

TDS S6 E8

[00:00:00] **Intro:** Aurra.....

[00:00:06] **Samantha Baines:** I am joined by Vikings actor and activist, Georgia Hirst. Hello!

[00:00:12] **Georgia Hirst:** Hello. Thank you so much for having me.

[00:00:13] **Samantha Baines:** Thanks for coming to my little divorce social party.

[00:00:17] **Georgia Hirst:** I feel honored

[00:00:18] **Samantha Baines:** so you are not divorced, but you're very welcome.

[00:00:24] **Georgia Hirst:** Thank you. Thank you. Yeah, I mean, I would actually wouldn't mind being divorced because it would have at least meant that I got married or got asked to be married.

[00:00:32] **Georgia Hirst:** Um, as of yet, I've not had a proposal. I don't know if my boyfriend, um, will listen to this, but this is for you. Um, Yeah, I'm joking, no, I'm not divorced. I'm not married.

[00:00:44] **Samantha Baines:** But you have had some big breakups.

[00:00:47] **Georgia Hirst:** Yeah. Sorry.

[00:00:49] **Samantha Baines:** So we're going to talk about one in particular. So this is when you are younger. Do you want to take us to how it

[00:00:57] **Samantha Baines:** ended?

[00:00:58] **Georgia Hirst:** We were together for about [00:01:00] three, three and a half years. We lived together and you know, the thing is I was in a relationship that I was very young and I was , still didnt have much experience in serious relationships. And he was a bit older than me and had a lot of real life things going on. So we were just mismatched with just was like, he was living a totally different life.

[00:01:20] **Georgia Hirst:** He should have been with a much older girl. So when it ended, he. Basically, it was not being faithful to me. And also he had very bad anger problems from a last relationship that really kind of scarred him and affected him deeply. Things Probably that he couldn't say to me because I was young and I didn't want anything.

[00:01:42] **Georgia Hirst:** I didn't want to talk about serious things. Like how was it being like hedonistic and I just wanted to be Like a fun loving actor. So I think truthfully, we didn't communicate at all about anything real. It was like, love you , love you loads. It was all very surface. It sort of boiled down to, I think the day I decided to [00:02:00] leave, he went out with his friend for drinks and his laptop was open on the bed.

[00:02:06] **Georgia Hirst:** And I remember just thinking. Which is not a good thing to do, guys. I don't recommend it because once you open that door, it's really hard to close it. And in my relationships since then, I've always had that feeling. Then if someone's phone is open or if they're not on their phone, I've always been tempted to look, which is bad, very bad.

[00:02:22] **Samantha Baines:** But we, I

[00:02:23] **Samantha Baines:** feel like we've all been there though. I've been cheated on in the past. You get to that stage where you just know deep down and then you're like, I need to check so that I know I'm not going mad. So yeah, I've

[00:02:35] **Samantha Baines:** done that. I've checked.

[00:02:36] **Georgia Hirst:** Yeah. Someone said to me, well, You're always going to find something you don't like.

[00:02:41] **Georgia Hirst:** I actually think my boyfriend now said that to me. He was like, you'll never, you'll always find something you don't like. Cause you could take it a number of different ways. If I messaged around and go, you know, about my company or something, you'd probably. Irritating as well. So the best thing is not to look, but of course the laptop was open and [00:03:00] I had to look, I already, there were things going wrong.

[00:03:03] **Georgia Hirst:** So I obviously felt there was a need to check it and sure enough, his Skype was open and he was having several relationships with kind of virtual. The thing is I never really got down to the bottom of the extent of it, whether he was meeting these people in person. I don't know, I'm assuming

probably, but I basically found all of these messages and he'd been having sort of online relationships with people, um, like on my birthday and, you know, on Christmas day, um, who has time for that?

[00:03:33] **Georgia Hirst:** You should be opening presents and drinking wine instead you're on zoom or Skype. Um, so I was alarmed to say the very least, and I packed my things and left. But to be honest. It wasn't that wasn't the last time I left, I kind of came back four or five times. And for some reason just felt, I couldn't get the muster, the strength to leave after that, like, it was almost like, I didn't want to believe it was [00:04:00] true.

[00:04:00] **Georgia Hirst:** And whenever I'd confront him, he'd be like, babe. It's an error on the computer. It's a virus. Do you really think I'd be talking to those people and they'll be like, oh yeah, no, of course, like we live together. Like obviously, why would you message them? And then I kind of go home and think about it and be like, what an idiot, like, how could I possibly have believed him?

[00:04:21] **Georgia Hirst:** So it just took that final time for me to be like, yeah, I've got to go. And unfortunately, because he was a little bit angry and I wasn't sure, I just, I, I was maybe I didn't have the balls to do it face to face, you know, just admitting it. I basically, he was at work and I got my dad to drive up to London and just do a sweep of the apartment.

[00:04:44] **Georgia Hirst:** We just packed everything. Um, we just didn't know when he was going to be home. So we were both like, oh, quick, quick. And we packed everything as quickly as we could. We bundled into the car and, um, we left [00:05:00] and that was it. And then I had several phone conversations with him and I went back to work. I did Vikings and probably three or four months afterwards, I came back to London and that was the only time we really sat down face-to-face and had a conversation about it.

[00:05:12] **Georgia Hirst:** And I know in retrospect, he was so happy that. As well, but I felt I couldn't, which is a bad thing as well, but I just felt, I couldn't say it to his face. I was scared of his reaction and I was scared that I was probably going to cave and go back again. So I had to get out of there as quickly as I possibly could.

[00:05:30] **Samantha Baines:** Wow. So you said. With your dad, you were like bundling up the apartment, like quick, he's going to come home what were you scared of?

[00:05:38] **Georgia Hirst:** You know, he was a really physically big guy and I think I was just not sure in his, the mental place he was at, because I know if he'd been happy, he wouldn't have been doing those.

[00:05:49] **Georgia Hirst:** You know, it was very obvious that there were things going on in his life, um, that made him, or were making him very unhappy. So I knew that his, he was not mentally in the right [00:06:00] space. And I, to be honest, kept thinking like just the sheer size of him, whatever he could do might actually really hurt me as what I just kept thinking by mistake, even maybe, but I just didn't want to take that risk.

[00:06:12] **Georgia Hirst:** And when people are upset as well, they're unpredictable. If you just get dumped by a long-term plan. Of course, I would feel the same way. I don't know how I would act. So we were just like, you know, and I was fearful, so we just said quickly, let's take the bags and let's just go and get out of there.

[00:06:31] **Samantha Baines:** So you were scared that he might hurt you?

[00:06:34] **Georgia Hirst:** Yeah, physically. Yeah.

[00:06:36] **Samantha Baines:** And how has that feeling? Knowing that, because you obviously loved this person cause you kept going back and wanted to believe, you know, the virus stories, which is understandable. I think we all, you know, we all want to believe that actually, no, they love us and there's nothing going on, but how did it feel also having that, oh, [00:07:00] im actually a bit scared of him and what he might do.

[00:07:03] **Georgia Hirst:** Well, it's funny because I speak to my friend's about it now. And no matter what happened between us, I've never, ever felt any bad blood towards him. I've always sort of felt kind of indifferent about our past. And I think that is because I know he was in a really, really bad place.

[00:07:22] **Georgia Hirst:** and I think that's how I forgave a lot of his behavior and why, even though I was scared and intimidated of him, I didn't think it was really who he was. Cause I knew he was a good person. He had an amazing family and I knew that's not how you know, he was. That's not how he would be if he was in the right frame of mind.

[00:07:42] **Georgia Hirst:** So yeah, of course at the time it's distressing when someone loves you, but they're hurting you even emotionally. But I knew it wasn't him. It was like he was like taken over by someone because he was in a

really dark place. So I still look back at those times and think like, I'm glad I got out, but [00:08:00] I don't feel angry towards him.

[00:08:03] **Georgia Hirst:** Which, as I said, a lot of my friends are always like, oh God, what an asshole for , like for cheating like whatever, doing whatever. But I don't feel that way. I just feel glad that I got out

[00:08:14] **Samantha Baines:** Thats so interesting. Do you think your excusing what he did or taking the blame yourself? Because obviously you shouldn't it's not your fault.

[00:08:26] **Georgia Hirst:** Yeah. I wonder if there's a part of that, or if it's just that I feel. Because I took control of the situation and I left, I had that upper hand and in a way I sort of left. I left him really when he was in, uh, like feeling like dog shit, basically. And I just moved on with my life. And because we'd had such a Rocky road with sort of, you know, worries about infidelity and stuff, I'd sort of mourned our relationship probably about six months before it ended.

[00:08:55] **Georgia Hirst:** So when I finally had the courage to walk out the door, I Was completely [00:09:00] over it. So I think it was just that, I don't know if it's excusing his behavior, but I kind of sort of wasn't even really that, like I was maybe selfishly already in my mind planning the rest of my life without him. And that's not me feeling guilty, but it just meant that I had checked out and I didn't, I don't think I really cared.

[00:09:20] **Georgia Hirst:** To be honest by the end. So maybe it's just that I didn't have much feeling that I didn't feel angry at him. Maybe it was just, I felt numb and I didn't really feel much. And I probably feel the same way now.

[00:09:31] **Samantha Baines:** I think a lot of people will be able to relate to wanting to leave and then going back. And it's such a difficult decision to make. What do you think gave you the courage? To finally make that decision and leave.

[00:09:44] **Georgia Hirst:** I knew that ultimately he was not going to probably stop his behavior because I'd flagged up to him before and nothing had changed. And to be honest, when he left his laptop there, I just thought like, you're not even hiding it.

[00:09:58] **Georgia Hirst:** Like you're just waiting for me to [00:10:00] find it almost. And I think maybe that was a part of him that would rather, I put him

out of his misery rather than like always finding things, always confronting him, like that was draining for everyone. And I just knew at the end of the day, We loved each other dearly.

[00:10:14] **Georgia Hirst:** I don't think we were in love with each other. I'm not sure we fancied each other by the end. He was always like, oh, you're so cute. I love you. And I remember just saying to my friends, like, does your boyfriend find you like really cute? Just like, that's all he'll ever say. Not like, oh, you look really sexy in that dress.

[00:10:28] **Georgia Hirst:** Just like cute. You're so cute. I was like, I think we might just be like best mates that are living together. And I just thought we're probably not going to fall in love again now, like after everything, theres just no way. So I mean, I didn't tell anyone that this was happening. Like anyone in my family, no one knew till I called my dad that day and said like, we have to get my stuff.

[00:10:51] **Georgia Hirst:** And everyone was like, we had no idea this was going on. None of my friends, because I knew if I told anyone anyway, that I found things on his computer, everyone would [00:11:00] have said, leave, go like, get out. What are you doing? And I, I wasn't ready to obviously to hear that until this. So the day that I had made my decision, I then told that everyone, cause I knew we weren't going to go back and my family were not going to let me go to the back once they found out.

[00:11:12] **Samantha Baines:** It's interesting that you say that you didn't tell your family and friends because you knew they'd tell you to leave and you didn't want to hear that. I can definitely relate to that. You know, when bad stuff's going on. Well, we didn't want to tell them because then everything might go really well again. And then they'll have that like memory I'll never forget. Yeah. How did they react when you did tell them?

[00:11:33] **Georgia Hirst:** I remember it as clear as day, like we came home and my mom like poured me a glass of champagne and we all sat in the sitting room. When I said, guys, I need you to sit down. I need to tell you some things.

[00:11:43] **Georgia Hirst:** And I told them everything like start to finish and they were so, so shocked at. Not as shocked as you might think. Like none of us, like, you know how I said the, I don't feel very angry still. I think my parents [00:12:00] weirdly don't either like none of us felt really angry at him. They just felt happy that I was out of it. And out of that

[00:12:06] **Samantha Baines:** so you had what sounds like a very intense relationship and breakup and none of your family knew until you left. So how did you go about recovering from. That intensity?

[00:12:20] **Georgia Hirst:** Well, I think because I'd sort of mentally checked out quite a long time before it sort of made it easier when I left, but I, I think to be honest, the way I recovered from it, I would not recommend because I was, I hadn't been single in a long time.

[00:12:39] **Georgia Hirst:** I was filming a TV show called the Vikings and I just basically drunk. I snogged people

[00:12:49] **Samantha Baines:** just snogged or sexed people too?

[00:12:52] **Georgia Hirst:** Snogged a lot of people snogged a lot of people. I think honestly, I was, I felt very [00:13:00] traumatized from what had happened with my ex. So I definitely did not want a relationship like that, that I was absolutely sure of.

[00:13:08] **Georgia Hirst:** So I snogged a lot of people before. While I was sort of recovering, but I was in that blur of like, I haven't been single for so long. I'm so excited. I've been drinking all the time, had such good time partying, but you know, the thing. I think, well, I know if it was now, that is the opposite way I would ever deal with anything.

[00:13:29] **Georgia Hirst:** I mean, drinking, first of all, makes you feel like shit. Anyway, I would say even if you're in a good mood, but I was obviously numbing, I also felt like I was fine and I was having a good time, but I was numbing the pain of what I was feeling. If I'd probably sat in my feelings, I would have probably felt a certain type of way.

[00:13:46] **Georgia Hirst:** Like I think after six months of having fun and partying, I went to breakfast with my sister and she was like, how are you? And I just like burst into tears. Cause I don't think anyone had asked me how I was. Cause I'd be out and about partying. [00:14:00] I, no one had asked me because I was acting fine. And when she asked me, I just was like, oh my God, like I'm single.

[00:14:06] **Georgia Hirst:** And I've been with this person for years and I totally just realized that I'm having, I'm not with them anymore. So I think that was the wrong way of going about it. If I had been in my right mind. And if I'm ever down now, or if anything ever happens, it throws me off kilter. I always stop

drinking and I mean, exercise is come and go for me, but I love to do pilates and spin and stuff. And I always come home. I mean, whether it's your friends or your family, I always surround myself. Normally I come home to the countryside to see my family and I just take two or three weeks off or a month off doing anything.

[00:14:45] **Georgia Hirst:** And I just kind of allow myself to feel everything that I might feel and. Just don't drink the night away. That's what I would suggest, but that's, everyone's go to, but I also, actually, one other thing that I remember doing when I was a [00:15:00] bit sad after my very first breakup, like my first. Real serious grownup relationship that I had, um, at school, he broke my heart.

[00:15:10] **Georgia Hirst:** He dumped me over the phone. It was really sad. I remembered that I didn't go over for about two years and I did the same thing. I came home to my family. I stopped drinking, but I still cried every day. And I remember one night saying like, oh, I know, I don't know how I'm going to get over this. And then I remember thinking.

[00:15:27] **Georgia Hirst:** Jennifer Aniston go overboard pit, and I can get over this fucking asshole. That dumped me after like eight months together, I was like snap out of it. So I'd watch loads of videos before I'd go to bed. I type up like celebrity breakups, and I would look at all of that interviews. And I remember Jennifer Aniston doing one with Oprah.

[00:15:50] **Georgia Hirst:** And I remember just saying like, this feeling is really universal. Like I know, I feel like I'm the only person. It feels this cause I'm the only one that's dated him. And I know his [00:16:00] who he is and how this feels. But I was like, this feeling is like universal. Like people get married and have kids and break up and that life goes on.

[00:16:09] **Georgia Hirst:** So I think the message really was just that life will go on however long it takes. And it did go on and I'm right here now. And I'm fine.

[00:16:18] **Samantha Baines:** I love that. I love that you looked up celebrity break up.

[00:16:21] **Georgia Hirst:** That's my top tip. When any of my girlfriends break up with someone, I always send them that Oprah and Jennifer Aniston interview.

[00:16:28] **Samantha Baines:** Was there anything you remember in particular from that interview that like stuck with you?

[00:16:32] **Georgia Hirst:** I think because she's Jennifer Aniston and it was Brad Pitt, everyone assumes that she would be like on the floor would never be able to get up again. It would be like the worst crushing heartbreak and Oprah was just like, how are you?

[00:16:45] **Georgia Hirst:** And she was like, I'm good. Like, I'm actually good. Like, I've got really good friends. Like, I love yoga. I love having, like, getting, having drunk nights with my friends. Um, She was like, I'm actually like, people are surprised, but I'm [00:17:00] good. Like it's taken me awhile. And I guess having such a high profile breakup, she still gets asked about Brad Pitt to this day, which is 10 times worse than what anyone else is going to face.

[00:17:13] **Georgia Hirst:** But she was just glowing and strong. And I just remember seeing like her, and obviously she was probably hurting cause it sucked to talk about, and it was awful having to dredge up like memories from your ex, but that was, she was like, this is the last time I'm going to talk about it, but I'm okay. Like I'm good.

[00:17:28] **Georgia Hirst:** I'm working through it. And I remember just thinking like it's taken time for her. But she's good. And she will be even better in a couple of months in a year. So

[00:17:37] **Samantha Baines:** I love that you like just found a kinship with Jennifer Aniston and Brad Pitt break up.

[00:17:43] **Georgia Hirst:** erm, yh, me and Jen are so similiar, her physique is similiar to mine as well.

[00:17:49] **Georgia Hirst:** so...

[00:17:49] **Samantha Baines:** And her hair,

[00:17:50] **Georgia Hirst:** the hair.

[00:17:51] **Samantha Baines:** Yeah, feathered hair I love that. Well, I'm going to have to find this interview and we'll share it on social media. So other people can find the joy of glowing [00:18:00] Jennifer. I think it's really funny. You say about like going out and drinking a lot. And obviously, you know, I, I definitely did that too.

[00:18:09] **Samantha Baines:** And I call it my sexual explosion. Um, And I think obviously we were in a privileged position to both of us be able to do that and not kind of have all the responsibility of having children or, you know, whatever it is. I do look back though. Cause I know you said that's not how you should go over, break up.

[00:18:27] **Samantha Baines:** I do do look back and I did really enjoy my

[00:18:30] **Samantha Baines:** sexual explosion.

[00:18:31] **Georgia Hirst:** Yeah. Yeah. And everyone's breakups different. Um, and I think it also depends. How old you are, how long you've been with the person. Like it's also relative, isn't it? I just know for me, I have a really good way of just bottling up feelings. Like I can get on with life, like very easily.

[00:18:51] **Georgia Hirst:** I can go to work the next day after something terrible has happened, I can pretty much function as normal. Like I'm very good at putting things to the side. And so for me, it was just [00:19:00] more, I was more. Just sitting in my feelings and for me, if I could just sit in them and feel them, I'd be over a hell of a lot quicker than I just delayed it for six months, basically.

[00:19:11] **Georgia Hirst:** Whereas I could have just been in the moment, but I agree. I had a great time and I don't regret it and I got to enjoy. You know, my early twenties being single and having fun, so no regrets, but I think, and as you get older, you learn what works for you better than when you're 22. Like I had no clue what I was doing, but I think I delayed the pain process for a lot longer than I should have done.

[00:19:35] **Georgia Hirst:** And of course after the six months I felt sad and I met up with him again and I got with him again after the six months. Cause it taken me that long to realize like, oh, I miss him. And I love him. Whereas if I just been able to heal, I wouldn't have probably even come back there and caused a whole other situation.

[00:19:54] **Samantha Baines:** Yeah. It's interesting. Isn't it? Cause I think I definitely really enjoyed that time, but again, I was putting [00:20:00] off all my feelings. I was just going crazy and yeah, I was definitely going out and drinking too much and it is interesting that we turn to alcohol. That that is quite a common thing of like going out late drinking, you know, partying.

[00:20:14] **Georgia Hirst:** It's much easier than saying I'm going to sit with myself and think,

[00:20:19] **Samantha Baines:** And also its it feels fun in the moment and it looks fun. So you can say to everyone, look, I'm fine. I'm having loads of fun. Whereas inside your like, heart's

[00:20:29] **Samantha Baines:** rotting away.

[00:20:30] **Georgia Hirst:** And also it gets like to 2:00 AM and you're really drunk. And you want someone to ring and you probably end up ringing your ex or you end up doing some texting around and boy or whatever, and it's just, you feel then very empty.

[00:20:41] **Georgia Hirst:** And that's the feeling that I hated was like, it's really fun in the moment. It's just the aftermath of like, fuck I'm alone. But actually then you learn to love being alone, but it's just sometimes that party drinking cycle but you get like stuck in a loop means that [00:21:00] you can't enjoy them those times on your own.

[00:21:01] **Georgia Hirst:** Cause you feel like a bag of dicks basically, and you feel hung over and you feel like shit. So now I would say I would just have given myself a bit of a break and actually enjoyed that time alone. Cause I wanted to be alone. I didn't want to be in a relationship that's you know, for me, I, I dumped him.

[00:21:16] **Georgia Hirst:** So I had the upper hand in a sense that I wasn't dumped. As such you know, which is, which is a different experience completely.

[00:21:23] **Samantha Baines:** Yeah. It's interesting though. Cause I've done the dumping in the past. And I would say, been just as upset as if I've been dumped. I think it's obviously different if it's out of the blue dumping, but if you both sort of know things aren't going well,

[00:21:38] **Georgia Hirst:** Well I've only dumped one person the rest of the time, I've always been dumped pretty much.

[00:21:42] **Georgia Hirst:** So.

[00:21:42] **Samantha Baines:** How would you say it's different dumping and being dumped?

[00:21:46] **Georgia Hirst:** I mean, being dumped, I think there's also an ego thing. That's like. Uh, what, uh, how very dare you? Um, but I do think when it comes, when I've dumped, [00:22:00] I did put a lot of thought into it. Like it took me a while to come to that decision. Like, I wasn't just impulsive.

[00:22:06] **Georgia Hirst:** Like I've never just dumped anyone off the cuff like made a decision, then regretted it. I knew what I was going to do, which meant I had time to get it to heal a bit more than the other person who, for them, it is just so it feels out of the blue. Um, but being dumped it, it sucks. It does suck. Let's just face the facts.

[00:22:24] **Georgia Hirst:** It sucks. A mutual breakup would also suck, I assume. It all sucks. Relationships kind of suck, to be honest, they're painful. They're lovely. But so excruciating, even when it's going well, it's excruciating. I mean the whole thing.

[00:22:40] **Samantha Baines:** Why, why is it excruciating when it's going well

[00:22:43] **Georgia Hirst:** when you're so in love with someone. You feel stuck?

[00:22:47] **Georgia Hirst:** Cause you're like, no matter what they do, I'm going to feel something. So I'm going to be hurt. Even if it's like, they go away with friends on boys' weekend or they go out for dinner and they don't invite me. You're just like, it all hurts. Cause I love because I'm [00:23:00] in love. So as soon as you're in love, you're like, oh, I like to call it in my family.

[00:23:04] **Georgia Hirst:** I'm sure people call it this, but the dick sand. Yeah. So. we all have been in the Dick sand at some stage or another, but you know, when you fall in love, I just go to my mom, like I'm in the dick sand, like I'm in big trouble. Like I'm not getting out of this.

[00:23:17] **Samantha Baines:** And the idea is that you're slowly, it's like quicksand and you're slowly sinking.

[00:23:21] **Georgia Hirst:** Yeah. And you cant get out

[00:23:24] **Samantha Baines:** It's the ad break. So it's a perfect time to remind you to hit subscribe, to be notified about more episodes. You can also leave us a lovely review because honestly it makes a difference to the chart positions. And one time I was in the charts next to Michelle Obama. And I was really thrilled about it.

[00:23:43] **Samantha Baines:** So it'd be nice to do that again. You could also join in the conversation on social media. We're on Twitter and Instagram at divorce pod. We have a website, the divorce, social.com, and you can also join us for our like 90s [00:24:00] style divorced chat room experience over on Patreon so just go to patreon.com forward slash Samantha Baines, B a I N E S.

[00:24:09] **Samantha Baines:** And it starts at two pounds a month. And we all have lovely and awful and amazing chats see you there.

[00:24:17] **Samantha Baines:** So what

[00:24:18] **Samantha Baines:** advice would you give someone who can relate to your story of your breakup? And maybe they're still trying to decide whether to leave or not, or maybe not advice,

[00:24:30] **Samantha Baines:** but words of wisdom.

[00:24:31] **Georgia Hirst:** I would say that there are in this world.

[00:24:35] **Georgia Hirst:** I believe everything happens for a reason, but I don't believe there's one person out there for everyone. Um, I believe that right place at the right time, there are hundreds of people in the world that you could fall in love with having amazing connection with have great sex with really fancy. Be an amazing dad, amazing husband, amazing boyfriend, whatever amazing girlfriend.

[00:24:57] **Georgia Hirst:** And I think don't be afraid [00:25:00] that just because you found a connection with one person that it's, that's the only person you're ever going to have that connection with, because I can tell you that after my exes, I always felt like that was it. I wasn't ever going to meet anyone who I could be myself with and be weird with and like, oh, I'm never going to meet a guy.

[00:25:17] **Georgia Hirst:** And then as soon as you stop trying. I know it's the old cliché, but as soon as you stop trying, it happens so much more naturally, and you'll find someone that's so much more suited for you. So I would just say for me, I'm always afraid of being alone. I want to have kids. I want to get married. So my, I was always a bit, to be honest, quite desperate.

[00:25:37] **Georgia Hirst:** And I would just say, don't be afraid that you're not going to get that connection again. If you're not happy in a relationship, the chances are. Unless it's something that's easily rectified. If it's something like

my relationship, which to be honest, there was a lot of bad blood. It probably wasn't going to get any better.

[00:25:52] **Georgia Hirst:** You're better off not wasting your own time and their time. And just putting yourself out of the [00:26:00] misery and having some time to yourself to heal. And there are plenty, more fish in the sea. It's something my mum would say to me, but it's so true. There's so many people out there and. Don't be afraid to be alone because actually being alone is really lovely.

[00:26:18] **Samantha Baines:** What are your favorite things to do alone?

[00:26:20] **Georgia Hirst:** I love to exercise- really boring. I've got really into Pilates and that really like centers me. And, um, I mean, I'm not bendy. You should see me doing. It's like, I make it sound like I could do these ridiculous moves. I'm absolutely stiff as a fucking board. Um, it's not sexy at all, but that makes me feel really good.

[00:26:43] **Georgia Hirst:** And I really love to spend time with my family. I mean, I'm literally obsessed with my family and every single time I can spend time with them. Like my little brother is I just live vicariously through him. He's like he's 22. so I'm Enjoying very [00:27:00] much watching his life. It's very amusing and I love to eat. I, if I ever feel lonely, I'll take myself out to a restaurant, take myself out for a meal.

[00:27:12] **Georgia Hirst:** I love eating by myself and listen to a good podcast. And sometimes even drive, like I'll drive around. If I feel really like lost or down, or even in a really good mood, I'll get in the car and go take myself out to get like a takeaway coffee. I think not being afraid of yourself and not being afraid to be by yourself is a really good thing.

[00:27:31] **Georgia Hirst:** Obviously, you don't want to be by yourself all the time. Like lockdown was horrible for so many people, but to actually treat yourself like. Like, cause if you'd go on a date with someone, take yourself on a little date get a massage, take yourself out to get your nails done. Sounds small, but all those things and that time with yourself just gives you that little bit of like recentering.

[00:27:54] **Georgia Hirst:** And I love to, to give myself a little date night. I mean, why [00:28:00] not? You've only got, the truth is you've only got yourself. And I know this sounds really pessimistic, but how am I going to say

this without insulting? Like everyone in the world who is male. Um, and he has a cock and balls. I don't really trust men to be honest.

[00:28:12] **Georgia Hirst:** I think like, like I think you only have yourself, you only know your own intentions and you only know what you're capable of doing. You just don't, you can't control someone else. It's not about not trusting. It's just, you don't know. Thinking what someone else is going to do. So the only person you really ever have is yourself.

[00:28:27] **Georgia Hirst:** Even if you're in a marriage, that's really happy or relationship, that's really happy. You really only have yourself. Cause you can only trust yourself really. And you can only be in control of yourself. You don't want to control anyone else. So I would say, look after yourself because ultimately that's who you're with for life, like through the ups and downs.

[00:28:46] **Georgia Hirst:** So look after yourself, protect yourself.

[00:28:48] **Samantha Baines:** That's so great. I totally agree with that. How do you think you learnt to look after yourself? Because you're, you're quite young in the scheme of world and life, and I think it takes a [00:29:00] lot of people, a long time to realize these things. So how do you think you've got to this point of knowing to love yourself and to treat yourself nicely?

[00:29:09] **Georgia Hirst:** I think probably from past relationships, um, that were all quite intense at quite a young age. That was definitely something that taught me to look after myself and protect myself. I think also being in the industry, you are constantly like under scrutiny, being criticized, told you're too fat and told you're not pretty enough.

[00:29:27] **Georgia Hirst:** Your nose is too big. You're not good enough. You're not funny enough. You're not clever enough, whatever. And I think for me, even sometimes not with relationships, but with work, I also have to protect myself and. And you know what it's like, you have to know your own worth. Like you're being rejected the whole time by casting director left, right.

[00:29:44] **Georgia Hirst:** And center. I have to know that I'm worth more. So I've probably filtered some of that energy into my personal life and into my relationships, but it's taken me a while to get there but probably being in the industry has taught me that a lot quicker than most people. [00:30:00] My age, but I always, I mean, as a kid, I was very mature.

[00:30:04] **Georgia Hirst:** Like my mom always said I was in the pram like saying like nice shoes, nice nails. My mum was like, this is very bizarre. She's four. My dad was like, I don't, I don't know. So I always wanted to be a grownup basically. I was always just like an adult before my time. So I think probably that's just me feeling a bit, being a bit grown up for my age, but.

[00:30:26] **Georgia Hirst:** I think also because I throw so much into relationships, I have to always remind myself like, think about yourself. Cause I naturally just give everything to the other person, like take everything, like move into my house, I'll buy everything, which is bad, but that is naturally what I do. And I, that's why I have to always remind myself.

[00:30:46] **Georgia Hirst:** Actually you're losing yourself here and bring myself in and having a big family helps. Um, and lots of sisters who, who notice I'm doing it and they're like, come back, you're doing it again. And they give me some [00:31:00] like sterned talks, but I need that reeling back. Like when you were in a relationship. You feel the love.

[00:31:05] **Georgia Hirst:** That's like the only thing that matters. It's like all encompassing it's surrounds you and it's all you can think about. It's like suffocating, but just because you love someone doesn't mean it's like the right person. Like I could be in love with a brick wall. If someone gives me a compliment, I pretty much am in love.

[00:31:21] **Georgia Hirst:** I'm like, oh yeah. So you'll do, um, like literally it's as simple as that I'm such a cheap day and it takes so very little. So just because you're in love with someone does not mean that that person is the right person. I hear so many of my friends be like, but I love him. And I'm like, but really that doesn't mean anything.

[00:31:38] **Georgia Hirst:** Cause he could love a number of things. So just be conscious that that feeling of love, it makes it feel like right. But you have to sort of switch off that feeling if you can't just like think logically and make some, a lot of the time I make it like a list. If I'm confused, I would make a list of like, I know don't make this, like the friends, Ross pros and cons list that he made [00:32:00] about Rachel, don't go down that route, but I would always like make a list of things that I really wanted.

[00:32:04] **Georgia Hirst:** What was my priority, what I look for in a person and just try and be a bit rational because the love side can take over. And that makes you do crazy things. But in my opinion, you could love anyone like love is, is neither here nor there in my opinion. So try if you can, if you're struggling

with making a decision or with what you should do, sort of trying to dial down that sort of intense love thing and thinking like let's be practical, like just put your practical pants on and think about what it is that potentially.

[00:32:38] **Georgia Hirst:** You're missing or you're looking for that. You're not getting, because that, that is another good decider for you. If you're struggling.

[00:32:45] **Samantha Baines:** It's interesting because we've spoken on the podcast before about. You know, there's this love or conquer all kind of idea. And I've spoken to people and I don't believe I used to believe that.

[00:32:57] **Samantha Baines:** And I don't believe that now because I did [00:33:00] love, you know, my ex-husband and I don't think love is enough in the end. How do you view that kind of Disney idea of love? Did you ever believe that love would conquer all?

[00:33:12] **Georgia Hirst:** I'm still quite like traditional and I'm very romantic. So I definitely would love the idea of being married once, having the perfect kids, living in a nice house.

[00:33:23] **Georgia Hirst:** Like I am quite traditional in that sense much more than my family who are very untraditional. They don't care if I get married, they don't care if I have kids, whatever they like easy. Um, they expect us all to get probably married in a registry office with a pair of jeans on, because that's what they did.

[00:33:37] **Georgia Hirst:** But. I am a lot more traditional in that way. And yeah, I always kind of hope for that, but equally I'm such a realist and I see friends having the p- like be with a guy for two years. He's amazing. He picks them up from nights out. They're already engaged. They live in a house together, which is, and that does happen for some people.

[00:33:55] **Georgia Hirst:** But the point is just not to compare yourself. That's not necessarily real. That doesn't [00:34:00] necessarily mean their relationship is going to last because it looks perfect from the outside. I want someone who really I fancy and really fancies me. And it's really funny and it's just a really good person and wants to have like a whole football team of kids with me and however that might look I'm okay with that and whatever kind of time, whether we get have kids first or get married first, whatever, I'm not so fussed about the logistics, but that's ultimately what I want. I don't know, care if it comes in like a pretty package. I'm cool with just finding someone who I really connect to it.

[00:34:32] **Georgia Hirst:** So yeah, I'm traditional. I hope for all of that, but I don't want a Disney prince ending. Like I don't need a fairytale particularly. I don't think that's, I don't think that would be good to talk about. I need some gossip to come on podcasts like this and talk about, and the fairytale is just not going to get me the goss.

[00:34:50] **Samantha Baines:** Yeah. It's funny. I think a lot of people assume that my marriage was that kind of Disney. Oh, lovely. And then you got engaged and then [00:35:00] you've got a house and obviously it didn't work out.

[00:35:02] **Georgia Hirst:** Yeah

[00:35:02] **Samantha Baines:** I like that you said that you don't want that Disney, but you do want a football field of children. And I, I sincerely hope you get your, uh, football team,

[00:35:12] **Georgia Hirst:** me too, pray for my vagina.

[00:35:15] **Samantha Baines:** I will.

[00:35:16] **Georgia Hirst:** Thank you.

[00:35:16] **Samantha Baines:** How do you feel now that you. You know, looking back at what we're talking about at the beginning, you got out of that difficult relationship, you've changed your opinion on, you know, that Disney idea of love and your kind of into treating yourself and spending time alone with yourself. How do you look back at that whole experience? Now?

[00:35:37] **Georgia Hirst:** I think it was an amazing experience, really weirdly everything I go through. That's bad. All great. I think all builds character and it was horrible obviously at the time, but I wouldn't be who I was now or know so much of what I know [00:36:00] now, if I hadn't been through it and wouldn't have been able to give such good advice to my friends or my family, if I hadn't been through it.

[00:36:06] **Georgia Hirst:** So, and as an actor to have the kind of pool of shit that you can pull from is never a bad thing to be very brutally honest. It usually helps a lot. So I try and just think that, you know, I'm okay that it happened. I'm glad that I got out of it and that I'm, you know, I'm not in a relationship like that anymore, but I think it's shaped me as a person.

[00:36:33] **Georgia Hirst:** And You know, I don't wish it never happened. Like I'm okay. That, that was how it ended. And that's how it went down. And I just know now, what I don't look for, like, I know what to avoid that has given me a strong list of like, if any of the guys I date do any of those number of things, I can't date you. So it's, it's really tunnel vision.

[00:36:56] **Georgia Hirst:** In the right direction, I think, but I mean, it was an [00:37:00] experience. It's a story,

[00:37:01] **Samantha Baines:** it's a story. I like that. And don't give it any more weight than that.

[00:37:06] **Georgia Hirst:** No, exactly what you went through. I don't know if that's the right way to think of it. Um, I, I ha thing is I, I have to make light of situations. That's just the way I cope with things.

[00:37:17] **Georgia Hirst:** It's just the way I recover. So I have to take the piss out of myself and out of the situation or else God knows, where I'd be in a ditch somewhere.

[00:37:26] **Samantha Baines:** Well, the comedian in me hundred percent agrees. Thank you so much. This has been such a joy to talk to you. What are you doing next? And where can people follow you online

[00:37:36] **Samantha Baines:** and find you?

[00:37:37] **Georgia Hirst:** Well, my. Instagram is just Gee Hirst, G-E-E Hirst and I post lots of my kind of collaborations and day-to-day stuff on there. And I don't know if I'm allowed to say this. I might just say it anyway. I I've just, I'm in a music video for a singer called Calum Scott, which should be coming out in the next week or so, [00:38:00] and that was a really cool acting role, really exciting, very emotional, but, um, it was incredible to work with him. So keep your eyes peeled for that. And if anyone is listening, who is a casting director, um, or a writer, give me a job. Um, I'm available. So that's that really?

[00:38:20] **Samantha Baines:** And she's very good. So you should give her a job.

[00:38:23] **Georgia Hirst:** Thank you so much for having me.

[00:38:25] **Samantha Baines:** Thanks.