09:07](https://www.rev.com/transcript-editor/Edit?token=PhqwJiXaKic4FhKVpdxde92TpQt6sHXDXHpeQMy_AXZcot-Olx1zHKJgRy2TwI9aVO_5O8jOi-VaZZBafeNFYfbI8h8&loadFrom=DocumentDeeplink&ts=4147.94)):

And so it's Chung.woolrim?

Lisa Sjöblom ([01:09:12](https://www.rev.com/transcript-editor/Edit?token=QT9A86TtcxcUriUJMnQ39NyqUwUbWQnga9JBqCEKf8Nf6nI5RnXtKJ9VhEBEd8dsWjt_OxIDOBKwuYIVlx-5SUxJZrM&loadFrom=DocumentDeeplink&ts=4152.98)):

yeah.

Adapted Podcast ([01:09:13](https://www.rev.com/transcript-editor/Edit?token=ZclUMT6KZvv5_8ItLrwW9E5dDeza89NlHycnDinF_eaPfIgdhL4grnoo3bgBbsWQSK_9IglPJNZFUqjC0sNKcJ4nwdw&loadFrom=DocumentDeeplink&ts=4153.82)):

So ha you would c h u n g dot w o o l r i m? Okay. Okay. Yeah. Well, Lisa thank you so much for sharing. I know this conversation maybe didn't go the way we thought, but I thought it was lovely and I am, I'm really, I thank you for sharing such personal just details about your life and very relatable and I hope we can stay in touch. So

Lisa Sjöblom ([01:09:45](https://www.rev.com/transcript-editor/Edit?token=RfZiiPCg9SBDzgnhI3MWIqr-gyHJpxfrKW3qzO6pUxLkKXWl7_ZnoHvU0sMxdmY6CtDkj1XkTPx7pSsWdDw2q2TaXs0&loadFrom=DocumentDeeplink&ts=4185.48)):

Yeah, thank you too. I, I'm, I'm a bit surprised myself about the direction it took <laugh> but maybe it's nice because people might be bored of hearing the same things when I talk about my art and activism, cuz that's the thing I usually talk about. and I know that at least a few people ha sometimes ask a bit to know a bit more about me. and they will get that in this podcast for sure. <laugh> <laugh> maybe a bit too much. I don't know if I overs shared. yeah, I don't know. We have to talk about that

Adapted Podcast ([01:10:24](https://www.rev.com/transcript-editor/Edit?token=0CzwQXgWdnQOZ3tfXKJ66TkIqu57M9lMxRXDg3yIs9zsxiUUCh4OOtfrw85lIvyrskGnirIsHQMwGs9DlVL7JbjCc3s&loadFrom=DocumentDeeplink&ts=4224.21)):

<laugh>.

([01:10:26](https://www.rev.com/transcript-editor/Edit?token=AviarBV6m_bvn6_4dUGroEG_urf9DvoFeKmk2V06QSu4x6H-Qbv-uapjZd3aqFoLIyZctmjl00Dset2_VOSmQb8EXGw&loadFrom=DocumentDeeplink&ts=4226.06)):

Well you can, you can have a think about it. I, I personally, I I I thought it was just really lovely and there's a lot of, I mean, like I said, I'm not a mother myself, but I know a lot of adoptees go through what you went through and are going through with the kids and the second generation and just the you know, I think you really described it really well, so you can almost feel it what you are going through, you know, when you're postpartum and also just the sort of the triggering of your own trauma. that is something I didn't really, it hit home for me in this conversation more than I could have imagined it before.

Lisa Sjöblom ([01:11:13](https://www.rev.com/transcript-editor/Edit?token=xRJLaxnHy5HIOZauxgBvDLM2yMFSzpigobeZ3vqEyt7yafIJnJQD000NGXGaOlRRtMdWqmdih8OTQy2jfRM5RsqFcbo&loadFrom=DocumentDeeplink&ts=4273.83)):

Thank you. Yeah, I think there's so much more that could be said about that, and I really hope that there will be more research done. I know that more, there's, there's a book about it, like adoptees becoming parents and that there's more talks about it in general, but it's of course because we are that age. and I also think that a lot of adoptees start to use that phrase coming out of the fog that it happens when they become parents themselves. I hear it so often that I didn't really think about my adoption until I had kids, and then suddenly it just came back to me. And a lot of people become activists or outspoken around that time. So there's a lot I think that happens to adoptees when they become parents. Not, not, not just these life-changing event of caring for someone else but also learning such a major thing about yourself. And that it very often comes with grief and pain and it's not like this huge positive revelation. rather this realization that, yeah, I was, I was through something traumatic and I haven't dealt with it and I haven't been given permission to deal with it. I know that for me, it, it came with both,

([01:12:54](https://www.rev.com/transcript-editor/Edit?token=1zklADQQSS3SJV0mKgbKmeIqM8EpmVt6Aw0b4KcfSUrU2i8FKR66pxl4ZDGmMfMjMJbaXVYtCBdQ97mgtYa661YGGWw&loadFrom=DocumentDeeplink&ts=4374.39)):

Yeah, both grief and a lot of anger. I felt so incredibly let down. yeah. Cuz we are supposed to, our bodies are used to fulfill someone else's dream about family, and then it is just supposed to be fine after that. And then when we learn about it, there's still nothing to get. So even when you know that I, this is what I need, like I said, I got help, but I didn't, it wasn't adoption related really. It's relating to other things that's, and then I, I had a fill in the blanks myself, but that there's still, after all these years, there's still so little support for adoptees in, in healthcare. and we are dying like flies. So many of us are dying.

Adapted Podcast ([01:14:00](https://www.rev.com/transcript-editor/Edit?token=qPKs777BqVeVLckpKObL5ENKHYRWldUBxQX8XHupe_n1o0gxO9wMmtQ3DTlk9muB7Zav42WDLDb1wTR97uKwNxNu_10&loadFrom=DocumentDeeplink&ts=4440.99)):

Thank you, Lisa, for this wonderful conversation. Thanks. Also goes to Jay J for our theme music. For more go to jae jin music.com. Thanks to all of our patron supporters who are financially supporting one of the first Korean adoptee podcasts ever made. Your contributions are keeping these conversations with people like Lisa, alive. All Patreon supporters get early downloads of episodes. If you'd like to join, go to patreon.com/adapted podcast. Until next time, take care.