

Intro ([00:00](#)):

AURRA.

Samantha Baines ([00:06](#)):

Hello and welcome to The Divorce Social Roundup. I can't believe we're here already. I can't believe it's almost the end of the year. If you listen to these podcasts in order, at the time they're released, you will know it's coming up to Christmas. And I think it's going to be my third Christmas since I got divorced. So that's quite exciting. I'm an old hand at it now. Well, I've had a lovely series, a real range of amazing chats, lots of different things learned as always. I always get lovely messages from you lovely listeners about how much of the podcast means to you. And I absolutely love getting those messages. And I also want you to know that I learned so much from every single person that I talked to. I have done 70 interviews. Can you believe it? I've spoken to 70 divorced people! Looking back at Sam before the divorce social started, all I wanted was to talk to someone else who was getting divorced and who knew what I was going through and could maybe relate to the fact that I couldn't eat a whole loaf of bread before it got mouldy.

Samantha Baines ([01:21](#)):

And now I've spoken to 70 of those people. And actually we had an episode with a couple in it, didn't we? So that's 71 of those people and it's been amazing and I've feel so in a little divorce community now, that I absolutely love it. And I love the chats we have over on the Patreon chat room. And I love that everyone's opened up with me so much about their experiences and I'm sending you so much love if you are going through a difficult time right now, maybe with your divorce, maybe in a relationship, maybe on your own, maybe a big anniversary coming up or Christmas, Christmas in itself is always so hard. Um, being on your own. Especially the hardest thing I find about Christmas is that my ex used to buy me actually good stuff, because he'd spend more money than everyone else, and I'd tell him what to get me.

Samantha Baines ([02:21](#)):

And so, in a way, the thing I miss most about him at Christmas is his gifts. They always used to be really good, but I can say that now a few years in, but I think some of these big holidays can make you feel more alone than ever, can't they. I mean, recently I had the anniversary of my dad's death come up during the recording of this series. And every year as it comes around, it it's like the, um, you know, um, your marriage anniversary or, you know, one of those important relationship dates every year. I think I'm going to be fine now. Cause it's been a few years and my dad died five years ago this year. And then it comes up to it, and it's always the weeks leading up to it that are the worst I think. So for my dad's death anniversary, the two weeks when I knew it was coming up and it sort of kept creeping into my psyche and I kept mentioning my dad, you know, randomly to people or, um, an anecdote would pop into my head about my dad.

Samantha Baines ([03:23](#)):

And um, and I think that can happen a lot when you've had a breakup as well and anecdote about them or something they liked will pop into your head and you'll want to talk about them. And then you'll realize that actually you you're broken up, so you can't, or you shouldn't or so I think that's a really difficult time, but- so sending anyone love if you're going through that, but just to let you know that, you know, my dad's death anniversary came, I celebrated him and it went and I'm still here and I'm still okay. Um, and I do think every year it does get a little bit easier or maybe not easier, but you get used to it and

it's not such a shock to the system. Um, but yeah, it's been, it's been an interesting one. I've been dating again this series, cause I took a bit of a break

Samantha Baines ([04:12](#)):

I feel. I had my sexual explosion, which we all know about. If you don't know about the sexual explosion, you need to go back and listen to series one and two, I think that was the sexual explosion time and I had a lovely time. And then I have had, well, there was some sort of thing called a pandemic, um, which made me have a little break, but I've also had a little break from the kind of dating world and seeing people. So I started dating again during this series. Um, particularly I think inspired by the brilliant Laura Friedman Williams, uh, cause we had great chats about like pubic hair and she used to have sex with people and then talk to them about what sort of sexual things they liked, which I just found amazing. So that kind of got me back into the dating sphere and I've had some weird dates.

Samantha Baines ([05:05](#)):

Um, during this series I had a date with one person who we dated a couple of times and then I invited them over for like a takeaway and a film night and they asked me if they could bring comfy clothes to wear or no, he asked me if I could, if he could wear, um, jogging bottoms because it was a night in. So I thought it was a weird question, but I was like, sure, you know, wear whatever you're comfortable in. I'm not going to tell you, you know, what outfits to pick out. So he arrived in trousers, just like, you know, everyday trousers he arrived said, hello, then went to change. Like nothing had happened. He'd literally just arrived at my house, went to change, put jogging bottoms on. So he traveled to my house in trousers, for the world and then he changed into jogging bottoms just for me.

Samantha Baines ([06:03](#)):

And then he wasn't very nice to my dog, which was a massive issue because I have a puppy called Custard and she is my world. It, wasn't not nice to her. It was just, I put this on Instagram and I got lots of reactions and some people were like, but maybe he's just not used to dogs, but it wasn't that it was like he called her a little monster because she was just like chewing her chew loudly while we were watching a film, there was just, you know, when there's like weird vibes and you're like, he didn't kick the dog in the face. It wasn't that extreme. But like he wasn't treating custard with the respect she deserved anyway. And he was wearing jogging bottoms then, you know, give him the benefit of the doubt. The evening came to an end. And then before he left, he changed back into his normal trousers to leave my house and get on the train.

Samantha Baines ([06:53](#)):

And it just felt really weird. I was just like, we're not married yet. Like why do I get the jogging bottom version? Like if you're just comfortable in jogging bottoms and that's your thing fine. But just where the jogging bottoms all the time. I don't know why the rest of the world is getting trousers, but I, your date, I'm getting jogging bottoms. Well, so how comfy do you need to be in someone's house? You don't know very well when you're having a, you're watching a film and essentially like trying to impress them and get a snog. Anyway, it was very weird. Um, so that didn't that I sort of said, oh, I think we're very different. I also, the first time I was asked out by someone who listens to the podcast, I know, I mean, this was never a reason behind setting up the divorce social in the first place, but it's a very nice kind of little, um, bonus to have.

Samantha Baines ([07:51](#)):

So yeah, someone listened to this podcast, listened to me, spill my guts on this podcast and my saddest moments and my stupidest moments and thought, yeah, I'd date her. So that's quite impressive in itself. Um, and then they, they asked me to go on a date and I thought, why not? My friend said to me, you've got to be careful because they might be a stalker. So I asked the person if they were a catfish and if they knew, um, lots of weird facts about me, they're on Wikipedia. And they said, no, and I took their word at that. Um, so, uh, yes, I went on a date with a person who listens to the podcast and it was very nice. So if you're listening, hi, thanks. Um, more date offers are welcome, but please don't be a catfish or a stalker. Um, just be a really nice human being

Samantha Baines ([08:43](#)):

That'd be great. Um, so yeah, who knew, who knew that this podcast could do that? Lots of people have contacted me as well as saying that we should do some sort of like divorce, social speed, dating, match making I'm totally up for that at some stage, in the future, when we've amassed this kind of incredible following of like millions of people, then we can have the ultimate divorce speed dating session. Um, so yes. So please do, uh, recommend the podcast to everyone, you know, and tweet about it and, and Facebook and Instagram and all those things, just so that one day we can have an ultimate divorce, social speed dating, and, you know, maybe I'll be like Cilla Black and have introduced two people to each other and then they'll get married in the future. And then I can go to their wedding in a hat and then they'll get divorced in the future.

Samantha Baines ([09:36](#)):

And then I can have them back on the podcast and it'll be full circle. So that would be incredible. Um, but yeah, what, what a series it's been, um, some incredible chats. Thank you again, for all your messages. I've started working with a production company on this series called Aurra, and they've really been helping me out kind of manage everything that goes into making a podcast cause there's a lot of things. So thank you so much to the team at Aurra for all the hard work on this series. And, um, please continue listening and thank you for listening and please leave a review because, um, it really helps people find the podcast and hopefully we can help them at difficult times in their lives. And I love it when you get in touch and I love to hear from all of you and all of your stories.

Samantha Baines ([10:24](#)):

So please continue to do that. Don't forget I'm on all the social media platforms and I love having new followers and messages. So you can find me @ Samantha Baines on Instagram and Twitter and Tik Tok I'm on, I don't do it very often, but I'm on there. I've got Facebook page, you know. We've also got a website divorcesocial.co.uk or.com. I mean, a very sort of sophisticated podcast host would have looked that up before and like written a script for it. And then it would say there on the script, whether the website was.co.uk or.com. But as you know, the style that I go for on my podcast is just more of a chill. Like don't write anything down, just have a nice chat, although I have now Googled it. And it is the divorce, social.com. So that is the website if you want to have a look, see, that was a bit sophisticated, wasn't it? Well, as always in our Roundup, let's take a listen back to some clips from the episodes of this series. If there any you've missed, definitely go back and have a listen because they've been pretty amazing. And it all started with this one.

Micaela Sharp ([11:40](#)):

So the person he had been cheating on me with had actually messaged me and told me all the details and he was in bed next to me. So I turned to him and said, oh, I've received these text messages. And he

confirmed, yes, that did happen. And we kind of spoke about it for something that half an hour. And I was really tired.

Samantha Baines ([11:59](#)):

I can't imagine what that must have been, getting that message and lying next to him in bed while you get it. Do you remember physically what it felt like when you read those messages in that moment?

Micaela Sharp ([12:13](#)):

I remember my heart going so fast, but actually afterwards, now I look back and I didn't have the reaction that I thought I would have had in theory. If someone had said to me, this is going to happen to you, I would have thought I'd be in tears. I'd be angry. You know, they'd be shouting. I just shut down. I just remember kind of being very quiet and yeah, I just, I just got so tired very quickly and cause we were already in bed. It was like midnight, whatever. And I just remember saying, okay, I'm going to go sleep now, about half an hour in. And you know, he could not believe it. He was like, no, he needs to talk. I've got so much to talk about. And I said, no, I've actually heard what I need to hear. I just need to go to sleep. And I did sleep, which is mad now think of it, I just rolled over and I went to sleep and he went and slept on the sofa.

Samantha Baines ([13:00](#)):

So you had Micaela Sharp there, who we kicked off this series with and I just love Micaela. I'd seen her on the tele and I saw her divorce announcement on Instagram and I followed her. And I was so glad when she agreed to speak to me on the podcast. And I think she was so open and honest about everything. And actually we got on so well that now we are friends and we've been for drinks a number of times. So, um, this podcast is helping me make friends and get dates. Thank you. I'm having a lovely time. But I really remember Micaela telling me that story of lying in bed next to her ex when she was getting all these messages from the other woman and I've heard comments and the fact that she just shut down and went to sleep is so interesting because she's right.

Samantha Baines ([13:53](#)):

Like you think that you're going to react to these big events in one way and then your body will just do whatever it wants to do actually. And it's interesting cause I have anxiety which I've talked about in the podcast before and when I'm really, really anxious, my body just shuts down. It like makes me go to sleep. Cause it's like, we can't deal with this level of emotion right now actually. And we just need to sleep for a bit and heal. And then maybe tomorrow we can deal with it. So I wonder if it was a little bit of that. It was a pleasure to talk to her and she gave some great advice about redecorating your home and putting nice artwork in frames, which I love too.

Samantha Baines ([14:36](#)):

Tell me about the divorce party plays. What are they going to be? Penis shaped things or Vagina shaped things?

Laura Friedman Williams ([14:44](#)):

I havent really though about that. I've been thinking more about like edibles, alcohol and roller skates. I don't know. That's really like [inaudible].

Samantha Baines ([14:57](#)):

Yeah,

Laura Friedman Williams ([14:58](#)):

Honestly. And the most important thing is just like my team, right, of women. So I don't even need anything really, but then they're like the main event of the party.

Samantha Baines ([15:07](#)):

Why roller skates?

Laura Friedman Williams ([15:09](#)):

I just love to roller skate. And I, I had in my old apartment that I just had to move out of, you know, our family home that we sold in June and moved out of. I had this pair of roller skates on the bookshelf. We had this massive wall of shelves. We had very high ceilings and my husband and I had had a big fight about whether or not to have these shelves. I didn't want them because I decided at this point in my life, I didn't want stuff anymore. So he insisted on having this wall of shelves and he said, but the deal is you can put whatever you want on them. So what I put on them was a pair of roller skates. And so I had this big blank wall of shelves and a pair of roller skates. And so the roller skates became very symbolic to me over time of, you know, the sort of new life that I was going to have. And that's, I just want to roller skate around, well, I guess it would be like my tiny new apartment. I could roller skate around it,

Samantha Baines ([15:55](#)):

I'm just imagining you in like divorced world, just rollerskating every where- like to the loo, to the shops, to school pick up.

Laura Friedman Williams ([16:04](#)):

That would be Amazing.

Samantha Baines ([16:05](#)):

That was Laura Friedman Williams. And my overriding memories of that interview is roller skates and pubic hair. And, uh, she doesn't mention pubic hair in that clip, but you know, you should definitely go back and listen to her views on, on pubic hair and also her discoveries that she made on pubic hair. She asked a lot of her sexual partners, what they thought. Um, but I love her rollerskate joy and wanting to have roller skates at a divorce party. And yeah, my idea of her roller skating everywhere. And so now because of this pubic hair and rollerskate memory of that interview, I I'm just hoping that she's, you know, rollerskating around her apartment in the U S with a very full bush, that's how, how I like to think she spends her time. Um, but no, it was an absolute joy to speak to her.

Samantha Baines ([16:58](#)):

And actually a lot of you have got in touch and said, you've bought her book and it's really great and fun. And are you glad you did. So that's lovely to hear as well. Um, we had great chats about that and, um, divorce party came up again cause the divorce party hasn't come up for a while, you know, way back. I think it's series two. We were talking about the, uh, the divorce party and I wasn't too sure now by series seven, I'm like, yeah, bring it on. I want to party any chance for a party to celebrate me and my life and my new dog Custard. I love it.

Samantha Baines ([17:31](#)):

So did you find love again?

Sue Atkins ([17:34](#)):

Yes. Yes. That's true.

Samantha Baines ([17:36](#)):

As I hear you have some nuptials.

Sue Atkins ([17:39](#)):

So, um, so I just decided I just get on with my life. And then my daughter, uh, you know, she graduated from university and I bought the rescue remedy with me in case cause I have to meet my ex for a weekend and it turned out that we all got on so well and my son came and we had such a laugh and um, we kind of struck up a friendship again and I just said, okay, why not? So we met for a dog walk and we kept meeting for about two years and we get married on October the 22nd, this year

Samantha Baines ([18:12](#)):

So this is your ex husband that you divorced your, you are real life. Elizabeth Taylor.

Sue Atkins ([18:18](#)):

Oh no. Don't say that she was married five times.

Samantha Baines ([18:22](#)):

No, but I mean she married the same person twice.

Sue Atkins ([18:25](#)):

I see myself as J-Lo and uh, Ben Affleck. Alright. That's their story.

Samantha Baines ([18:30](#)):

Yeah. Sue Atkins in episode three, I love that she's remarrying her ex I mean, I can't ever imagine doing something like that myself, but I think that's the first person we've had on the show remarrying the ex that they're talking about on the divorce social. Um, Sue is also great for parenting advice, Um, and coaching for anyone with children going through a divorce might be struggling or how to break things to your children. So we did talk a lot about that as well, which was really useful, but it's always nice to end a podcast episode with a happy ending. And her happy ending is back with the ex.

Steven Petrow ([19:14](#)):

About a year before a relative of ours acknowledged that he had been having a long-term affair and had been married all that time. And I remember when I asked him, well, how come you never got divorced? He said, I never found the right time. And I sort of pack that away and said, I do not want to get to my eighties and to have perhaps had a clandestine affair for a long time and to say, I never found the right time. So I kind of made a promise to myself. It was around the time of my 59th birthday to either be moving ahead with the divorce or to be recommitted into the relationship. And then it was about six or seven months later that we separated.

Samantha Baines ([20:05](#)):

It's interesting that I never had the right time to get divorced. Is there a right time to get divorced?

Steven Petrow ([20:13](#)):

I don't think there's a right time. I think every time is a very hard time and you can always find a reason to postpone it.

Samantha Baines ([20:23](#)):

I loved talking to Steven Petrow. I think he's a lovely articulate man with a really interesting way of thinking about things. And I really remember that from, from our chat that it's never the right time and the fact that he packed that away and remembered that comment from someone that he spoke to. And it's so true and it's such an impactful sentence, isn't it? Because you can relate it to so many things in life. You can say it about, you know, moving jobs or it- moving house, you know, whatever it is you're doing. And, and it's so true of, of breakup, especially if it's something you've been thinking about for a while, and it's such a hard decision to make that it's so easy to find excuses and we all do it of like, or no, well, Christmas is coming up, so I can't break up with them then, or, you know, well we are going to go to counselling

Samantha Baines ([21:24](#)):

So maybe we should do that first or we're going to go to counselling again, maybe we should do that, or I should wait until this happens or I should wait until the children move out or until they finish their exams. And I'm not saying that all of those reasons aren't valid reasons to put something off, but I just think that phrase, you know, it was never the right time to get divorced. You'd hear that offhand and think, well, that's ridiculous, but when you go through it, I just think that's a very, very relatable phrase and something just to think about, you know, because if you heard that from someone else you you'd say no, you know, you've just got to do it. You've just got to go ahead. But I think that's something that we can tell ourselves a lot. So that really stayed with me.

Samantha Baines ([22:11](#)):

And, and also the fact that I said is there ever a right time? And he said, every time is a hard time, which again is very true, but I really enjoyed my chat with him. 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. 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 @divorce pod. We have a website, the divorce, social.com, and you can also join us for our like 90 style divorced chat room experience over on Patreon. So just go to patreon.com/samantha Baines, B a I N E S. And it starts at two pounds a month and we all have lovely and awful and amazing chats. See you there.

Gilly Da Silva ([23:14](#)):

Uh, DFF, do you know what a DFF is?

Samantha Baines ([23:16](#)):

I'm assuming D stands for Dick.

Gilly Da Silva ([23:19](#)):

No.

Samantha Baines ([23:19](#)):

Oh,

Gilly Da Silva ([23:19](#)):

divorce fuck frenzy we call it.

Samantha Baines ([23:21](#)):

I love that.

Gilly Da Silva ([23:21](#)):

Yeah, exactly. My friend, my friend said that to me, when, when I was going through that period, she was like, your, just going through your DFF, your divorce fuck frenzy, and I was.

Samantha Baines ([23:33](#)):

I call mine my sexual explosion where I just had a lot of sex. I went out a lot, but I like that DFF it sounds a little bit like the sofa sellers. Well, you know, the advert, they all sit on the sofa and their legs fly up in the air. And it's a bit like that. I suppose. My DFF. I love that Gilly Da Silva introduced me to the DFF, the divorce fuck frenzy. Can't believe I'd never heard it. Um, but I'm ever grateful that she introduced me to that. We also had great chats about, you know, just going a little bit wild and shopping too much and buying expensive holidays and all of that sort of treating yourself, uh, that you might do. And, uh, maybe go a little bit too far with when you come out of a relationship. And again, it's so it's just so interesting to hear all the different reactions that people have to.

Samantha Baines ([24:28](#)):

I remember, um, Suky Webster back in series three, telling me that her vagina shut up like a clam, I think were her words, which obviously was very different to my sexual explosion or divorce fuck frenzy as Gilly Da Silva would call it. So, you know, we can react in such opposite ways, but I definitely did a bit of the shopping for nice things and wanting to change my image. I wanted to wear all leather and look like, um, the character Phoebe in the TV show charmed, if you know that about witches, um, where she has like short hair and she always wears really skimpy clothes and look sexy and always has a boyfriend and isn't in love with someone. That's how I imagined my divorce story would look. I spoke to Rosie Wilby, the host of the breakup monologues podcast. And it was so interesting to hear from her.

Rosie Wilby ([25:22](#)):

We did meet her mom once for a cup of tea, but I sort of had to pretend to be a friend, you know, and all of that. And it's, it's just so awkward, that kind of thing, when, you know, it's all just a pretense and, and a lie. Yeah.

Samantha Baines ([25:35](#)):

And how did that make you feel like being someones secret?

Rosie Wilby ([25:40](#)):

Absolutely hideous. Um, I mean, it's like having an affair, but you're not seeing anyone else, but yeah. I mean, I thought all intents and purposes, we were really committed and we're effectively married. And I felt like I was, you know, when I met her mom for a cup of tea and she was just talking to me, like I was some random friend, I thought she was my mother-in-law, you know, and she was just like, oh, hello, who are you kind of thing? You know, but I'm Rosy, I'm important. And so it's, yeah, it's really difficult. And I think it really chipped away at my self-esteem and confidence.

Samantha Baines ([26:20](#)):

Rosie was also broken up by email back in the day, which just feels awful. And she was very open about, you know, her relationships with women and also her kind of delve into the idea that monogamy might be dead and maybe we should have lots of partners and she even went to a sex party. So I really enjoyed those chats. And Rosie's written, um, a couple of books as well as having her podcast. So it was really interesting to get kind of her take on relationships and breakups from writing her books and doing her podcast as well.

Nikki DeBartolo ([26:56](#)):

I came home and there was a ripped up photo of us and his ring next to my sink

Ben Helffond ([27:02](#)):

In the middle of the ripped up photo. Wasn't my finest moment, Samantha. I mean, if we're honest,

Nikki DeBartolo ([27:07](#)):

It's probably something I should have done. Right.

Samantha Baines ([27:09](#)):

That's a very visual way of saying, I want to break up. Ben, what was going through your head when you thought w was it, did you want to stage this moment?

Ben Helffond ([27:22](#)):

I think if anything, this is where the emotional side, you know, it gets the best of it is I wanted to make an impact that was going to hurt Nikki

Samantha Baines ([27:31](#)):

Practically. I'm just really interested in this. Like what photo did you look for a particularly lovely photo to wrap up? Like where did you lay the photo in the house?

Ben Helffond ([27:41](#)):

It was right next to her bathroom sink. I don't remember what exactly the photo was, but, but I, I assure you that I did look through multiple photos

Nikki DeBartolo ([27:51](#)):

And I, and I think what he did was calculated most likely. And I think it affected me probably more than him, like hanging up the phone and saying, I'm done, you know, I walked in the house and it was like one of those gut wrenching moments where you go, wow. Oh like, oh. Like this is real. This is really happening. Mission accomplished. Yes. Hey, good job Ben or not

Samantha Baines (28:15):

Nikki, do you remember what the photo was?

Nikki DeBartolo (28:18):

I actually think it may have been a photo of the three of us.

Ben Heldfond (28:23):

with Asher?

Nikki DeBartolo (28:24):

as a baby in it.

Ben Heldfond (28:25):

Oh.

Nikki DeBartolo (28:26):

yeah. So I think it was really like one of those moments where he dug that knife in and like turned it in, twisted it

Samantha Baines (28:32):

Our first couple on the podcast ever in the same, uh, interview, uh, Nikki and Ben and they're happy divorce as they call it. When I read about them before I interviewed them, I thought really? Happy, divorced? They must be mad or maybe they're still sleeping together, like what's going on here. Um, and actually it was very interesting to hear their journey and it didn't start out happily, as we heard with Ben ripping up a photo of them and putting his wedding ring in the middle, which I am still astounded by. And it's a strong visual image. Um, and he's very honest about it, which I love, you know, cause now they get on, I love how honest they can be about the hard times, you know, he was like, it wasn't my finest moment. I was trying to hurt her feelings. And even though, you know, I know that from the sound of it it's, um, I found it quite amazing that he could fully own up to all of that. And they do actually sound like they have found happiness in their divorce and that they're friends now and that they're both there for their son and they're both in new relationships that sound happy. And so it was quite amazing to hear their journey and to imagine if we all could have that. Um, obviously it's not possible with everyone, but, um, yeah, quite a thing to aim for and a really interesting chat. I really enjoyed that one,

Georgia Hirst (30:05):

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. We just packed everything in the sh- we 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 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. And I know in retrospect he was so happy that it ended 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.

Samantha Baines ([31:07](#)):

Really Interesting chat with Georgia Hirst there. And I actually met Georgia at a press event and she I'd, I'd seen her in Vikings, the TV show and thought she was brilliant. And we just got on so well at the press event. And she's very young, but she has very wise words for some, someone so young and, uh, very articulate about her feelings and compassionate as well on behalf of the other person, um, that she had the breakup with. And I, I really relate to that story of her saying that her and her dad just went in and kind of did a sweep of the apartment and got all of her stuff, because I think we've all had occasions where in a breakup, whether it's your marriage or not, you know, you know that you have to make this decision. And sometimes it's gone on for so long that you know, that if you say it to that person's face, you just might go back and you might, or you might change your mind in the process of doing it.

Samantha Baines ([32:12](#)):

And sometimes you just get that moment of right, I'm doing it now. And I need to just go in and get all my stuff and leave. And then obviously, hopefully you will have a face-to-face conversation with that person at some point. But I just could really relate to that moment of that snap decision of I have to do it. I have to do it now. So I- otherwise I'll change my mind. So it was really great that she was so open about that. And, um, she's very lovely person. So it was absolute joy to chat to her.

Natasha Aujla ([32:43](#)):

I knew mentally, physically, emotionally, spiritually, religiously. I was absolutely exhausted. And I needed to understand about my brain. This is how I was thinking. So I woke up every morning. I recited prayer. And then from there on for four to five months, Monday to Friday, nine till five, I was on my laptop learning about the brain, learning about the body. How can I heal? And I followed an- a neuroscientist. And I, I basically feel like I self-taught myself because these workshops are so expensive. So every resource I could find, that's what I did. And I knew what I was going through was too much for me to process without, without me breaking apart. And I did not want to break apart. So I need to go and learn about the brain because when I learn about it and I understand it, um, I'm more able to commit to it. And as soon as I saw, and I studied brain waves and brain patterns and, and anything that I could find, and that was it, it was like, it, it felt like every film was just assigned from the universe on tiles. I'd be laughing. I'd feel like I would actually have a laugh with God. Like, are you serious? Wow.

Samantha Baines ([33:59](#)):

This episode with Natasha is just so close to my heart. I think it's one of the most powerful interviews I've ever had the experience of being part of. And she's just so incredible. So compassionate, so eloquent. So amazing. And I don't say that lightly, and I don't say that just because she went through something so incredibly hard, I mean, just as a person and talking to her and the way that she views the world is incredible. I think this is one of my favorite ever episodes. Wow, I know, big words of the divorce social, because it was just so powerful the whole time I was talking to her, I was getting like the, hairs raising on the back of my neck. And she just been through a really awful unimaginable experience. And there is a trigger warning on the episode for child death and then to go through a divorce and a breakup on top of that.

Samantha Baines ([35:15](#)):

And then also what she faced. Um, she's part of the south Asian community. And she lives in a south Asian community and, and the kind of reactions that she faced from her wider family, even though she says she had a lot of support from, you know, her close family. And then for her to, I just really remember her saying that she would sit down every day, nine to five and learn about what her brain was doing and how her brain was reacting to all this emotion and how it was processing it. And I just thought, wow, what an incredible thing to do as a way to process your own grief and you know, all of these different emotions that you must be going through and that your body must be going through. I think, you know, for so many of us, we have a breakup and it's terrible and, you know, yeah, mine was super hard and then I threw myself into work and then I had sex with loads of people, but for your brain to take that leap of, right, this is a physical thing that's happening to me.

Samantha Baines ([36:22](#)):

And I'm now going to look up and I'm going to find out exactly what that means. And I'm going to find out the science behind it and like really lean in to that process. I just think is incredible, cause I, I think I avoided, avoided, avoided mine, um, and had a nice time along the way, but then eventually had to deal with it. So I just think, yeah, this interview was incredible and I'm so honored that Natasha came on the podcast and shared her story with me and with us. Um, and if you haven't listened to that episode, and there's only one episode you listen to in this series, please, please go back and listen to that one because honestly she's a wonderful human being and her words need to be heard by more people. And finally, to round off the series, I chatted to former home secretary, Jackie Smith.

Samantha Baines ([37:18](#)):

I had an occasion where song was played during rehearsals and it was my wedding song. And I just obviously burst into tears and run to the toilet. And I was very aware of this kind of stereotype of the sad, divorced woman who just cries and then is better and wears leopard print and goes out. And I didn't.

Jacqui Smith ([37:37](#)):

I love leopard print.

Samantha Baines ([37:39](#)):

Yeah. I mean, I love Leopard print and I love going out, but at the time I didn't want to be that cliché of like, oh, you can't get through work without crying. Did you feel the pressure of that? And how did you deal with tearing up in meetings?

Jacqui Smith ([37:55](#)):

I, you know, I, wasn't sobby. I wasn't sitting there chairing a meeting sort of sobbing. Um, and actually I learned really, really good tip, you know, when you sort of feel that coming on and you think, oh no, I'm going, I'm going, I'm going, if you lift your head up and look at the ceiling, it really, really helps it works. So probably what my colleagues saw more often than me tearing up in meetings. Was this me suddenly looking, they probably thought to themselves, what the hell is she looking at the ceiling again for

Samantha Baines ([38:25](#)):

She just really cares about lighting fixtures at the moment. I dunno what it is.

Jacqui Smith ([38:31](#)):

Is she checking out the dusting or what. Well, you know, it works. I still do it now when I, when I sort of tear up,

Samantha Baines ([38:39](#)):

I have to say, I was a little bit nervous about this one because you know, former home secretary that's proper, isn't it? You know, so that's a real job that is not quite like being a comedian. And I wondered if it was going to be a difficult interview because sometimes when you interview people who are very used to giving their opinions in the media, um, that they're very good at kind of avoiding questions and not opening up and, uh, uh, not telling you all the true stuff. And you know, of course we all have to hold some things back, but I am very pleased to say that, um, Jackie was not like that at all. She was super open, very friendly, very easy to talk to and really on board and very nice about the podcast actually, and the importance of talking about divorce.

Samantha Baines ([39:28](#)):

And we shared a lovely moment, uh, talking about how much we both love leopard print and, and crying at work. And I just thought it was re- it's so nice to hear that a woman who's been in a position of such power, you know, in the government, um, whether you supported the party, she was, um, in government with or not. Um, she was still in the government, which is a position of power, you know, and that, you know, someone like that can tear up in a meeting too. Um, it's, it's quite nice to hear isn't it, it reminds you that everyone's human and that we all go through the same things and Jacqui was lovely to talk to, and we had great laughs and had a little chat about Strictly as well. So that was nice. Um, so what a, what a series we've had, um, a real range of stories, which I love.

Samantha Baines ([40:26](#)):

Um, and in fact, uh, Jacqui was recommended to me by a listener, someone got in touch and said, please, can you ask Jacqui Smith to come on your podcast? Because she's mentioned her divorce before, publicly. Um, and that was how I got her on. So thank you so much to that person. And if you have any suggestions of anyone that you would love me to interview on the divorce social, I will always try. Lots of people have said, no, I, um, tweeted, Adele, uh, asked her to come on and talk about divorce. Sadly, Oprah got in there first, um, which is, which is rude, frankly, you know, if anyone was going to interview her about divorce, it should have been me Oprah. I'm annoyed with you, but, you know, fair enough. Uh, if there's anyone else that you can think of do let me know, uh, you can, um, go through the website and email, or you can tweet me or Instagram me, or you can head over to our Patreon and join in the chat, which is exactly what the person who recommended Jackie Smith did, and then messaged me via there.

Samantha Baines ([41:33](#)):

And, uh, we do have lots of conversations going on over on the Patreon. It's patreon.com forward slash Samantha Baines. It starts at two pounds a month. And, uh, you can join in with the divorce community and have chats about our episodes. And I'll ask you your opinions on things to do with the podcast. And it also helps support me in the pod. And there's lots of other options on there as well. Like, um, becoming part of my close friends on Instagram for some extra exciting content. And there's also a breeze with Baines merchandise. If you don't know, I do five deep breaths on Instagram every so often, and I make my followers do it with me so we can calm down and helps me with my anxiety. And so you can get a hoodie with breath with Baines on, I mean, what else, what more could you want from life? Right. Um, thank you so, so much for listening to the divorce, social, and we will be back don't you worry

it's in the planning or it's all going ahead. Um, so make sure you hit subscribe if you haven't already. So you'll be notified about when that comes out. Lots of love. I'll see you soon.