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**Claire Clotney:** Welcome back to American Dreamers an original Aurra Studios production. I'm Claire Clotney and I'm on a quest to discover whether the grass is greener. On the other side, through weekly discussions with black Brits, black Americans on their farm. We'll be exploring where the life of black people is better in the UK or the U S.

Brainstorming dreaming and visualize in your life in another country. It's just a natural part of people's journeys when preparing to move yet. What happens when the dream becomes a reality? And the reality is far from the truth. On this episode of American dream as our guests, Michelle Stewart, mother nurse, entrepreneur, author, and love of life shares her journey from Bedfordshire to shaker, Ohio, and explains what it takes to dream a new dream in order to keep the American dream alive.

Welcome Michelle.

**Michelle Stewart:** Wow. Thank you. Thank you. That is a intro to how well you

**Claire Clotney:** do, and I

**Michelle Stewart:** am wonderful. Thank you.

**Claire Clotney:** I'm so excited to have you here. And, um, I've got a burning question cause you've been here from. A little longer than a minute. But when you are, when you are asked, where are you from? How do you answer that question?

**Michelle Stewart:** Wow. I get asked that question several times a day. Um, I tell people that I'm originally from England by identify as British Caribbean, because though I was born and bred in England. I have Jamaican roots and that's the household I grew up. And how often

**Claire Clotney:** do you actually get asked

**Michelle Stewart:** that question? Girl, I would be a multimillionaire if I was charging a dollar for every time I asked that question, I get asked this several times a day.

Sometimes I actually, sometimes I do Dodge the question. Because I'm set up with it really

**Claire Clotney:** what's their response. Like when your reaction, when you tell them I am from

**Michelle Stewart:** England. Oh, they like this black people in England and I'm like, duh. Yeah. There's loads. People think actually people think if they hear me on the phone, um, and we're talking then.

You know, it's all cool. And when they meet me, they're like, and I'm like, yeah, I'm black.

**Claire Clotney:** So they associate

**Michelle Stewart:** like my voice with a Caucasian person.

**Claire Clotney:** Okay. And has that worked in your favor on any occasion, you know, to your advantage or do you think, yeah. In America. All right. Give me some examples of where you can get away with a bit more because of your want

**Michelle Stewart:** to know.

My accent definitely goes down very well with the opposite sex. Let's put it that way on the dating scene, not the dating scene, just because of where I was. I said, can I, can I ask you a favor? I need you to do something for me. And they're like, would that voice anything for you as children?

**Claire Clotney:** Uh, this could go in a very different direction to where I play

**Michelle Stewart:** it's before the watershed. Right.

**Claire Clotney:** Now your accent is very British, but I want to know how British are you? Are you going for fish and chips or bangers and mash?

**Michelle Stewart:** Oh, bangers and mash. If I ate me and I actually made bangers and mash to some American friends of mine, they say, did you actually

**Claire Clotney:** get real

**Michelle Stewart:** bestow grave?

Oh, yeah. So my best friend sends me stuff. So I had, it has to be the bestow onion gravy. And then I did caramelize red onions on top and they, and I do cheesy mashed potatoes. Oh, nice.

**Claire Clotney:** That's the first thing that I looked for when I got into the grocery stores here, I was looking for Besto gravy and I was so disappointed that they didn't have it, had to get it shipped.

So what else do you bring in your suitcase when you come from the UK? Back to

the

**Michelle Stewart:** U S girl. Okay. So it's American.

**Claire Clotney:** You keep going, girl. Okay. Sorry. I apologize. I apologize. I'm just thinking. Is she British?

**Michelle Stewart:** Jacob's Korean cracked. Right. The Walker's shortbread biscuits chocolate. Digestives got to have your Weetabix.

And I bring my seasons as well for my whole pub.

**Claire Clotney:** You all coming through customs and you're the people they're looking for. Have you got any food in your luggage? Yes, Michelle declare

**Michelle Stewart:** it and they're like, well, whatever he got, I said, you know, just some spices and cookies and they're like, oh yeah. Oh, that's nice.

**Claire Clotney:** That's nice. I, I always come with chocolate flat.

**Michelle Stewart:** It's curly Wurly you got to have it, you know, hula hoops. They don't have that here.

**Claire Clotney:** Oh, dear. They're missing out. We need to teach them. We need to school. The Americans educate

**Michelle Stewart:** them for real. For real.

**Claire Clotney:** You've been here for a while though. And I know that your, um, you like the kitchen cheese toasty.

I was kind of British in that we do love cheese on toast or tea slice on a baby.

**Michelle Stewart:** She's toasty all the way. Oh, you'll say British. It's cool. It's fine. Oh, well, if you just do cheese on toast, got to put a little bit of what's the social that's very,

**Claire Clotney:** very British. Do you miss the UK? I do. What is it that you miss about

**Michelle Stewart:** the UK?

It's weird because when I'm there. I miss elements of the U S but when, when I'm in anger, what I miss most is the ease. It, for me, it feels like when I'm in England, I'm amongst people that really understand me. I don't have to explain myself. They just. I miss my best friends. I miss my, my mom not seeing my mom every day is hard.

So we have to still work, I guess, extra hard to maintain that relationship. I miss the elements of working in the UK. I miss the quality of life. I feel that America is this large elaborate, vibrant place, which. Meets in suits my personality. Cause I love big things in all elements. You can take that, however you like,

so you can definitely have the quantity, but in the seven years I've been here, I've been fighting for the quality of life, which comes a lot more easily and naturally in the UK.

**Claire Clotney:** If you will, everyone possibly, probably wants to know. Is she packing her bags and ship him back off to, to the UK? Well, No, no that holds

on I'm so confused because you walked me down a path of, you know, the quality of life in the UK, the work, the families, so many reasons to return, but

**Michelle Stewart:** you're not why.

No, ma'am, I am not going because I don't want to rebuild. I'm already in a process of rebuild. I called this my year of rebirth. So I'm not going to go back because. I've already done the, take a few steps back to go forward. And right now things, how could I put it? Psalms 23. Yay. There are walked through the valley of the shadow of death.

I shall fear no evil, and I feel like I'm walking through the valley and, um, I'm coming out. I'll be coming out of the other end soon. And yes, I miss my family and friends and all that great stuff, but they have a free place to stay when they come and visit. I'm not going to go back and rebuild again when I'm almost at the end of my rebirth.

**Claire Clotney:** Your journey to the U S. Interested. And I'm going to let you explain how you got here in your own

**Michelle Stewart:** words. Okay. So I moved to Louisiana on the 24th of February, 2014. That was my 33rd birthday. I was three months married to a Southern boy and. I just want it to be with my husband. You know, I was head over heels in love.

I just didn't want to be apart from him. And I was like, okay. Yeah, well, we're coming. So my eldest child and I, we packed up and we came, we got to good Lord. We got to Chicago and we got stopped to the border and they were in kind of long story short. She was getting ready to send us back to London. And I was like, I was just got mad.

They, they, first of all, they had me separated from my kid. Like never, ever do that. If you want to see mama bear, she Hoke come out, mess around with my kids, with my mother and she's there. Okay. So I was irritated with that plus I was tired anyway, and this woman was just asking me a ton of questions and I was just firing back these.

Okay, well, what kind of questions she asking me questions about my marriage. Where did you know questions about my now? Ex-husband that you'd expect a spouse to know? Like, where did you go on honeymoon? When did you get

married? The date we met, um, what's his birthday. Where does he work? And I'm just spitting out these answers.

In a hurry. And then I just got mad. Cause I was like, you're irritating me. And I just want to get on my plane and get to Louisiana and get to my husband. And I tell her, I said, I just want to see my husband. It's my birthday. Oh, it's your birthday. And when she looked to my possible, she said, we ain't going to send you home on your birthday.

Now, if you're coming here with a wanting to stay, these are the forms you need to fill out. And I was like, okay, thank you. And I was like, can I call my father-in-law because I've missed my plane now.

So I called my father-in-law, we got on another flight and we got to Louisiana really bleary-eyed and tired. Was

**Claire Clotney:** it what you imagined it to be, because I'm sure there would have been a period of building this picture of, in your mind of not just married life, but you were bringing in your child over to a new country for a new life.

What did you picture and what did you get?

**Michelle Stewart:** Oh, my gosh. Okay. So yeah, you get this big hype, right? You get this huge buildup. I'm tending to, I'm going to live in the south and it's hot and I'm going to be doing all of these things. I had this vision of this grind life, like finally becoming, and I. I like, and that whole four year period to being where you go to a restaurant and you order this huge, lovely piece of steak.

Right. And what you get is this shriveled with a piece of chicken?

**Claire Clotney:** That's quite a different, uh, picture that you've just painted for me because I was salivating at, before this steak on my plate. Now I've got dry chicken

**Michelle Stewart:** wings, chicken wing. It's like, it's literally the chicken breast is just, you know, shriveled and you need tons of gravy because it's so dry. That's what I got when I was.

Wanting this huge piece of steak with the butter dripping down the side. And when you cut it, it's just like so smooth. And I didn't get any of that.

**Claire Clotney:** How so quickly did that realization hit

**Michelle Stewart:** you? I'd say the first six months of. Did you

**Claire Clotney:** think at that point? Okay. I've got possible. I'm just going to go back.

Oh yes,

**Michelle Stewart:** absolutely. So I spoke to my husband, um, and I said to him, look, I'm unhappy. And um, I said, you know, I'm just kinda thinking of going back home. And he was like, Why do you want to leave me? And I just said, I I'm struggling. I cannot do this. And he was saying that he doesn't want to kind of lose me.

He's going to work on things and that's continue to work on things. And, um, so I'm, I'm a fighter. I'm not somebody that's just going to give up. I'm going to know if I walk away from something. I know that I have. Everything within my physical, emotional, financial, spiritual being to do the best with what I've got going on.

So I stayed and then I also kind of reminded myself, well, you know, Michelle, you have to give this process and opportunity. Everything is a process, right? So you have to give this process, time to work out is all still new. The first year of marriage is all still very, um, new, you know, you're, you're blending.

Two personalities were living in his mother's house. None of I'm not the queen bee in the house. His mom is so none of this is mine. So I. Kind of humble myself and just wait. Um, um,

**Claire Clotney:** how did America treat you? You know, you have this relationship inside the home, but outside of the home, you've got, you know, a new environment to explore new peers, new food, a new climate.

How

**Michelle Stewart:** did you find that? Oh, the sun was absolutely glorious. I loved being in the sunshine. The sun definitely makes me happy. So the eight months I lived in Louisiana, I could safely say that depression kicked up a gear.

I was bored. I literally felt like the housemaid. It was very monotonous and repetitive.

I wake up four 30 every morning, made breakfast, lunch, and dinner for everybody clean the house. Did the beds, did the laundry. The highlight of my day was literally going towards. And I would take a walk to the mailbox to the post office. No, because we didn't have a mailbox. They had a PO box. So that was the highlight of my day when I went out, obviously people did, they were happy.

They wanted to talk to me because, you know, they love that accent. I was a novelty that's and I still feel that way sometimes that I'm just a novelty to people. I felt like they talked to me just because they wanted to hear me talk. There was several times, even recently I've turned around and said to people I'm not a performing monkey.

If you want to have a conversation with me, have a proper conversation, but I'm not going to say things just because you want to hear my voice. I don't do that. So what I noticed was I started to become more introvert. I wouldn't speak. Um, I didn't want to speak because I didn't want to identify myself as being different in the crowd.

I would definitely say that they were more welcoming and more friendly in the south than they are in Cleveland. You know, people would just say hi for the sake of saying hi, like, hi, how are you? That's their genuine emo. Get up at whatever you'd like to call it, but definitely in HIO is different. So you stayed.

**Claire Clotney:** I did. Um, your marriage

**Michelle Stewart:** ended. Yes, ma'am.

**Claire Clotney:** And you could have gone home. You really, could've gone home to, you know, you've told me before that you've got a big family, you have lots of friends back in the UK. And when you're going through such huge transitions, family and friends, the best they really do help you get through who was helping you get through.

And how were you managing all the things that were going through your head in terms of I've got options here, which is the right



**Michelle Stewart:** one to choose. Exactly. So my marriage ended, what, four years ago, this past June. And I, I do think about going home. I had a serious conversation with my mother. I had a conversation with my oldest daughter.

Um, my best friend is, is completely amazing. Selfishly. They all want me to come home. It's interesting though, because I spoke to one of my other best friends and I spoke to my father and they were like, don't come back. I was like, huh? I never expected them to say that. I was like, well, everyone wants me back.

Why don't you want me back? And they were like, no, Michelle don't come back. Um, my mom was like, ultimately, it's my choice. I had a conversation with my apostle, my chief apostle at church. And I said, you know, based on this conversation is going to be kind of my decision as to whether I stay or go. You

**Claire Clotney:** said that your mom, your best friends, they were all ready to receive you back in the UK.

However, your dad was like, Nope, stay where you are. Another friend was like, stay where you are. What was their reason or rationale or. Why did they want to persuade you to stay

**Michelle Stewart:** here? Because they had seen the advancement. They had seen some of the developments, I think at that time, that was when the whole Brexit thing was starting to go on.

And they said that, you know, they didn't know how the economy. The British economy was going to be, and they will also help. Well, you coming back for, you've been gone so long. You're doing so well. Yes, this is happening, but they, they knew the potential for my success. And I think that's the beauty. When you have true friends.

They will tell you the good, the bad and the ugly. And I feel that's what they did. Like, nah, they said things are crap right now. Stay where you are.

**Claire Clotney:** You get to Cleveland and you're exploring a new, a whole new area. We were assumptions about people in America in general, before you got here. And how did the stereotypes or perceptions play out for

**Michelle Stewart:** you?

That's a fully loaded question go. So, I mean, I'd visited America several times as a team, right. But one thing I always say, come into America on a holiday and moving to America for life or to live. Two separate entities. It really is. And I feel that your experience is different when you come in as a visitor compared to staying definitely in what ways.

So I was really hyped. Like when I come, I was always like, America's great for customer service. You know, you've got this huge lavish portions and you're doing all these things. I feel like, I don't know. Maybe there's more of an urgency to do the touristy things, explore the best parts of where you are.

Right. But when you're living here, you're working here your day to day. I was like, man, they already different set of people for. They are a different set of people. I was like, well, these people, some of these people can talk out of their neck and they're telling me, I don't understand you. I said, how do you not understand me?

I'm speaking the same English. Now, your English is different. How. Because I speak proper.

**Claire Clotney:** It's funny that, um, I have several conversations with my husband and he says, I'll speak proper English. And I look at him, I'm like your, the American one speaking my language. If anything, I should be corrected your English and not the other way

**Michelle Stewart:** round.

Well, I'm glad your husband says speak proper English. My ex-husband used to say. What do you mean? I don't understand. I'm like, how did you not understand what I'm saying? This it's

**Claire Clotney:** almost as if, and this is just my experience. It's almost as if they like to hear the difference, but they don't want you to use the difference and they're not going to embrace the difference.

And I, you know, I, I give an example get in the queue. Um, they're like, no, you mean line? Yeah. Joined the line and the responsibility. Oh, that's so cute. You said queue. Are you going to use Q? No, they're going to say ma'am you have to say, get in the line. You said they want to know the difference so that they can,

maybe when they're paying, you know, some kind of family quiz that they can throw up the general knowledge, but they definitely are not going to come from.

You are here. You must conform to our,

**Michelle Stewart:** I mean, it's going to be so much for them to say the word trousers and then. You know, it's pants, right? It's pants, pants. So when we say pants, something is rubbish. Terrible. Oh, it's underwear. Yeah, exactly. No, no. Their panties aunties

**Claire Clotney:** knickers. Yeah. Okay. Noted. Hold on.

Let me just jot this down. Reference a sweater.

**Michelle Stewart:** Yeah, that's true. So, you know, we say. Yes, they call them

**Claire Clotney:** vests. You mean the body suit

**Michelle Stewart:** warmer? Yeah. Sheila is pretty, they said, what did you say? I said, oh, UGLA what is that? I said, there's your little jacket thing. Oh man, that's the best.

**Claire Clotney:** But in fairness though, Michelle, I'm not sure many breaths call it a GLA only the posh slot, right?

Surely, clearly, or you push

**Michelle Stewart:** just a little bit.

I've been told that I'm stuck up. I said, no, I just have standards and you don't reach them. What

**Claire Clotney:** are three things that, to you screaming your face, that you are British when you're in a marriage?

**Michelle Stewart:** Oh, well, the language, obviously, the way I dress I've been told, I was like, well, um, they said that the way I put my outfits and things together, the way I dress is, is very different.

And the way I walk. So I have issues at work because I work in a jail. When I go and do my medication rounds, I have to have an S. Because I have needles

and things like that on my car. So we always have to have a correctional officer with us. Um, man, they say, you walk fast, do it. And I'm like, really? This is kind of just slow.

So, you know, as Londoners, you know, we rip and run, we get it going. And, uh, so the fact that I walked very fast identifies me as British. They all work like that over there. So we got places to hang around.

**Claire Clotney:** They just jump in the car. You know, everything is right up parking outside the store. There's hardly any walk it in some states that is not in every state.

But listen,

**Michelle Stewart:** when I found out about drive through ATM's I saw you well, Yeah, you can't park and just walk up to the cash point. No, you drive your car and then drive through banking. I'm like what? This is all strange. Whereas I'm used to parking in the car park and having to walk through the Arndale center to get to my bank

**Claire Clotney:** and running back to make sure you're back in time.

**Michelle Stewart:** Yeah. So, um, So, yeah, definitely. There's a lot of convenience and I have been very conscious not to try and fall into that because I find it very lazy and unhealthy, and I'm trying to reverse too.

**Claire Clotney:** You're going to prickle some people I'm sure. But you said what you said, that's an American thing. I said what I said.

**Michelle Stewart:** Okay. Yeah. I own that girl.

**Claire Clotney:** In terms of work, your industry is really quite unique when we imagine jail or prison, you know, images of Netflix series and shows pop up in my mind, you know, the red jumpsuits, the clanging of veto, the bars. How does what you do. Differ here. And what do you think the comparisons would be in the UK? I mean, you've had some experience of, of doing what you do here in the UK, right?

**Michelle Stewart:** Um, I've never worked in a prison or jail in the UK, so this is definitely new professionally for me, which I love. Th the, the concepts of nursing and midwifery do never change. It's always the environment and what

policy and procedure you adapt to and adhere to. I would definitely say medicine in the U S is more reactive medicine than it is preventative medicine that I am accustomed to.

I mean, I'll give you an example of that is. W w you know, in England where encouraged more to kind of get your checkups to, you know, work with people so that your disease or comorbidities don't necessarily escalate, whereas over here, and I I'm. Um, I will go as far as potentially saying it is a money thing, but everybody gets a check, right?

The pharmacist gets a check. The doctors get a check. I feel like as individuals medically, we're all walking around with secret dollar signs under our heads over our heads. Shall I say, because if you're staying in a state of sickness or illness, you're always going to have a need to encounter. Some form of medicine.

So they will just treat that. Okay. If I'm having a side effect from my medicine, they're going to treat that instead of okay, if your blood sugars are high, instead of going up on the insulin, what's the education. What can we do for you to, you know, make your eating habits, right? Change your lifestyle, quit smoking, all those things that are predisposing risk factors for diabetes.

What can we do about. To make a change so that you don't need such high doses of insulin or you just don't need insulin at all.

**Claire Clotney:** I can relate to that. I had my first encounter with health services over here, and I went to, um, in a normally you'd go to a GP. I went to urgent care because I hadn't yet registered my primary care.

Again, all these different terms. I feel really good. Cause I'm rolling on my tongue. So I went to this urgent care center. I was having some pains in my chest and I didn't know whether it was my asthma or whether, you know, anxiety or stress from the big move. You know, there was a lot going on. I was new here and I walked out with a prescription for heartburn, for my asthma and some other things for, you know, the heart muscle spasm.

Wow. Three different possible medications for possible

**Michelle Stewart:** issues. And

**Claire Clotney:** I didn't take any because I was, you know, any meeny, miny, Moe, which one do I take? But I just knew that they were at my disposal. I was like, okay, if I continue to have this pain, I can try any one of these three because they're in my cupboard

**Michelle Stewart:** now.

But you see. You've paid that urgent care bill. You was probably like something like 50 to a hundred dollars just to be seen right. Then, uh, potentially a bill comes a couple of weeks later. Um, and then you've also paid to fill those prescriptions. So who's.

**Claire Clotney:** Well, my anxiety is better or my chest is better.

My

**Michelle Stewart:** asthma is, or right. So, but you didn't have to take any of those meds. Right. So true. It was just the love of your husband and rest. Thank you.

**Claire Clotney:** Simple things. Simple thing.

**Michelle Stewart:** These family at the bedside is always the best medicine. I

**Claire Clotney:** liked that. I think we need to prescribe that others, I guess. So your family or not here.

But you left your family. Let's let's keep it real. Let's keep it real, Michelle, you upstairs and you left your family to love them. My mommy is my best friend, yada, yada, yada, yada. I know you left for love, which is always a beautiful thing, but you love your family. So how and why did you leave your family?

**Michelle Stewart:** To come here because I believed in my marriage. I loved my husband. I believed it was time for me to actually choose me and live my life.

**Claire Clotney:** Expand on that a little bit. When you say choose me because

**Michelle Stewart:** I, um, I, I love my family, but I felt like I wasn't a hundred percent and kind of living for myself. I was.

Michelle is now I'm the fixer. Okay. So I'm the eldest girl of five, six children. I'm the fixer. So anything's going wrong to show we'll deal with it. Michelle will pick you up. I'm the auntie that will have all my children and godchildren all at the same time and have them under heavy manners. Have a great time.

If your kids came to my house, I was never the one to say, oh, what time are you coming to pick them up? No, if he got late and I was tired, everybody was going to bed. So. I was always that assurity, that reliable person, which is great. And I'm still all of those things, but. I believed in my marriage. I wanted to be with my husband things wasn't going the way they were supposed to go for him to come.

So I said, well, I'll go there. I knew as a nurse, I can work anywhere. That wasn't an issue for me. I knew the ability of my child academically, so I knew she'd be fine. And so long as she's with me, she's going to be fine. So I left my family, cause I said this now. It's my priority. I am alive now. I'm always wasn't mother before continue, whatever, always be a mother, but my husband is my priority now.

So we're going to build on, on this. Um, so that was the driving force of leading. We'll all live and work anywhere.

**Claire Clotney:** You've described all the emotions that you were feeding, you know? And well, you named it as depression. I, yes. How did you navigate depression without, as you said earlier, then, you know, your family be in the medicine, the remedy,

**Michelle Stewart:** it was hard.

Um, it's still a work in progress. Therapy has been good. I did start antidepressants about three years ago. Definitely pre. Prayer has been awesome and being, you know, still being able to contact my family and, and speaking to them. They're not physically here. Um, well I say physically here, my mum, my dad, my siblings, and my best friends are all still in England.

I do have family in New York. I do have family in Florida and I do have family in Canada. Canada. I haven't visited yet, but I know there was one year I was able to spend Christmas in Florida with my auntie. That was very therapeutic. It was nice to just relax. It was nice to, um, just love and be around family.



And then I've been to New York a few times and hung out with my auntie, love it to pieces. And my grandma, who's no longer with us. So

**Claire Clotney:** therapy in the us. You know, you spoke earlier about one 10 people to, or wanted to be around people who understood you. Did you feel confident that an American therapist could understand and support you with your.

Being that you are black, British Caribbean ha not American.

**Michelle Stewart:** Exactly. And we, so we've kind of explored a little bit of that, but I think for me to have identified and made good relationship with a therapist here, you know, I looked at, obviously looked at her credentials, but it was nice to have another black female because I feel regardless of geographics, a black woman, Hopefully she'd understand the black woman.

Right. And all she endures and all she, she goes through just daily. One thing that we definitely look at and have looked at in some of our sessions is the kind of social support to not be so isolated and lonely, because that is something else. Can I guess, increase the depression or make it worse because you kind of feel like, okay, I'm physically alone just because you're physically alone doesn't mean that you are necessarily alone.

And so it's kind of flipping your script and getting your mind to think those ways. So. We did talk about that. She, I think she has asked me in the past about going back and I explained the same things to her about rebuilding and things like that. COVID, hasn't helped because I would have been in England last year.

I would've been in England this year, so I kind of have not had my top-up of family time. But prior to that go and being able to go home once a year. Wasn't always ideal because I'd want it to go home, you know, a few times a year, but it was, it was enough. I at least I know. Okay. I can wait. I can get through till this next flight home.

You still

**Claire Clotney:** consider UK as home. Yes. More so

**Michelle Stewart:** than the bigger than shaker. Yes. But I feel I have two homes. Okay.



**Claire Clotney:** Do you feel more black or more British in

**Michelle Stewart:** America? Oh, I definitely say black. I say that because that's what people see first. And that's, that seems to be the only one. Well, not the only way, but one of the main ways they like to identify you, it's like this is something you're reminded of every day being in the U S you're reminded of being a black person and the negative connotations that goes with, with being a black person.

And then on top of that, I'm a black female. So there's always those stereotypes of the aggression, the loudness, which. Are interpreted incorrectly instead of it being okay. Yes. She's a, she's a black woman. She's not loud. She's not aggressive. I always identify myself as a gentle giant with some of my patients.

And my loudness is going to be for either from joy, from my passion, for what I'm doing for the excitement, or just because I love you for goodness sake. Um, that's why I get loud. Because of the negative connotations that goes around with being a black woman. So it's definitely a challenge every day.

**Claire Clotney:** When rebuild in your American dream, what have you visualized for yourself?

**Michelle Stewart:** Uh, Claire, I'll let you in on some of my secrets now. Yeah, you got to get it. You gotta get it. So I do still see myself. I, I see myself remind. And the Bible says that he who finds a wife, finds a good thing. And Autumns Tang's favor. So you want your favor? Let's get it. I'm in shaker Heights, Ohio.

**Claire Clotney:** Are you still going to be in shaker Heights, Ohio or.

Wonderful. Well, they have it. Anyone who's looking for their wife, you need to get yourself to shaker, Ohio. Michelle. It's been a pleasure speaking with you. And you've had some giggles. We've had some moments where I was holding my chest and my breath thinking, oh my gosh, this is so sad. But, um, thank you for taking us on an emotional journey and I appreciate your advice.

I'm sure the listeners do too. How can they say connected?

**Michelle Stewart:** Oh, listen, you can hit me up on Facebook. LinkedIn Instagram, Twitter. And if you ask Claire nicely, I'll allow her to share my phone number,

**Claire Clotney:** Michelle. She was honest perspective on her American dream versus how American reality. Anyone think twice about moving to the U S for love yet, she continues to rebuild her new dream in the U S with a mixture of faith, virtual family support, dose of courage and counseling connects with Michelle Stewart on LinkedIn or on Instagram at meaty babes, UK.

To share your experience of being back in the UK versus USA, email us directly [americandreamerspodcast@gmail.com](mailto:americandreamerspodcast@gmail.com) and please rate and review American Dreamers on Apple podcasts because it's the best way for people to find this podcast. Special thanks to Aurra Studios, our assistant producer, Brianna Jovan and audio editor, David Devereaux until next week, stay in touch with me on the socials.