Adapted Podcast ([00:08](https://www.rev.com/transcript-editor/Edit?token=64BvgMaw2s1vDy93guegVkpzKvGQtRi6coMB1WcbGFmzLS_ZPdIE5XVB6xVR7g2O5V0_aVNsPqb30TqQqX45ikbw42g&loadFrom=DocumentDeeplink&ts=8.97)):

Welcome to adopted podcast. Season six. Episode 16. Starts now,

JaeJin ([00:18](https://www.rev.com/transcript-editor/Edit?token=4aG_WLDzF9qLDEx0yAMeIbsVecm1HAgF7bV8kOp3UfK4az8fwaLg7H-t0cZBG29lR2TEHztgOMuwq_7zA7t67aylNd0&loadFrom=DocumentDeeplink&ts=18.9)):

Fear the sound, rise it from below. I keep running. I keep running to a place where no one knows.

Adapted Podcast ([00:29](https://www.rev.com/transcript-editor/Edit?token=tJrY9TvpAlrarAbgXXVk5AuiBWcpAxarKgI9fUmJ8IdocZl1XZXc5Olm46aN8QHsEUXwl_LVSLPsSEy0Lx3ZCp7Ex4E&loadFrom=DocumentDeeplink&ts=29.19)):

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

Megan Nyberg ([00:55](https://www.rev.com/transcript-editor/Edit?token=mQcMrVH9bsP_VUgVSd6Kdypq-xiD5jg7J7TCUrx6xUgZDlM_RXFbiBz3Ysw3t3-mi9Z9fybD9kYL7iT7qWq_oKMp-70&loadFrom=DocumentDeeplink&ts=55.26)):

Now. I have like scars on my arm that literally will never go away, that are just very different. Like they don't look like anything you've probably ever seen before.

Adapted Podcast ([01:04](https://www.rev.com/transcript-editor/Edit?token=xAIrofy2DkqshZFFqryCqOk2Z4MU5fxgtNDeg7KlLTT_9wjFgP4unLjOHnN8Uvsc0Ruj2DF2hsdi4hYb9O-MmroO50I&loadFrom=DocumentDeeplink&ts=64.05)):

Megan Nyberg grew up keenly attuned to her body. That's because she's lived with health conditions that have always been a mystery to her. And without connection to biological family, her origin story and what might explain things have always been something to overcome and dismiss. Today she's taking a new approach. Here's Megan.

Megan Nyberg ([01:32](https://www.rev.com/transcript-editor/Edit?token=j7duGY7k00zyQBqAcwAEPRi2hmW3bompR9taqTnYoX7uTSrf4-1O1744Z4Hvqx3tJF58qHC4ZLRUfTQ-1BEYak_digA&loadFrom=DocumentDeeplink&ts=92.52)):

So my name is Megan Nyberg. Um, I've grown up in the Twin Cities my whole life. So I live in a northern suburb of the Twin Cities. Um, I am 38, year 37, sorry, I'll be 38 in August. I'm 37 years old. Um, yeah. And was adopted from Soul when I was six months old. Where,

Adapted Podcast ([01:53](https://www.rev.com/transcript-editor/Edit?token=SEi3CufRWz4Wb1y49suy3gLMMgnejALFoAcg8-UMRsPoaCpwXLogxB27ax0gT0Zse-hvEbKzpkda2gRFOWZ6uJwGr30&loadFrom=DocumentDeeplink&ts=113.07)):

You know, where do you wanna start your story, Megan?

Megan ([01:55](https://www.rev.com/transcript-editor/Edit?token=XgWTHN3bc_YJWEsyTsenqc1UOJ1VQb7PVxikq9rOGv21sTFh1Y428pUC_Ce7bxBiWMtj8NDA5egN36crh9wShtMCuHM&loadFrom=DocumentDeeplink&ts=115.44)):

Yeah. I think one thing that's really been kind of a theme in the last year or so for me that I didn't realize was maybe a theme earlier in my life was, um, I was born premature, so I was about four weeks early and I was really, really sick as a baby. So that part was kind of like known in my paperwork and it was talked about growing up and I knew it, but I don't think I realized the impact that had on my, like development and then like why some other things in my life have felt harder or more stressful. Um, and I'm a, I felt like I was like, oh, everybody would say things like, you're very resilient or you've overcome a lot, which was very helpful at times growing up. But as I got older I probably didn't have as much like compassion for myself because of that.

([02:45](https://www.rev.com/transcript-editor/Edit?token=uG1lnvzUorLvkRuGZ-8_5KVQCQzQwPERFo2J_3XrGbhE-KBmChAq45Y3s0e7gaTt5-XgdnNPua8tBUbESZCEbP6xY5k&loadFrom=DocumentDeeplink&ts=165.39)):

Um, so like I said, I was born premature and my paperwork showed that I was very underweight. Um, very, very sick. I had, and ever since I was a little kid, I knew this cuz you could physically see it. I have like some scars on my neck and then I have like a scar on my gulp basically where they had to like shave off part of my hair, um, for different operations and different like procedures that they had to do. Um, so I had pneumonia and then I went into septic shock and all these things that happened when I was a baby. And it was almost like, it was just this parroted story I would tell as I got older. And then I started to realize as I did um, my own research on like child development and human development, I was like, that's really a lot that I went through as a baby.

([03:35](https://www.rev.com/transcript-editor/Edit?token=copL1QIP2xsmSPpk72LDvVPpiFPwvdNv0ukAZrSNotdku7t1nVNv77wwlIPGayAsR-C17vV6IIHExXoJMQSVlDyGD10&loadFrom=DocumentDeeplink&ts=215.17)):

Um, and I had um, just different surgeries as a little kid. Like I felt like I was always the kid that was sick. I was always the kid that was like having just different things and it felt very normal cause that's all I knew. But nobody else around me had it and I didn't know. Um, I have a younger sister who's also adopted, but none of the other like Korean adoptees I knew at the time even had those things. So I felt very like alone. But I don't remember feeling lonely. It was this weird, like I said, this weird mix. And then, um, when I was 10 our, even before that I discovered that my right arm was fractured. And so it had stopped growing and so it was growing to an extent, but it was shorter by like three and a half inches than my left arm.

([04:25](https://www.rev.com/transcript-editor/Edit?token=t4iTlpBnOetHLwOYBc_2N1j2vMUeMHsfntNwbOX3l4yUbMxctdqw0dZ4b5l9KmsaphBZj21SFdq44ae0-NEmxuBRt0Q&loadFrom=DocumentDeeplink&ts=265.72)):

And so it was this weird, I just remember being really confused. I had to go to a lot of doctors, nobody knew what to do about it. I finally found a doctor at, um, Gillette Children's in St. Paul, which um, was fabulous and it was a great doc. He was a great doctor, Dr. Doll. Um, but I remember feeling like it was a strange thing where again, nobody else I knew was going through this. And it was almost like I was like, I don't wanna be, I don't want attention drawn to me. And I'm like, this is like the worst thing that could happen to like, not really, but it felt like the worst thing that could happen where I was like, now there's a tension. Now there's people talking to me. And I've realized that one of the reasons that it was really upsetting is because the doctors would ask me like, well what happened when you were born? Like what happened when you were born to like, cause this fracture on your growth plate and all these things. And it was all sorts of speculations. And I just remember being like, well now I have to talk about something that I don't understand myself at that age or had no information on.

([05:39](https://www.rev.com/transcript-editor/Edit?token=JTRWgGvIkF0dlksqXRO-WNN0ID6-nzAiU4f9GxVgIeb7YY8d5cvgAEMTAkQk_GKFR433SK7hIXloQw4hvnrHvUMCKAU&loadFrom=DocumentDeeplink&ts=339.55)):

I think I've identified that having to talk about it at that age where I didn't understand it and I was trying to just blend in as best I could. And now I'm like the standout kid cause I have all these surgeries and all these operations and like I had this whole apparatus on my arm that was just really obvious. Like, you can't hide that. Um, and then same with now I have like scars on my arm that literally will never go away that are just very different. Like they don't look like anything you've probably ever seen before. Cuz they had like, I had like four pins in my arm and like a bar and like, it's just very odd looking scars. Um, one of 'em got infected and it's like indented a little and little kids ask if it's like a second belly button. Like it just looks really strange.

([06:25](https://www.rev.com/transcript-editor/Edit?token=mDR4IyZPXEU-Y8F31UThTgr-CxmIreNdfwQiHOrowBl5AL5KOuJUyBdcZBbSBMSom0KusgrI5DG0SVAkCSyb6tYPAjU&loadFrom=DocumentDeeplink&ts=385.97)):

Um, and so I've realized as I've gotten older that what bothered me about that was not so much having the surgery itself or having to go through it, but it was that it triggered this like whole part of me that I had no concept of my birth story why I was sick if I had, if my birth mother had been sick as well. Um, and that's just been something I've really had to kind of go back and just be really gentle with myself in the last few years about like, that was a lot, that was really hard for me. And yes, I overcame it and it was really wrapped in a bigger story than just having a surgery.

Adapted Podcast ([07:06](https://www.rev.com/transcript-editor/Edit?token=LKXGttnrfUhRTGnWgdIrzyjOR43tr-Icxq8-9R9G0KDFtdkCKvHW7kQK6Yr_YVDtAdKE_OJ0h6dbF5vSNs90-rKkShk&loadFrom=DocumentDeeplink&ts=426.26)):

So it just, these, all these questions and mm-hmm. <affirmative> these developments with yourself, you know, as you develop and get older, these all just kind of triggering your original trauma.

Megan ([07:19](https://www.rev.com/transcript-editor/Edit?token=n6bC9XP18YG9lytAVb4qDsdHJhydUgY-4XLbevkBr3UKbpqaFAUOHm7kRfP2XWaXTuLojRh7kGljHj7dMTntFqE9Xas&loadFrom=DocumentDeeplink&ts=439.52)):

Mm-hmm. <affirmative>. Totally. Yeah.

Adapted Podcast ([07:21](https://www.rev.com/transcript-editor/Edit?token=jdkVnL_v67e5iDs2PhVyWkSuzqugdgFCVnHdzJ5_kVZUk5VVbJ2Nj2vSfxeko3-NGVqmysR_2s2mjlk88zQ9zKLkU8s&loadFrom=DocumentDeeplink&ts=441.81)):

What, I know there's been lots of speculations. What are some potential causes for some of the things you suffered? Is it because maybe malnourishment of your birth mother or, and I know there's fetal alcohol syndrome or you know, substance abuse. What, any, any thoughts?

Megan ([07:41](https://www.rev.com/transcript-editor/Edit?token=f7VkpLyHtCl770YK5e7rK5QQKwChe5MWTCsIhISpYprAyaDf5sc-1w8Qmk9GFSfYz28lylwrvxp01Pv9cD7Zg_xXhsQ&loadFrom=DocumentDeeplink&ts=461.42)):

Yeah, I feel like the main thing that they kept saying was there could have been some sort of like virus or injury that my birth mother had sustained or been going through while I, while I was, um, while she was pregnant with me, that caused some sort of like weakness in my bones or damage of some sort. But then the other thing that they've talked about is, and this one feels more likely and the reason is because I actually heard of somebody when I was in college that had this happen to their niece or something like that. But um, during the birthing process they wondered if I was maybe like mishandled, like if they were pulling too hard or if I was like stuck funny or you know, all the different things that can happen during that process. And that one feels, I don't know, in my way of like I needed to find something to clinging to.

([08:34](https://www.rev.com/transcript-editor/Edit?token=prQoxeYOBrY-Kijl3vA48t9CGvWvMWZlBY6r4PL3_1nADtoGEbeijKWVVbFsBHyupHkw0FFMf2Vgp8rW-TF8-pD54Ys&loadFrom=DocumentDeeplink&ts=514.02)):

So I kind of chose that as like, probably it's that like I maybe had a really traumatic birth and like, who knows? Like the paperwork doesn't say anything about my actual birth per se. It was, um, yeah, so it's still a mystery, but I kind of maybe chose something that feels the most realistic to me or feels plausible. Um, cuz nothing else was injured. I do have, when I was going through the process of that testing for like checking everything out for that before I had that arm surgery, I do remember I had to do like quite a few x-rays and they found out my hips were a little crooked and there were some other things that just developmentally maybe I wasn't fully healthy when I was, when my birth mother was pregnant with me. So just raised a lot of questions.

Adapted Podcast ([09:20](https://www.rev.com/transcript-editor/Edit?token=IWyAH9l0Jv54JdKHSPrxVlDdnwKQgekOxKo373DW4arnQ2qLGhovGUFxhCnMd1-A6ae_KU9qVwDyXMHfkjwvvoZkKTo&loadFrom=DocumentDeeplink&ts=560.1)):

Did this sort of make you feel like a superhero in your own story?

Megan ([09:25](https://www.rev.com/transcript-editor/Edit?token=WJShcUCkYaT-Y5leIXB0uGb0XxbX4GzR0_Nu1UrAEiK8Msz--zHw2WA1gwjqDHd_JlZ3_epYsv3QH0gO-cHHFPBputU&loadFrom=DocumentDeeplink&ts=565.07)):

Sort of, yeah. I mean at parts it did. And like I said, there were other parts where it's like I didn't know any difference so I just, it felt like, well of course I'll just overcome this or of course I'll just get through it. And now as I've, I don't know, maybe realized that it's not as run of the mill of a story, it was just this weird mix of like sort of, and also I think part of me for so long just wanted to like not have attention on me or bl I just wanted to blend in and so it was almost like I had to be extra tough or be extra like, yeah, I can handle this. So nobody would ask if I was like in pain or nobody would ask if I had a problem or, um, I remember. So I had like the initial surgery on my arm and essentially what happened is because it was fractured at the growth plate, um, the humorous bone had stopped like growing.

([10:20](https://www.rev.com/transcript-editor/Edit?token=blWyjVEEBW_xj8xlPZl4EpNakr0ezSUEMLjIKNo4XVthwgH60C69-syizsNP0GEkG9xLB9qXKu_uE5tngLQsaylnuVw&loadFrom=DocumentDeeplink&ts=620.11)):

So they had to like cut the bone and then essentially regrow new bone. And I remember I had like the initial surgery when I was like in October when I was 10, so it was like 1995. And then, um, there was just a few little complications throughout the way that they had to do adjustments or they had to go in and correct something. And I remember one of the corrections was a same day surgery and I was like out by five o'clock that night or something and I remember going with my mom to like my sister's gymnastics or something like that. And everybody was just like, and I don't know why I felt this need to like get up and go and be totally fine, but I'm like, I literally had just had surgery and then was like, sure, I'll go along to this thing and be acting totally normal.

([11:06](https://www.rev.com/transcript-editor/Edit?token=1EU5qHeC5huXzzpGV1AfrVRv0oS4aOmuK9hgw9fzFPgOH3ejI0urPWwEcy5jOxmS9yp-iDLzIgqTRWdj2zydP_lc6OY&loadFrom=DocumentDeeplink&ts=666.75)):

And people were kind of like, wow, you're so brave for being here. And I was just kind of like, I think I'm supposed to do this. So it's just this. And again, nobody told me I had to act that way. It was just this internal thing that I interpreted of like, I have to prove that I'm okay. Um, because otherwise it means I'm, who knows what weaker or something's really wrong with me. So I did not have a lot of compassion for myself. I have a, I had a lot for other kids or for other people when they were struggling, but the self-compassion was one that has taken me a long time to realize like I need to put some of that to my own story and my own self.

Adapted Podcast ([11:49](https://www.rev.com/transcript-editor/Edit?token=fwSWpKnj0dEcwuVjTWfT8GCnuhYh9w4DI60WfpDtfs_pW0peNFLCwth7pnYyhLSlvYDHcxTGPM6H8d-o85TNP9kwcRY&loadFrom=DocumentDeeplink&ts=709.8)):

When you had, you have a, a sibling who's also adopted from career Yeah. Would you get into this, um, comparison? You know, sort of like if she was healthy and, and you had all these, um, challenges? Mm-hmm.

Megan ([12:07](https://www.rev.com/transcript-editor/Edit?token=xJG8YZPjzu8zs6rJeVPDU1trEXTBuq3OsevBuqZoWMnxSHXtkiOW0U2ueyRFaWd9jw7tyLSUpnIHEY8Xh6LeQdeLZvk&loadFrom=DocumentDeeplink&ts=727.54)):

<affirmative>, I do remember that a few times and I don't think I ever said it out loud and I don't remember it being like an active, I don't know, like hostility. And I think I just, um, I just knew there was a difference. Like I could just tell like, and I was very fortunate to have a few other, quite a few other Korean adoptees throughout my life of growing up through like, um, children's home societies benefit dinners and different events and choirs and things that I was involved in. Um, and so I just felt this like, I am like them but I'm not like them. And so that even made it a little, just other, and I just, like I said, I just remember, I think at that point I embraced parts of Korean culture because I just kind of involved in different things as a kid.

([12:59](https://www.rev.com/transcript-editor/Edit?token=m2APdMv1Rm8VL0_Z2zK-XarvI99WqJ8Q3A6gctewjo30rQrW8-6hKTVvBrJZG48tBMouF4lksQ5HYAncLr91Iwush18&loadFrom=DocumentDeeplink&ts=779.71)):

So I was like, sure, why not? I'll just go to this other Korean culture camper, I'll go to this choir practice or something. But I didn't fully embrace it as my own cuz I think part of me was like, I don't wanna accept all of this because I don't feel like I'm fully there, but I'm not, it was just this weird mix for me. And at times I would embrace it and then for most of the time I kind of rejected the, the Korean heritage and the Korean story of my own, um, because it was very confusing and it, and then it touched on this big question mark of my own existence and like how I was born. And um, I knew a lot of Korean adopts, but I remember not feeling like I fully connected at that time either. And I think part of it was just my own lens that I was viewing things through.

([13:49](https://www.rev.com/transcript-editor/Edit?token=5W269kkWM2mNG8wqZ4FAbag8l6nbpouGXjr0OZ53UBtrrHj9j9_UjKdERWACSBvb40OeBO7Ko3YPivBJVHj43g9uiCg&loadFrom=DocumentDeeplink&ts=829.9)):

Um, because now I have a very different perspective of that and ability to connect with that side of my culture and heritage and other adoptees. Um, but growing up I don't remember knowing how to fully integrate that into my own story. I had to kind of keep it separate so I didn't get, um, maybe overwhelmed or I think at times if I was in a very, I was a very like introspective kid and person, I still am. Um, and if I was, if I spent too much time thinking about the like, well what is my birth story and why did my arm break in that certain way? And like, why did I have to have surgeries? And when I asked all those why questions, I would just get really kind of lost in that. And I was like, I think part of me was like, I can't go there.

([14:38](https://www.rev.com/transcript-editor/Edit?token=642B4QiJZ77eY812qMAMsEkr0ZJp4vzYXekq3dAKWg98gnGXoi8aLbJipHL7GZYGswh1XWtIsC0cVS4oDYUzM3byR-s&loadFrom=DocumentDeeplink&ts=878.56)):

Like I was almost like self-protecting. Like I can't do that work right now. I don't understand it. Um, and so with that, I probably didn't, I got to a point in my adolescence where I just didn't reach out to other doctors. I was kind of like, don't talk to me. Like I wanna be separate from all of that. Um, and you know, the funny thing is like with my arm surgery, since it's such an obvious thing, like in the summer, like automatically I get questions about it and it's always this thing now where I'm like, okay, I still wrestle with like, how do I wanna answer this question? What do I wanna say when somebody says what happened to your arm? Um, cuz I'm like, I, I don't need to tell them my whole story, but I'm also like, but it is part of my story. So it's this weird like, ugh, okay, well I had this surgery, well why? And then it's like, ugh, and I have to go into this whole reason why.

Adapted Podcast ([15:32](https://www.rev.com/transcript-editor/Edit?token=X2JZbr9Vc24s2ATtHyLR0vXV2bqXp557eAUMPJtwM0KKKQyDLNyzQdt8j0X_FRhh_fH5tX0MrXYgWTtt08wfIBUGtdY&loadFrom=DocumentDeeplink&ts=932.63)):

Right? Because you don't, um, it, it, on the one hand it's not something that you wanna be ashamed about. Right. But at the same time it's also private. Yeah. It's not for public consumption.

Megan ([15:47](https://www.rev.com/transcript-editor/Edit?token=eNSvvuHtHaIzupB3NYUfBGRFbn6yBxa-l91q-XekDejqZ2SEnwyBySMwHXHHgxcHmaTnY41WAN_po_HZiMndw7BRAaM&loadFrom=DocumentDeeplink&ts=947.45)):

Right. And part of me is like, I wish it had been a cool story, like, oh, I was snowboarding and I fell, but I'm like, no, it's this whole other thing that I have to explain to people. So yeah. And a few years ago, like in 20 18, 20 19, um, I just wasn't feeling well. I was just not feeling like myself. Um, and I had had like tonsillitis in college and I had had all sorts of rant. I was always getting ear infections and strep as a kid, but I remember feeling like, this is weird, something is really off. Um, and I ended up being diagnosed with quite a few, um, food allergies and my environmental allergies were actually really strong. And so it was a big health journey for me at that time and kind of reexamining how I wanted to take care of my body and like food and environment.

([16:36](https://www.rev.com/transcript-editor/Edit?token=KP8FYJ2GB5fVCfwzIhdDWjm5vRGbEbx8V5vfhQ4cFo5HHl73kon_d1FraG6j4Vm9akhoHkm8WRoMu4jGAq5LXP6josc&loadFrom=DocumentDeeplink&ts=996.29)):

Um, and as I've done a little bit more digging and research, like there's a lot about, um, how trauma is manifesting in your body. And if I was so sick when I was little and my immune system was compromised, I'm like, okay, this makes sense. So it all starts stemming back to like the birth story and the origin story where I'm like, oh man, now these food allergies seem so random. So, um, really not random, it's kind of all part of that. But it kind of also brought back that like, man, I wonder if my birth mom was sick. I wonder how much, um, that separation did cause me some of those early, um, illnesses. And just, um, my own therapist was saying to me that like, she had read a study about when kids are removed, um, via adoption or any sort of reason from their like country and family of origin and they grow up eating food that they're not technically used to essentially, um, it can start to mess with like their gut health.

([17:39](https://www.rev.com/transcript-editor/Edit?token=2Odh9ZLPsuOWQ_LJKLpxSwOzXFzxU7jo5m2qiQv9251DibGIpmIbjvfVjFLW81QAenJHcSjYAXEkatafPKXpTN_VcrA&loadFrom=DocumentDeeplink&ts=1059.26)):

And I'm like, wow, so many things lead back to this that I just was like, hmm, okay. Um, and that's where I've just had to just do a lot of sitting with that kind of wrestling with the hard parts, but then also just being gentle and accepting that I'm like, I didn't do something wrong in my life to do this or, you know, nothing bad happened, it's just, um, my body's just a little different and it's very sensitive. And that was a very big piece of it, my genetics and then in my environment that I was born into and grew up in. So part of the reason I was six months old, um, for my official adoption timeline was because I was so sick. So they kept waiting for me to get healthy and they were doing all the checks and all of that. So.

Adapted Podcast ([18:27](https://www.rev.com/transcript-editor/Edit?token=ruaCkXAeQFbm0E2XJyfw909RSwlOpyf3BXioQMs3WMslTKgEOw1bf9g0a8sE_gEoBjrGlfWfJNlY_YaMFm8Fwj4MqFg&loadFrom=DocumentDeeplink&ts=1107.78)):

I see. Um, how was your relationship with your adoptive parents? Yeah, pretty close with them.

Megan ([18:37](https://www.rev.com/transcript-editor/Edit?token=1k9aZsGFXDv-nsAelIluwEqBzQ45yDanO982JFjCkdymSYuqAX2b1J_A4esIG4_5UowtsxvYMyb_CvhDuGQHUsJGds0&loadFrom=DocumentDeeplink&ts=1117.08)):

Yeah, very close. So, um, I feel very fortunate in that we had a really close relationship, um, very sound support from them, very encouraging. Um, my extended family on both my mom and my dad's side, um, close to a few of my uncles and aunts and cousins. Um, and just felt very accepted and part of that, it was never like an other thing. Um, it was very much like, you are our cousin, you are our daughter, you are our niece, you are, um, our granddaughter. So family was very critical to me and I was, um, and still is, but growing up I was very much, um, involved in my family and wanted to stay close with them. So, um, that was a huge support throughout my life for sure.

Adapted Podcast ([19:34](https://www.rev.com/transcript-editor/Edit?token=6ZhFFP03ORUeO6Tk8XGFvsHYw26e7OVWas2d69NG5Q_k5FIlZYHUP4Yc0zfCP7-h9JnVlfFxEn7rCdtoqE7W458HqZk&loadFrom=DocumentDeeplink&ts=1174.59)):

And what kinds of conversations did you have with them as you were having these surgeries and these health problems where sort of the answers you don't really have the answers about why, why things were happening to you?

Megan ([19:50](https://www.rev.com/transcript-editor/Edit?token=sqNjLq8F82XkrLpwXzteZPiNLFBSnrtz9QtCjKv9gi-X5Xn3k6uJ4DexRFc9BLs4avUdvEV9pjdRtVghOZ81zb5-ug8&loadFrom=DocumentDeeplink&ts=1190.01)):

Right. Um, it was almost glossed over, not in a dismissive way, but in like, we literally don't know, so we can't sit here and speculate into why some of these have happened, that these things have happened. Um, and then

Adapted Podcast ([20:06](https://www.rev.com/transcript-editor/Edit?token=RiIZXV1BE4jtKYGD-Xgf0TBgzUiYj9xv883ghe-RK6f0dhtbiIKBezkn4b7wTZeTf2yoJNi_uEpPBt3XEoIdw0cFU5c&loadFrom=DocumentDeeplink&ts=1206.78)):

Do you feel like there weren't like negative comments about your birth mother?

Megan ([20:12](https://www.rev.com/transcript-editor/Edit?token=DcGiLsG6QXJ5Irjjd4Gc8PIvk0A5ubCwu2v3-viaEycn46eMHSFvvv3rsLhOB2hFsO9SJf9EUXD0YX8qFftK9Nxofqk&loadFrom=DocumentDeeplink&ts=1212.36)):

No, there weren't. Nope. I don't remember anything being said about like, you know, my birth mother or the birth process. I just remember it was just almost like a fact. And then we would like, like move on from that into like the rest of the situation I was in, like the next time I had a surgery or like how long my recovery was. It was never, um, like a point that was hard for me to talk about. I just think it was almost like a non-issue. I probably internalized it more than anything. Um, but nobody ever made comments or said things They'd ask of course out of curiosity and be like, wow, okay, so it sounds like you know, you're not right, really sure. And who knows why this is happening. Um, and then it was very encouraging in terms of support from family and um, you know, calls and cards and I would get like gifts and <laugh> at the time I remember being like almost overwhelmed by it.

([21:17](https://www.rev.com/transcript-editor/Edit?token=piTRPf0MT7RqaThkJU0qEUNTS8K9M3u6vLjt-7kAXI4Um3CH-oifgkZogEreG2ih6jUvbKohzCA5aAEjvsSItK0g7tI&loadFrom=DocumentDeeplink&ts=1277.41)):

Like, cuz kids from um, you know, neighbor friends or church friends would send cards and give me little gifts or set of flowers when I had these surgeries. So I also had some eye surgeries as well. Um, and I remember being like, that's so nice. And also like, this is overwhelming. Like, I don't know what to do with all this attention. I never wanted it <laugh>, now it's for something that I didn't want attention for in the first place. So it was lovely and it's a beautiful gesture that I'm grateful I had that. And also it wasn't as easy to accept it as I think I maybe acted like it was at the time. I would kind of just go along and just didn't really know, like, well what do you do with all this attention?

Adapted Podcast ([22:04](https://www.rev.com/transcript-editor/Edit?token=jBScvSE8YV2BKrH5R4Np0mK4X-Hj2a_GtyZ96sU-Y0IGRH_WZ1Y17I2DMSZFgUI0lmB7cRFT-bVlF4pCQJs8eCL7kbM&loadFrom=DocumentDeeplink&ts=1324.72)):

And, um, if you don't mind sharing Megan today, you, aside from the scars that you could see visually, what other kinds of, I mean is, is your arm, did it grow to, or with this, with the bone, uh, transplant you had?

Megan ([22:22](https://www.rev.com/transcript-editor/Edit?token=5jJIuE5xSiN1FQvaVyn8g1FpUgdBbhBtCuT1J8EjcVlDt52ftgOkrjAfFeEaEMIJiATdEdv5yWwzsZeb9O54bZe7mLc&loadFrom=DocumentDeeplink&ts=1342.15)):

Yeah, so it wasn't, um, it's all my own bone that was regrown. So, um, everything is the same length and size as it should be. Um, I don't have anything other, there's nothing else physically about it that's different except for like the outer scars. So it's just as fine as my other arm I guess you could say. I think the one thing about it is it's my right arm. Um, I can tell, and this is something that <laugh> maybe is just like as I get older, my doctor had said this when I was a kid, he's like, as you get older you might notice your shoulder bothers you a little bit boring. He's like, some people have to get like rotator cuff surgery. So of course now I'm like, oh, my shoulder fatigue's different. And so it's a little different. So, um, that's the only thing. And it's just a very internal thing that I notice like, oh, I overworked my arm and it's a little bit more sore than my left arm. So for instance, like if I'm doing yoga, if I'm working out, my left arm is fine, I can do as many reps as needed, but my right arm, I'm like, yeah, I'll just do five on that side. Like, I can't do as many. So, um,

Adapted Podcast ([23:31](https://www.rev.com/transcript-editor/Edit?token=ezuOXh9d6nuWg3etynq9D-1G5jrk-8Wgx-XJ3_dHqDdBbRhGlzbt18bXfsEaE28U7ZNPGWvnTXKlviRVa8wGR8R3cz8&loadFrom=DocumentDeeplink&ts=1411.03)):

I just want them not to tell you because you're like, like constantly Yes. Speculating, you know, is this little right ache because I know, you know.

Megan ([23:40](https://www.rev.com/transcript-editor/Edit?token=BBwcxs7BNeqF62PsfmzBgcEZHQ92qjQ8YX7w47XbstO7kAuUEDHT0ZWb7bXEJ9tGbdEBZIMbCANHiVNH2QfVOb6b_UI&loadFrom=DocumentDeeplink&ts=1420.88)):

Yeah. So that's not, I know I was like, maybe I shouldn't have listened to that, but I definitely remember it. I kind of glommed onto that. Like, I'm gonna have to have another surgery when I'm old, like <laugh>.

Adapted Podcast ([23:50](https://www.rev.com/transcript-editor/Edit?token=dpCET_cKo03IAvD9GlnFpNf3YsBtcgXmQl2O5L8fGlMg4ELwHvpGFWKRJrKbpbiKrcVIKt5uwJ_S740jhng_9sLTXfw&loadFrom=DocumentDeeplink&ts=1430.65)):

So. Okay. So there's um, not that much, um, visibly, um-mm uh, that you can see and also just you're more prone to getting sick and kind of Yeah. Um, yeah. Uh, a weaker constitution maybe.

Megan ([24:06](https://www.rev.com/transcript-editor/Edit?token=TAL-ngh--m7q0UY2j-OUwUQAXEKKXI11G2ajdPGA6LXR-nKaVM4IOo79fUC6_Ssu1JH2OC79eBlWMKcwXYEJNzqDFfw&loadFrom=DocumentDeeplink&ts=1446.89)):

Yeah. And I think that's improved with some of my like, um, my food allergy work that I've done. So I see a doctor in lacrosse Wisconsin, so, um, that helped kind of like reset my immune system I would say. Um, what

Adapted Podcast ([24:28](https://www.rev.com/transcript-editor/Edit?token=9hbU9sJr3rBurozPbSgSFyJMWDg6s73075I8zwY8QZXCvq6E2lIjULhfp-8dT9Bd43i1sxGVVCbWP_Xn2CocggAbtnY&loadFrom=DocumentDeeplink&ts=1468.2)):

Are you, what are you allergic to?

Megan ([24:30](https://www.rev.com/transcript-editor/Edit?token=kR9yR0GAbzlnN1nRkU5EiQBlcLm3fccgm7tUEbveICn50p5Sqx6LeYhK4mADAUBa5WApguDYdLmqh7kG6O1C1hgi-Zw&loadFrom=DocumentDeeplink&ts=1470.44)):

Um, well I was allergic to like, pretty much the top eight food allergens they call it. So that's, um, I don't even remember all of 'em, but like, it's like wheat and soy. Um, I'm allergic to corn, um, dairy eggs. Um, yeah, just a whole host of things that are really hard to avoid. Um, so I've done a lot of research. I've done, I do a lot of creative grocery shopping and food planning. Um, and it's, it's good. I feel so much better mentally and physically now that I'm like not eating foods that were essentially kind of making me sick. Um, and there's certain like fruits and vegetables actually that I'm essentially, it's more of like just a reaction to them and it's like more of the pollen, um, than the actual like protein of the food itself. Um, which is like an, an official food allergy is where you're allergic to the protein. Um, and so there's just certain vegetables and like fresh things that I, that I don't eat and that I can't eat cuz it just makes me feel sick or kind of

Adapted Podcast ([25:43](https://www.rev.com/transcript-editor/Edit?token=aZcRoTaIAZ93FHYzI1CF6XrEIqYR39h0retqRkuIAqW7W7fNaV4Cc0m6IYMbJRM-Gq4z_F2gESkefmg7wrZoe9CjT6U&loadFrom=DocumentDeeplink&ts=1543.01)):

Like what kinds of things?

Megan ([25:44](https://www.rev.com/transcript-editor/Edit?token=b6YpJvhVlT1Wau4IfT0gzI_bHoKL_kw_-QG2Y8kb7mFm3PUZRcN0xtZaajxuV2kyAzalfAeXyUkqjihTvRG2Mc31UAY&loadFrom=DocumentDeeplink&ts=1544.78)):

Um, so like watermelon and cantaloupe, which I love. Oh. Um, they're related to grasses, so they're an environmental trigger as well for me. So there's just certain things that certain times of the year especially, I just can't eat them if they're high, um, pollen count as well. So it's just been a weird couple of years of discovering like, oh, I can eat this this week, but next week when the pollen gets higher I probably can't eat it. So, um, or just knowing that I might have to like cook something or not have like, fresh raw veggies of something.

Adapted Podcast ([26:16](https://www.rev.com/transcript-editor/Edit?token=nbSd-gaCnl6iOUuS1yXSio8K6s0BUWw0SuGLr6EoHJNQBpQldvCEPpbGvtUqaHfDzJWCb3vTtlGaexYX4WhVIErJRu8&loadFrom=DocumentDeeplink&ts=1576.61)):

So does that make, going out to a restaurant really a challenge?

Megan ([26:20](https://www.rev.com/transcript-editor/Edit?token=wZJr8yfxHJtPL1br7CIhM-YQe6_ggb_tJWnwcY2kr8SdeBwQb_IayiO__5xguHbqrokdmrZKNuKaargYV-NquabJPu4&loadFrom=DocumentDeeplink&ts=1580.27)):

Yes. It makes going out to restaurants a challenge and it makes travel a challenge for sure. And, um, I definitely still do all those things. It's just trickier. Um, so it almost triggered that whole sense of like, now I'm other again and like, I don't want anybody to draw attention to this. So it was this weird, it almost kind of brought up some of those same emotions that I had and thoughts I had from my initial, like, arm surgeries was kind of like, oh, great, now I have to explain to people why I can't eat certain things. So I, I wrestle with like expressing myself and my needs and saying like, oh, I can't eat there or something. And also just like, sure, I'll go and just like get water. Cause I'm like, there's nothing on this menu I can eat. So,

Adapted Podcast ([27:06](https://www.rev.com/transcript-editor/Edit?token=jnUMJA6DSE7C3FzOpmHDf2BOkOI8ciBx_VAQr31A4NNCVtO7Ftw70ehnwejGaljheaWydEh31ECu9nfaP5F1aabVO_M&loadFrom=DocumentDeeplink&ts=1626.72)):

Yeah. What what about Korean restaurants?

Megan ([27:09](https://www.rev.com/transcript-editor/Edit?token=xh9CVCkEBySHN1A0OHkojBLKGuNFFDZbnMMEgjcd5VIb5FDXtBmkURTHeFFw8uYCOceBwWnqc_qC7r2DpmwKjvGMi0s&loadFrom=DocumentDeeplink&ts=1629.93)):

Yeah, so there's some things I get that I can do. Um, there's a lot of soy and so I'm want, it's one of my allergies and I can do it in a little moderation once in a while, but I just get careful about overdoing it. But there's actually quite a few like, um, allergy friendly brands that do Korean food now. So one is like Kevin's, I don't know if it's Kevin's Foods or something like that, but he, you can put it at Target and Whole Foods and he does like prepared like freezer type meals and he has all sorts of different ones, but one of 'em is like, um, c Korean beef or chicken. And so I do those. Um, and it's soy free and dairy free and gluten free. So I'm like, okay, I can do that. There's certain kimchi I can do, um, that like, again, like from Whole Foods or there was some online brand. So I've gotten really creative on how I do like my kimchi fried rice or how I do <inaudible>. Yeah.

Adapted Podcast ([28:08](https://www.rev.com/transcript-editor/Edit?token=CVt_-HFDci_kKlgnRG7yavZmAWAsWOjexrIWeSFZ1ia886zHWi_WAYd0lvhCbDj27cNeYKpuQY__h0pavbdo1HinQAM&loadFrom=DocumentDeeplink&ts=1688.52)):

Oh, I suppose that, yeah. You have to have all the strategies.

Megan ([28:11](https://www.rev.com/transcript-editor/Edit?token=j-83WCHLLRTHKv427H-zRF3-k2dudBkRrRdYzz9o3j0uVUhytnMsEBYztX5EvmfzSevkpto_RYcx7hAiL8fM5aHoiWc&loadFrom=DocumentDeeplink&ts=1691.52)):

Yes.

Adapted Podcast ([28:12](https://www.rev.com/transcript-editor/Edit?token=dnJRTxduhPDUZC70-03tVBi8h2r9kbt8cJlJVTqvkv0qF7dOGCIi4StSnYW09wiYYLfSf8nxtuNw4qiyRiP1Fk3oSxM&loadFrom=DocumentDeeplink&ts=1692.45)):

And when you Sure. Um, like a non Korean restaurant, what are some of your go-to things just that you know, will be safer?

Megan ([28:21](https://www.rev.com/transcript-editor/Edit?token=WLnUdzYqabTqX_lTP87WiuGWnHY9h7LtR7WPFS_MWzpHtHrb2e9bq_iqOCjEmU42-F7FtkafbO2iMXmqlWAp-McR3gs&loadFrom=DocumentDeeplink&ts=1701.3)):

I usually do like f I ca I thankfully am not allergic to shellfish or fish, so I do like a grilled fish if I can. Or, um, if they have some sort of like rice or, um, which is very Korean in that sense, like, oh, I can get rice. Um,

Adapted Podcast ([28:39](https://www.rev.com/transcript-editor/Edit?token=RGqTs8KRtbufiZstXc4D2GEQm2epePb-CjtP7uHXSC-w7MiFUsnAoYQ3DT5n4NKL0rmvpnNWYgRe2dBANKNSSMl24k4&loadFrom=DocumentDeeplink&ts=1719.99)):

Rice, rice is okay, right. Yeah.

Megan ([28:41](https://www.rev.com/transcript-editor/Edit?token=y1mL0YoDvWVxIIQCXxWjMtMwoTcmYG8v5BSnZn_-WzJO493Qpax1LomqWPJ0mI2hOdY5sQm84zFgQ080ZNXzm9iQeJQ&loadFrom=DocumentDeeplink&ts=1721.94)):

Certain restaurants are doing a lunch, better job of doing like, um, kinda like a grain bowl, so I'll do like a rice with like sweet potatoes or like some veggies that have been sauteed. So that's been, that's been helpful.

Adapted Podcast ([29:08](https://www.rev.com/transcript-editor/Edit?token=yfr5qdZNbBdgiqR0gthuj3tYV_br2Yu19mrs6gg1o5yb-EMlg-XLnVlL9iKhHWQ-8C3q6DBNWVZ8Eai4o7CJJ_YriTg&loadFrom=DocumentDeeplink&ts=1748.58)):

So I mean, we've talked a lot about kind of the elephant in the room being, you know, your origin mm-hmm. <affirmative>, um, and I know you're, you're not sure how much you wanna share mm-hmm. <affirmative>. Um, but is there, yeah. Can we talk a little bit about Yeah. Have you tried to search?

Megan ([29:28](https://www.rev.com/transcript-editor/Edit?token=tZTBT0_RF1_91Cr6Udl4cNH-8BT0OMeTKbgHfX9r9cRvN2QINB9zr7fLA3PJvF7SoptVv9BTQ2nRBa350je4Wk-m5ZE&loadFrom=DocumentDeeplink&ts=1768.02)):

Yeah, I've done some really general searches like through, um, children's home, um, and then I followed, you know, some advice to be on different, like, like 23 and me different DNA sites, um, finding like really, really distant relatives on there. Nobody close enough to like my actual tree, I would say. Um, and my information on my birth mom is very, very limited, um, which doesn't surprise me. It's very commonplace, but, um, yeah, it just feels like there's, it's just this big question mark mystery. All I have is a name and an age and that she was in high school and I believe working nights at like a factory somewhere. Um, so it's really, really generic and basic information. There's nothing on my birth father. Um, and I, this past, like I said, in 2022 was kind of a weird year for me of just sitting gently with some of this.

([30:36](https://www.rev.com/transcript-editor/Edit?token=nVrVK4kc3hy6hjvhN09KEywELOGmlgJ5OUjHQI5-xCa-mO6XEytpFEcQjci7jnZhk1nfP3c4tYHdhQMqgT8pW_AKoPA&loadFrom=DocumentDeeplink&ts=1836.04)):

But also there was some really hard parts of my story that I think I hadn't ever really known or looked into. And some of it was through just opening myself up to a willingness to look into adoptee resources and to, um, read about it, to listen to this podcast, to read books. Um, and so reading and kind of exposing myself was, was great. And also very like, whew, there's some things I haven't ever thought about and there's some things I haven't looked at. And some of it was part of that origin piece. And some of the, as we kind of know in the adoptee world, I think like some of the darker sides of the stories that, um, are just harder to, to fathom because it just seems so, um, like, wow, I can't believe that was real life, let alone my own life possibly.

([31:32](https://www.rev.com/transcript-editor/Edit?token=GDfUdZHb1yh08ajaOC1D5cyyLoRggwLCU7Ua9wQHln7tYG5uPwqArTBOudxQDv474wkY9cZRi-70LGS1ImssJTuF7-w&loadFrom=DocumentDeeplink&ts=1892.68)):

Um, so one of the books I read this past year was ERISA Owes to Save the Children of Korea. And I know it's a little bit of an older book and I read it like cover to cover and just like tore through that thing. Um, and I could hold space for it being factual and historical that helped me kind of remove myself. And at the same time I was like, what? This is me in here. Um, and so part of that, part of that birth story has been like, Hmm, I wonder if there's something else that's just not there because something was altered or something's totally missing. Um, and I haven't dug a ton around it. I've just kind of taken things for face value right now and I'm not sure if I'll do more, more digging. I'm just kind of uncertain about that. I did reach out to, um, Eastern essentially and ask for, for some more files directly, but haven't heard back. So we'll see how far I go with it. Um, I've just done, again, even with that very gentle on how much I consume, um, and how much I push for some of this information.

Adapted Podcast ([32:45](https://www.rev.com/transcript-editor/Edit?token=er29NKHE2OTfhcXKD1-4NScyo2eJNjR-qydG4i051u_RTa9E-N3fkAHSTNa8KN4Ie42YCnSSJXM6d-erjvLESVJKK6s&loadFrom=DocumentDeeplink&ts=1965.17)):

Okay. So you're still waiting to get your file from Eastern

Megan ([32:48](https://www.rev.com/transcript-editor/Edit?token=ZyG6q4duceASwEfgCWigUr3l68QWUM0A-02n07MVcOtGpFVQauUt5wTl27-R40WRVZKl0_vbfv7cFf6wf7arMrQ4I9M&loadFrom=DocumentDeeplink&ts=1968.96)):

Mm-hmm. <affirmative>. Mm-hmm. <affirmative>.

Adapted Podcast ([32:51](https://www.rev.com/transcript-editor/Edit?token=II2dfhs6gZAeF_-8ISXqxcVc-0nD3pgUUO3RFUO4HdgxNCHrKz2ukh015ApKotJBcEVT1LkX8iW0ItRU7YWojlN7IRg&loadFrom=DocumentDeeplink&ts=1971.02)):

Um, how do you feel about your birth parents?

Megan ([32:56](https://www.rev.com/transcript-editor/Edit?token=tXD3uwTQvWeUyVWJKIFrTSFZLfTdU53qt2sOBA4VxI7-RfjZj5Pdlz3tRdb3YXeFyFSFKoOOnBufXIumwLWfnSyg-PA&loadFrom=DocumentDeeplink&ts=1976.92)):

I, I think because my birth father was always, and I knew this, there was no information on any paperwork. Um, that's always just been such a mystery. And I think I had this like, romanticized version of it growing up, that it was this like really tragic love story, like all the things that kids do. Um, and same with my birth mom. And now I'm like, hmm, there's parts of me that I've had to just wonder if there's like a darker part of this story. And that's been, yeah, it's been hard. Um, and I don't let myself sit there for too long cuz I don't know. So I don't wanna upset myself more than I need to. Um, I think after reading more stories, especially after reading, um, I'll kind of go back to again or after reading Erisa o's book and hearing kind of what was happening in Korea and how birth moms were being approached and the language that was used for them and just, um, yeah, just the harder parts of that story.

([34:02](https://www.rev.com/transcript-editor/Edit?token=mTB_IpHl_ax7F_77VureVsIkemHacodAVApFiK506RomLY3OyPraqkXSvvSpYk87kqRgGV0KgJWHrgN4K6jmH3mnX0A&loadFrom=DocumentDeeplink&ts=2042.21)):

I had a lot more compassion for her and I didn't realize I didn't have compassion for her. It was this sense of like, um, I had a very, um, kind of common narrative among Karina adopt from like, the kind of Christian mindset of like, you were chosen, God chose you for us. And I, I, that's lovely and it's been helpful at certain times of my life. And then reading some stuff is like, I needed to kind of ask some of the harder questions of it, but seeing kind of the trajectory of what was happening in Korea and how birth moms were treated, and again, the stories I just wondered like, how much did she go through that was really hard herself, and it gave me a lot more, again, compassion and just this sense of like, I can't imagine like if I put myself into when I was 19, like I can't imagine going through that.

([34:59](https://www.rev.com/transcript-editor/Edit?token=f6OqRqcrcRA-y52-A3MjJdBn0VGCDkENUk1qJQysuMVS6kkGubeivVedEZlDy4fx6WKaajwatSKNKOJMcYlUX3pmuic&loadFrom=DocumentDeeplink&ts=2099.27)):

I've been really probably gone through different phases of this where I've been really upset, where I've been really sad, where I've been really mad, and now I'm just finding ways to integrate all the parts of that story, the, the good parts of like, yeah, I do love my life and I'm grateful for the family I have, and I'm grateful for the friendships I've had and the opportunities I've had and kind of holding both truths of like, and there's some really hard things that led me to why I'm here. Um, so I, like I said, I can, I can do that really well for others and yet for myself, I really had to just practice what I preach, so to speak. And, um, I'm a therapist outside of or in my professional world. Um, and so I can see this in my clients that I can hold space for them and I can walk them through this.

([35:51](https://www.rev.com/transcript-editor/Edit?token=vZIakWij_JvrGY4Xr1vYspdOsO-z4nYQ9UUF-isRR7xsis3MuInzyDZPhAGSp5woDUUPj4HPiHY7iei7He14KU-suzg&loadFrom=DocumentDeeplink&ts=2151.54)):

And then I kind of had this not conviction moment, but this moment of like, wow, like think of all the things you've gone through that you've not kind of given yourself permission to like grieve over or be sad over. Um, so this past few years has just been kind of going back and grieving some things, some losses, some um, some parts of my story as well as integrating like how do I want to carry this forward and what do I want to continue to try to discover? One of 'em has been I, um, am taking a Korean language class, which weirdly enough, apparently I took one as a kid and I have no, I have no memory of it. I'm like, clearly it did not stick. Um, so that's been fun and also weird at times too because I'm like probably the worst one in the class <laugh>. So I'm like, wow, I'm so glad I'm so terrible at this. So

Adapted Podcast ([36:46](https://www.rev.com/transcript-editor/Edit?token=dQf9fE8hGysiZ1OAd9Wmdz5CqsgHAaYdX_xRHITMSDGc0R9n0FS4rJxr4qai3CiQx0kb36EQiGI4LFKIjA7UBE4yiVk&loadFrom=DocumentDeeplink&ts=2206.32)):

Yeah. Oh yeah. It's the adoptee block, right? When we try. Yes. Wow. So do you really, I, I could see, you know, how much has your profession do you think your choice to be a therapist? Is it connected to, you know, your life experience?

Megan ([37:06](https://www.rev.com/transcript-editor/Edit?token=-7z427RY5BYs_HquBF2BQBy2pp5t2qEBOtUWk6MwdTAOpRSzx143Zm9dV82mF5kap6D7LoRJtadEv2rNfgHMiqIuD8c&loadFrom=DocumentDeeplink&ts=2226)):

Yeah, I think probably more than I realized. I've worn a lot of hats in my professional world. Um, and I was part of this, again, journey process for me of trying to figure out what I wanted to do, maybe kind of that typical millennial, so to speak. Like, not job hopping, but just tried a lot of different things, enjoyed a lot of things, but just was feeling like there's something else I wanna be doing to connect with people and to hold space for other people. Um, I think ultimately pieces of my story and pieces of a lot of our stories are rooted in some sort of loss, whether it's a physical person or a lifestyle or a hope that never was realized. So that's been, yeah, kind of a cool discovery and

Adapted Podcast ([37:52](https://www.rev.com/transcript-editor/Edit?token=L2TPm5nq0Wq69cgK0omCIC2McbRQdUREjTBphSl_6eld1tGXkRMyXWvatOXarsqBsI7JmXXudJpoTkio3EGWd-Fdjpc&loadFrom=DocumentDeeplink&ts=2272.71)):

Yeah, that aspect about grief, you know, um, how do you counsel people to, you know, hold space for their grief?

Megan ([38:01](https://www.rev.com/transcript-editor/Edit?token=XTrBq8SH3FZOddnKQhP9pFBzrrVE68TQmJA4BT3UqoyrPAKdcBQvmciTQRbAvJvFSOOtD2y-lBED1FN-LkI1Q8tLjxM&loadFrom=DocumentDeeplink&ts=2281.44)):

It comes out sideways for a lot of people, grief does. Um, and so we kind of just get curious and I think curiosity has been something that's been really helpful for myself, um, as well as a therapist too, because, um, I just, there's times where I won't know and I tell my clients I won't know an answer and we never, we might not ever know a specific answer to something, but we can get curious about how it impacts us and what we need to do to support ourselves. It's through that and with it. Um, and that's kind of where, again, the practicing what I preach of doing that with my own story surrounding grief and loss of just layers of different things when it comes to transracial adoption that, um, I didn't even realize were always there, but kind of have always been there. So that's been a huge piece of it is just, um, just getting really, still really slowing it down.

([38:57](https://www.rev.com/transcript-editor/Edit?token=EpOySQOxpc9MMfrl5BxcCnwPw5hcGvbg4FT_tWn_Y7uIf9QXc6cBYFTDLxje7NHUaz-mrWeSPb-D41Fxhm1q79MjNpg&loadFrom=DocumentDeeplink&ts=2337.82)):

Like I said, I kind of threw different, um, surgeries and whatnot and different life circumstances. I was very much like, okay, let's just keep going. Let's just be stronger. Let's just fight through it. Let's just figure it out. And I say to people too, like, sometimes we need that, sometimes we need to just par head out and get through something, and now after we can sit slowly with it and just, um, kind of heal parts of it that we needed to maybe have more grace for ourselves. And that's been a big piece of just slowing down people's stories, um, and sitting with that uncomfortableness as well as, um, kind of offering ourselves maybe the compassion that we didn't have or receive at the time that we needed it. So whether that was like a certain person in our life or whether it was, um, yeah, ourselves and that we weren't being gentle in ourselves, then it's just going back and kind of doing that slowing down, um, healing work.

Adapted Podcast ([40:01](https://www.rev.com/transcript-editor/Edit?token=W63C5-YZGWOrLdgjYWD3UDo8afVG01blCstVGdogPpcQlooNWKACMGDivePi7G5AYNsBYNflsdl-d7D2YJfsdLPSlT0&loadFrom=DocumentDeeplink&ts=2401.3)):

I I it it almost sounds like you're saying that you're giving yourself and telling others to that it's okay to feel

Megan ([40:12](https://www.rev.com/transcript-editor/Edit?token=bnGO1GCUTugL20qFAyTDegi1RspmKz4Fl6anOOk5oKBLTgyIIiNoWiV739lyuLMX10hWUPqYOVqu9DClASZeCEEL9Ds&loadFrom=DocumentDeeplink&ts=2412.25)):

Mm-hmm. <affirmative> mm-hmm. <affirmative>. Yeah.

Adapted Podcast ([40:16](https://www.rev.com/transcript-editor/Edit?token=ipIga6-VPyBpIl7CwD_MqW0dIf9Ml_81nqS4qcuG3lQV96RhjS2g-RLa-NBfPCCea3UIWAw4S-G3oRzd39MsDoRNX3w&loadFrom=DocumentDeeplink&ts=2416.57)):

Is that something you, through your life, you said where it was, you know, you weren't gonna persevere, you're going, you were not gonna let mm-hmm. <affirmative> things keep you down, or even though you had more challenges than others that mm-hmm. <affirmative>, you weren't gonna let it affect you, but in time in times, did that, did, did that also like kind of, um, not make space for to, to have feelings about things or Yes. Sadness or the grief?

Megan ([40:47](https://www.rev.com/transcript-editor/Edit?token=zm8I0N-gdUa1X0VnLPQHbrrjA6yF1glp-y8qYZYOHgzMlGz9b-sMvTr_euPDnrahBkCjO_jKrJvGHI5S4zptqZSDDQM&loadFrom=DocumentDeeplink&ts=2447.98)):

Yeah. Yeah, I think so, for sure. I think it kept it from being just real with myself, um, and kind of real with other people. I already felt really vulnerable, um, at times going through different health things and just different awareness of like, I'm not like everybody else, but I'm trying so hard to be like everybody else. Um, and so I think I just sort of turned off my own feelings, even though I was a very, it was this weird mix of like, I'm, I'm, I've always been very caring and compassionate for others. And so I think that it looked in a way that I was being very emotional and I was, but I wasn't fully being emotional with myself. It's like I could do it outside towards other people, towards other things. Um, and then I noticed that I was almost like, I was like, I would connect with anybody, literally, family, friends, whoever.

([41:48](https://www.rev.com/transcript-editor/Edit?token=124dFTRf6BddSdHwRfG4CbeQn3uJZinpeouG5iuN8wZgdg_bx1bJ8V7lBEga7zYcW9WmQjYLSY5clhByfxILvtXI5GE&loadFrom=DocumentDeeplink&ts=2508.17)):

And it would only go so far because I wasn't able to connect with myself deep enough. It was a form of sort of, um, what we'd say, like dissociating a little bit. Like I would just, I would, and, um, I, I fi I, I don't fight this, but I challenge this every time I'm with my own therapist of like, I'll say things and then I'll be like, oh, but it's, you know, it's for other people, not for me. Like, everybody else can suffer, but not me. And she's like, hold on, you can suffer too. So that is one where, um, I would hold space for other people and I would have a hard time realizing that like, hmm, I may be disconnecting from myself in order to help other people, and I really needed to plug back into myself. And, um, some of it is that sensory overload.

([42:36](https://www.rev.com/transcript-editor/Edit?token=U33_fmDyLUYlOomFv_K8y8NTf0pZAKG1TEExc4wT1hCKETzm0TL8hMH2tSbIngmaf0uY6uRCl3AgCOnbeIJySg7Gw_g&loadFrom=DocumentDeeplink&ts=2556.53)):

I do get very overwhelmed when I'm out and about, and I always have even as a kid. Um, and so I do a lot of like, like I teach my clients a lot of grounding skills, a lot of like, okay, how, you know, do some breathing exercises, slow it down so that you can stay present. And that's made a huge difference in my ability to feel like I am, um, truly connecting with, with other people, with myself, um, and in my life. And I feel like I'm enjoying things more. And, and it's not that I don't remember not enjoying my life before, it's just this new lens, um, that I'm like, oh, I didn't know I was missing this.

Adapted Podcast ([43:17](https://www.rev.com/transcript-editor/Edit?token=jOaYa-s5OeSNAlOPw0udWh7qo9uQsQ3MnqjSJ97ZJGXIlYJivcJMvuDVywHfcMyjxOrdPNyzOSLtQ1oQ4wE7b6K3qOs&loadFrom=DocumentDeeplink&ts=2597.69)):

Can you describe more what you mean about slowing down? What are some of the mm-hmm. <affirmative> kind of real

Megan ([43:24](https://www.rev.com/transcript-editor/Edit?token=u_6k23cUuPIsqNzAFE1CgEPaylLpnJSXQ24NgJfY3HCpj8rKkqPRm6i9Y-lGNZKgMWp17xi68Bq_ppgC6zOVgf76JDA&loadFrom=DocumentDeeplink&ts=2604.17)):

Basic. Yeah. So slowing down for me, um, is I'll sometimes like throw something out there, um, with whoever, with myself, with my therapist, with a friend, and then I'll, it's very vulnerable and it's very big, and I'll quickly move on to something else. I'll say like, oh, yeah, but it's not that big of a deal. So I'll do some of that, like sort of toxic positivity or talking myself out of it. Um, or I'll say, oh, but it's because they were struggling, so it's totally okay that they hurt my feelings. It's fine. And I'm, I'm over it and I'll just move on to something else and almost get very like business-like with things like, I could handle it, it's fine. Um, and so slowing it down has just been a process of allowing myself to feel all sides of it. Like, yeah, it's fine because I can handle this.

([44:16](https://www.rev.com/transcript-editor/Edit?token=Aj9jnqDBsDu2Na0oWW0QF-99e__P8Pihuwqo9diKHOK8ro4_psL2O_a8EPBUR2_rp2OTEVbLRlXKlgwt0WtGydeBmdg&loadFrom=DocumentDeeplink&ts=2656.01)):

And I did work through it and it was really hard and sad at the same time. Um, so I've had to really kind of connect to like, okay, so when this is going on, I notice I'm feeling really, um, jittery inside, or I'm feeling like my head is spinning and on the outside it looks like I'm calm and collected and I'm cool with things, but inside it's really, really affecting me. And it was to slow some of that inside stuff down and be like, okay, I just need to like sit with this. What do I need right now? Um, again, that's where like I would sometimes just be like, I need to take a deep breath. I need to walk away from something. I need to, um, just allow myself to sort of live in that emotion and that physical senseen sensation sometimes. Um, and so I, I, I try to check in with myself in that say, and so checking in with myself essentially means just asking myself like, what's going on right now?

([45:15](https://www.rev.com/transcript-editor/Edit?token=mKQTm8taCoJrd7qr9MrEj4uf-mgCB0oarPR82YLtvhvTyqTXwBo-08AGwG5671ZlHMYF8lKjQ2eIfbIFWMO-uSLbyDQ&loadFrom=DocumentDeeplink&ts=2715.4)):

Like, you're talking really fast to this person, or you're not really paying attention, or you are, um, you just laughed off something that's maybe not something you could laugh off if you really think about it. Um, and so that it kind of helps me go like, okay, what do I need to do with that? Do I need to talk about it more or take it somewhere else to get some time to process it bigger? So again, that's where, um, as a therapist, I'm such a big proponent of like, going to therapy yourself. So I will just bring those things to my own therapy and be like, okay, so I keep like discrediting myself here, or I keep telling myself I've gotta just kind of pull myself up by the bootstraps and get over it, but I'm like, ah, this is really bothering me, or this is really hard. So, um, yeah, it's just this thing that I've never didn't realize I wasn't doing until I started doing it. I was like, oh, that's what that is. <laugh>.

Adapted Podcast ([46:09](https://www.rev.com/transcript-editor/Edit?token=WQZ1siRRNRtfdqTAigbkyfr3v_R6xM-e9LcAMYRKQ7iVlQXUVB14hmmLyEJHgL03qsW6KqS6lhUC0xiwOD-4D47x_fs&loadFrom=DocumentDeeplink&ts=2769.31)):

Yeah. I love therapy. Yeah. <laugh>.

Megan ([46:12](https://www.rev.com/transcript-editor/Edit?token=avAEKTobllWqClQhsts3nAk8FwMY8oKDnU7nSAbEaTJkUz4uQv9M7tqKMaMinFOty_ticb-qg2u_Op4TF-Uu18mfFyQ&loadFrom=DocumentDeeplink&ts=2772.36)):

<laugh>.

Adapted Podcast ([46:14](https://www.rev.com/transcript-editor/Edit?token=LNCdF80jeLI44C1zozIFF9-VPVA4Ipg62fRSGIwA0ERebuhXnjeFhypk5a_2uK6xWX2p2WiegaMx8PDyGhNw4DhZHfg&loadFrom=DocumentDeeplink&ts=2774.25)):

Um, yes. Do you think adopters are more likely to like, struggle with disassociation?

Megan ([46:23](https://www.rev.com/transcript-editor/Edit?token=OUclOxMSMzq_UdD4eXQpm6XB1KYrgaWZykDHWVwPyzB6AsbUCoM9igp_24T9HsjUqByuXfTFwlphLzm08RtH3V7ZpcQ&loadFrom=DocumentDeeplink&ts=2783.49)):

Um, I kind of think so. I think there's just, um, I don't know. I don't know if we turn off parts of our brain in order to like just make it through and we don't realize that we've done that. Um, I think it could definitely be a bigger theme of, um, how our story impacts our, our health and our mental health that, you know, unfortunately, um, in the world of research, there's not a lot of clinical and academic research around adoptees, transracial adoptees. And so I've, I've combed through some, um, academic journals and different things and I've found some helpful things and some insights, but there's this, that part of me that's like, there's gotta be more, there's gotta be somebody that's doing some more research. The U of M does some great research, um, and some other, um, I feel like some other Midwest universities do some really good research, but I think it could be a bigger component that's just not always pinpointed and it's not talked about cuz how do you know that you're dissociating unless you've identified, like, to talk about it with somebody else is like, oh wait,

Adapted Podcast ([47:38](https://www.rev.com/transcript-editor/Edit?token=raO81-pfLvdoXr-AdM0aiXhyjUCjld1agvT-ooL14k7WX1D1OaYe-fm66ICzW7wFyFc_MrVg8f3fgtpe8Ss99hV_6j8&loadFrom=DocumentDeeplink&ts=2858.39)):

Well, like you were talking about that toxic posi positivity. And I think mm-hmm. That we as adoptees face that just in our mm-hmm. <affirmative> adoptive homes because yeah, it's like, okay, your, or unfortunately your birth parents couldn't keep you mm-hmm. <affirmative> or you've been separated, but now you've got us, you know, now you're here. Mm-hmm. <affirmative> now your life can begin now you can be happy or this kind of, and there's no space for to even have feelings about mm-hmm. <affirmative> what happened to us. And yeah. So I think like adoptees, my sense is that we are, we're sort of like, um, socialize that way to, to mm-hmm. <affirmative> in a way bury that part of ourselves and maybe that we go on to in other aspects of our life. We've kind of learned that as a behavior, as a survival skill.

Megan ([48:37](https://www.rev.com/transcript-editor/Edit?token=qR2p9ggZo6vy3SAQV84Uz8zQyZNCniJ0QztmJuzPI_C7ayR5B0bhsftPRWKBA6T2jzKixtSA8pqUheVKihcP4VAeTac&loadFrom=DocumentDeeplink&ts=2917.78)):

Right. Yeah. I think that could be a huge component of it that's just again, this known slash unknown thing about that adoption

Adapted Podcast ([48:48](https://www.rev.com/transcript-editor/Edit?token=bl52vx4x66Iw8XMU2XogxOR4QBwdgFoZgZo7qDBVTgQmDdYqaydhwhV9kyHojWMxUAzQZV9Lvmr7VBHXCKE1EchYg20&loadFrom=DocumentDeeplink&ts=2928.97)):

Piece. Yeah. It's helpful.

Megan ([48:51](https://www.rev.com/transcript-editor/Edit?token=7VkIpg10zUDdtN4e0D7IR2coablo-Eot10TNzdGtqag4vDdhFq9FbJDio0NHUMIp5wTvHViTeKqKgXPlt9tchCtCZAA&loadFrom=DocumentDeeplink&ts=2931.18)):

Yep.

Adapted Podcast ([48:51](https://www.rev.com/transcript-editor/Edit?token=Xey1iOg8LT2LfS8r3zKIS1DjRqbu1RJyT8iZKdrAcfNPtEnQuR8LMS0sFYuW8qZbN7OpBwlZI0suI9uySzB18FAERtQ&loadFrom=DocumentDeeplink&ts=2931.64)):

So why dwell it? Just move on.

Megan ([48:53](https://www.rev.com/transcript-editor/Edit?token=swz7frVthbJla3ty2imAF1oBFkE2QZY0NaoUTOO0K2SFR09b0oJyUhEm1KirfLx41EwyUNNvmCDy0gvepif5N1rabps&loadFrom=DocumentDeeplink&ts=2933.83)):

Right. Well and I think what I'm, so, in a weird way, <laugh>, what I'm so grateful for is that when I was going through my health, my biggest health things, which again were very much re rooted in a, in a birth story that I didn't understand or know, is that we didn't have social media. And I, I don't believe my parents are, they just don't love social media anyway. But I'm like, nobody could share a story or a picture or talk about meeting me when this is going on. Cause I'm like, you know, as lovely as it is to be able to do that through like whatever caring bridge or through Facebook or through whatever, there's this part of me that's like, oh, I could keep some of this really, really private that nobody needs to know. And there's, it's funny cuz there's a, there was a mom on social media I followed a while back and it was just one of those, you know, just follow everybody type of things.

([49:48](https://www.rev.com/transcript-editor/Edit?token=7DFGZB09u3VE7a7ZSphzcvCqIQzibw9NaieQx8S_UqLlQIx28TCqfH2ZCNOYp61tiWvMX1_2rblb1MtCo5BhzMa_8KQ&loadFrom=DocumentDeeplink&ts=2988.61)):

And they had adopted two kids from an Asian country and one of the kids has some major health conditions and the mom documents it and she talks about it and she, and I was like, oh. And at first I remember being like, I think I'm supposed to like, support this and I think I'm supposed to like this post. It was just this weird, like, I think this is what I'm supposed to do as an adoptee. And then I got to the point where I'm like, I don't know how I to support this anymore. And I don't know if I can, because I'm like, I wanna support the kid, but I don't know if I can support this narrative that the mother is putting out there of like, how they're working through this stuff. And I'm like thinking of myself like, oof, if that was me and there were pictures all over social media to show my arm and to show the progress and to show all these things, I'm like, that would've been really hard. And almost like then you're kind of stuck in this story even more and there's photographic proof all over. So, um, I've just had a really interesting insight on like, Hmm, what do I wanna support and put my, put my like behind because that was one where I was like, oof. I don't know if I can support that that way.

Adapted Podcast ([50:57](https://www.rev.com/transcript-editor/Edit?token=nSgDxGvfUJW2WgJvk3ulyoidxGbFAGapbJYxdWjW6plI9l-yGUWGCAArYfjKY5M3fppWQaW7kx4sf2AMU-ISZ-ANXtY&loadFrom=DocumentDeeplink&ts=3057.86)):

Yeah. And it almost like, I mean, I don't know what this mother's intentions are, so I can't speak to that, but it, it, it feels kind of cringey as an adoptee because it's like mm-hmm. <affirmative> that's sort of like, they want credit for like, saving this kid's life or look at how we're healing this kid. Mm-hmm. <affirmative>, you know, we're saving this, like, we're doing this good deed for this child mm-hmm. <affirmative> kind of thing. Yeah.

Megan ([51:25](https://www.rev.com/transcript-editor/Edit?token=fYkDenMYU512LMcPvGpw6_aJ0AKds6y5gSN7p4S_XKcIWiHcSPgqyDARPzBHv-Ke6KUMOKIymIQLQ62djnhhFFJm5i8&loadFrom=DocumentDeeplink&ts=3085.03)):

Yeah. And it just goes into the layers of, of societal norms that were set in place regarding adoption from the very beginning, from the origins of everything and, um, the social conditioning that everybody adoptees and adoptive parents have, have gone through. Um, and again, even people in other circles that are like friends that say all those not helpful comments growing up and strangers that say things. And I used to tell my therapist like, oh, but they didn't know any better. She's like, no, that was a rude thing to say <laugh>. I was like, okay, you're right. That's really rude. I can't believe if somebody said that to you. And I was fine. My god, <laugh>.

Adapted Podcast ([52:11](https://www.rev.com/transcript-editor/Edit?token=BBY0yzYyJ0pAOcoW0BUhqumKxXRpRVDih6laTjNT_xGM8AorbfyD6a2w3pRgWYfpdlVTb9G_Pdpdr-TyQRYl_Lnn_j0&loadFrom=DocumentDeeplink&ts=3131.99)):

Yeah. It's almost like just, I think this, this whole, um, and I can identify with what you're talking about this whole permission to feel mm-hmm. <affirmative>, um, it's, it's okay to feel upset or angry or sad mm-hmm. <affirmative>

Megan ([52:27](https://www.rev.com/transcript-editor/Edit?token=uqIgDdlUZyn9FzAHiCyRt0k3YBc2wSrzIl-d_I20i3z1UBok5k_QRzYdRGhtpsFUM3aN6lpRgFC-LeteuaotYIFoNrY&loadFrom=DocumentDeeplink&ts=3147.65)):

Or

Adapted Podcast ([52:28](https://www.rev.com/transcript-editor/Edit?token=5uv3aH7kOHmPMvpOt_vG1ijC-Am7jNYmUKZFOgGx6WuGB5eMMDVqnigb_ttma21DIXnimJLS5qWUi5OqJtDTXonRPgQ&loadFrom=DocumentDeeplink&ts=3148.01)):

Yeah. All the feelings. Um, so, and yeah, for some weird reason I, oh, I mean, it's not weird. It's actually makes sense that I think as we get older and life gets more complicated and mm-hmm. <affirmative> the different types of relationships that we form, that a lot of these, um, themes kind of play out, keep playing out mm-hmm. <affirmative> in other aspects of our lives too.

Megan ([52:56](https://www.rev.com/transcript-editor/Edit?token=oDbVizJ8QZlDv8D39dKu6EuJa8vnCKHDwLXySpYgBIa2br-oy0QV4dYHBUCtE_Lx2xokMl4zGRRDtmvWVYVuD55MoRA&loadFrom=DocumentDeeplink&ts=3176.35)):

Yeah, definitely. Yeah.

Adapted Podcast ([52:59](https://www.rev.com/transcript-editor/Edit?token=F-ZiLRbJJqyhwX9yGoUqNLpb_3evegpLZXh4Ls-LOkrOrYMrD93Q6fSluEs6H4PFEVOvDNS2P4ze6pLOF-04MdOGPgQ&loadFrom=DocumentDeeplink&ts=3179.87)):

Well, uh, Megan, we are at an hour. Um, yeah. What, is there anything more you wanted to talk about or do you have, um, any tips for, you know, adoptees who are listening, um, on how they can be gentler with themselves?

Megan ([53:21](https://www.rev.com/transcript-editor/Edit?token=F-ui9oTrDPL4ljyx1mRyOYx3peGaqpSVe5hw3KMxoKLgeKD0PgRRtbdfTBJvHDhrkObJKpgNW9slrEQY8Y_HjKOV1C8&loadFrom=DocumentDeeplink&ts=3201.98)):

Hmm. Yeah, I think that gentleness is just, um, it's kind of a, a quote unquote trick that we use, um, where a lot of times the things that we struggle with as adults that I was realizing kept really, again, that theme you were talking about that keeps coming up were things that started when I was younger. And so part of being gentle was going back and imagining and sitting with myself, quote unquote when I was those younger ages and just saying like, of course that was hard. And just being really gentle and talking to myself as if I was five <laugh> as if I was 10. Um, and it's just a weird brain trick that we do, but it helps us to really realize our adult brain is what it is because we're, we have cognition that are mature and we have knowledge and we have information and I can have that, but I also need to go back and sit with the kid part of me that was initially hurt.

([54:23](https://www.rev.com/transcript-editor/Edit?token=h2US8juW3P08LXjOZbxEmBkVDkiBLYRfYY-tdFNjs728m-AV0XFFO9YrqovbX0_W5E_Sgyxmpnornv0Zm4XeBsUtw0c&loadFrom=DocumentDeeplink&ts=3263.04)):

Um, and so being gentle has just been talking to myself as if I'm a little kid, um, because that's the part that's feeling hurt when I am triggered by things. It's not my 37 year old self that's, you know, oh, I can cognitively rationalize this whole situation sort of, and I can do all this bigger thinking. Um, but when these things come up, it's not that part of me that needs help. It's my like little kid that's like, Hey, maybe I needed somebody to say this to me, or maybe I needed somebody to give me a hug or just say, you can feel anything you need to feel, or all those things that we didn't know we needed to sit, hear when we were that age. I can kind of go back and do that as a, as a gentle mindset.

Adapted Podcast ([55:11](https://www.rev.com/transcript-editor/Edit?token=n06QMnzxCHsWkwCzL8PxQW8M9uVMzuLDDrOkCziKfje2OHuJOI_afejd3auwuM_OZuhqQiC6jfWDGHPd4E5KFukDGy8&loadFrom=DocumentDeeplink&ts=3311.01)):

Oh, interesting. So it's almost like talking to your younger self

Megan ([55:15](https://www.rev.com/transcript-editor/Edit?token=pEC6kCqXYoP6HiLR5cBE6IKJNgFUvuLv_ibjS4TCPMpb_9BaJJd87dcrDMvABXnTe9Xif5cr-63asqm5l3GypOFUVN8&loadFrom=DocumentDeeplink&ts=3315.12)):

Mm-hmm. <affirmative>. Yeah.

Adapted Podcast ([55:17](https://www.rev.com/transcript-editor/Edit?token=bQxT-QBEUvrIlcvYvkmisr1pDNprgwmoftNy-pg2ZMUAUaV29Fx8Ak2kVqfV1SUBJ5GEm1hHJE-iAsGPctjOf3hdORM&loadFrom=DocumentDeeplink&ts=3317.79)):

I love that. Um mm-hmm. <affirmative>. Megan, if people wanna follow you or contact you, how can they do that?

Megan ([55:25](https://www.rev.com/transcript-editor/Edit?token=0yab-XT4pDhvjkFd-FfdLBV0dQTTI92sZ0RAgP8UgfoF_ortxut65sTlcUKGEgSXE3uAez2iOEBjiWcqhrWQbPas_LI&loadFrom=DocumentDeeplink&ts=3325.03)):

<laugh>, I am really like incognito on social media right now. Um, I do, I am on LinkedIn. I guess that's an option if people wanted to reach out there just Megan Iberg. Um, so yeah, I'm just kind of,

Adapted Podcast ([55:41](https://www.rev.com/transcript-editor/Edit?token=1BAXUWV1hX5CPExnf4EqeR6cZPHrYu926elffJ5XtqCMseN8vniko9UYPKWCd3_y3gma8qBFqMuxacFRIgkcGCmiSMo&loadFrom=DocumentDeeplink&ts=3341.58)):

So don't

Megan ([55:42](https://www.rev.com/transcript-editor/Edit?token=U1ZVA_z1i4wGklxVmBa7tTxtB_1yHzJxsyOFXwiNHBDCTjIqn1-qXNkiKe2BEh0k02ykxf611UZLtmF-xBLgz55lbB8&loadFrom=DocumentDeeplink&ts=3342.03)):

Kinda hitting behind some things.

Adapted Podcast ([55:43](https://www.rev.com/transcript-editor/Edit?token=O4n6nKsO7pIqnxSiMuoTf8bdUuEjNt9OXijD6aUHmAOZyXECjuqVQH5fUbyQybnpIjp5-jDFKAWO9eKXUwweCLh3C4I&loadFrom=DocumentDeeplink&ts=3343.65)):

Don't stop you.

Megan ([55:46](https://www.rev.com/transcript-editor/Edit?token=xcsDd5A7OLUgg62B5xVhZsWSvB5tJIiOMCoaCPUDPm6UXtlJh-VWAQXHjJVD4iE-U1G3gOPKgpYpolCrQ_LBy5bUVjA&loadFrom=DocumentDeeplink&ts=3346.94)):

Yeah, yeah. <laugh>. Yeah. And it was just part of my own yes. Challenge of like how I wanted to approach social media again. So yeah, that's, but I am on LinkedIn, that's kind of a option and I've been sharing more adopted resources on there, so.

Adapted Podcast ([56:01](https://www.rev.com/transcript-editor/Edit?token=kf-gT0I0zIjoKAC8mFmEryulCaXMhrtoz15fE8wTBQkK5W-y09XydLXs1of9GKVqXAc3d9fx1qJeppQuAJsikUjFnMA&loadFrom=DocumentDeeplink&ts=3361.95)):

Yeah. That's totally understandable. Um, and are you accepting clients? Can people find you that way?

Megan ([56:08](https://www.rev.com/transcript-editor/Edit?token=7bSg2Q1Cqlxk71DWTWpdFtT2IIt4KZaCh0i6SsvwDx4Q88g0xC5IHaFt-SgjS2vdGhukrkVYn1wjYuZ7Cige1NKSN-0&loadFrom=DocumentDeeplink&ts=3368.76)):

I am accepting clients. Yeah. Um, so I work at a group private practice, so again, LinkedIn, but it's, I work at Rum River Counseling, so, um, that's an option for people to look into if they're interested in just exploring it. And I take it really, really gentle approach. I don't, I'm not like, okay, let's deal with your whole adoptee story. Um, mine came out really slowly with my own therapist. It's not why I initially started, and it's just become something I've needed to talk about more. Um, and so it can be a big part, it can be a small part, it can just be so,

Adapted Podcast ([56:42](https://www.rev.com/transcript-editor/Edit?token=v1OtsrsDYy8oSBBERbbXmHyOR2LE-L7toailmGYriUDoADLHED3y9PAHmjJWYvSvADzfoWItBefM6GdwXSfwNga_Lw0&loadFrom=DocumentDeeplink&ts=3402.67)):

And do you, um, in person and do you do telehealth?

Megan ([56:46](https://www.rev.com/transcript-editor/Edit?token=yfpSNzoCnnx1xueUT0cmwAhUkMISo6yFe0OXgjNuYhbEVUUkMYL7sukBuyJcIG6n8u9e6STtmuB_BPLbGcoChiMJmUI&loadFrom=DocumentDeeplink&ts=3406.87)):

I do Telehealth only,

Adapted Podcast ([56:47](https://www.rev.com/transcript-editor/Edit?token=nF-bYH5N29d5cXm5Or3Ef6Z6A0g25QSyRRO2lUykkVkGpePpS9r-MqT8utYYLuPlUvwMczgPujEqzQyaQPZcpQKRknU&loadFrom=DocumentDeeplink&ts=3407.96)):

Telehealth only. Mm-hmm. <affirmative>. And is is it only in Minnesota or can other states?

Megan ([56:51](https://www.rev.com/transcript-editor/Edit?token=qgz-IHPc0HsMNwbB5IhibpqGmJvJMpxTsoyWhJcrv6xN52LvDhl0raKmIINjwj8sqtN5hLlB6QnlxP4lfMpo4bpv_Ho&loadFrom=DocumentDeeplink&ts=3411.37)):

Yes. No, it's only Minnesota. Mm-hmm. <affirmative>.

Adapted Podcast ([56:55](https://www.rev.com/transcript-editor/Edit?token=1Y7xkQjXHnEZL8BonGPfIEEn0EempaPubuz3IVwpEaCPRIZt98YUm4_9TQ6B7WtYMudQ-lCpUypxkv9fFK15fAUTUIQ&loadFrom=DocumentDeeplink&ts=3415.33)):

Well, thank you so much. Yeah. And, uh, thank you. Yeah. And I thank you for, um, sharing so much of your story.

Megan ([57:02](https://www.rev.com/transcript-editor/Edit?token=eYmNXRuakIqjXhQK9MViniZYeBH9tN7iSjjbEPNy2wWzpBdx6nuTg9d8Q1_-GgW6scG8g2RSvUhOp25z_4Nylvwqt0I&loadFrom=DocumentDeeplink&ts=3422.19)):

Yeah, absolutely.

Speaker 1 ([57:14](https://www.rev.com/transcript-editor/Edit?token=0Db5QJoYLsIadlJhT2v0MPx0JAjSf23keFN2wE7QEWiQDzL-h6nkrRewbSq9wvu_MgcxwwbglXkz01sAiFXX2Jej7Eo&loadFrom=DocumentDeeplink&ts=3434.41)):

Thank you so much, Megan. Thanks. Also goes to Jay Jen for our theme music. For more go to jayn music.com. Thank you to our patron supporters, including our newest one, Yugen John. She's not an adoptee and has volunteered to translate some of the episodes into Korean [inaudible]. Until next time, take care.