

## [Transcript] Mamamia Out Loud / Are We Allowed To Say We Hate Our Bodies?

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Mamma Mia Out Loud!

Hello and welcome to Mamma Mia Out Loud.

It's what women are talking about on Friday, the 21st of April.

I am Holly Wainwright.

You're so good at saying that so fast.

I'm Mia Friedman.

I'm Jesse Stevens.

And on today's show,

Bluey is the new Taylor Swift Discuss.

We will talk about it in a minute.

The little dog has managed to piss everybody off this week, and we are going to discuss it.

Plus, two very famous women in Australian headlines this week are still being defined by something that happened to them or near them or adjacent to them decades ago.

How do you shift a stubborn celebrity narrative?

And are there some words to the week which range from dogs?

Mia, is that you, the dogs?

Maybe, and it's not Bluey.

To AI, snap bots and smuggling.

But first, Jesse Stevens.

In case you missed it, a 50-year-old Spanish woman, she won't screw it.

I'm going to spend 500 days in a cave.

And I know what you're thinking,

where is the cave and may I also go and spend 500 days in that cave?

Exactly what I was saying.

Now that it's free.

Now that it's free, is there a vacancy?

Well, it is.

Does cave have Wi-Fi?

Well, the problem is no.

But is that a problem?

No.

No.

I don't think we want Wi-Fi.

No, that's fine.

The cave is in Spain.

Beatrice Flamene is an elite mountaineer who entered in November 2021.

Was it an accident?

So it's a world record for like the longest person who got stuck in a cave

## [Transcript] Mamamia Out Loud / Are We Allowed To Say We Hate Our Bodies?

500 days on purpose.  
That's the most specific record.  
If it's on purpose, you're not stuck, I would suggest.  
No, you're just in a cave.  
It was for scientific reasons.  
So it was about circadian rhythms.  
Or did she just have perimenopause and she'd had a gut full?  
I think so.  
Because from the ages of 48 to 50, she sat in a cave.  
She said that when they came to get her, this is a quote,  
when they came in to get me, I was asleep.  
I thought something had happened.  
I said, already?  
Surely not.  
I hadn't finished my book.  
I love her.  
So she was monitored by scientists.  
It's all about the human mind.  
She thought she'd been in there for like 100 days.  
She stopped counting at 62.  
Was there no light?  
Like what were the conditions in the cave?  
So because she was reading,  
I imagine that she had some sort of torch or book light situation,  
but they would bring her kind of food supplies,  
pretty basic food supplies.  
She exercised, she read, she painted.  
So you could stand up in the cave.  
Yep, she knitted little hats, that kind of thing.  
She loved it.  
She doesn't want to come out of the cave.  
I see this note that Jesse is about to read.  
Every five poos, she would send her body waste  
up to one of her support team members to dispose of.  
Outside the cave.  
Every five.  
Every five.  
You can live in close proximity to four poos, but not five.  
Five is her limit.  
And she also had a rule, which was,  
okay, what if someone really close to you dies?  
Because we can let you know.  
And she was like, no.  
I don't need to know.

## [Transcript] Mamamia Out Loud / Are We Allowed To Say We Hate Our Bodies?

That's why she didn't know about the queen when she came out.  
I'm sure they could have got her a dongle or something  
to go into the cave with.  
And if she wanted to check TikTok and she was like,  
absolutely not.  
I want to read.  
I think she said she read.  
60 books.  
Yes.  
60.  
60 books.  
Felt really productive.  
And yeah, she loves to draw now.  
So.  
I love that story.  
That is the most vibey story I have ever heard.  
I just went, yes.  
It sounds great.  
Imagine being left alone to read 60 books.  
In a cave for two years.  
I love it.  
Jesse's face then.  
She felt, ooh.  
It was like Timothy's shallower man coming in  
and giving her a little pash.  
I loved it.  
Back to my thesis of why Bluey and Taylor Swift  
have a lot in common.  
Do you remember when Taylor Swift had to edit  
her music video when she stood on the scales  
and the scales went to the word fat,  
she had to edit it out.  
She did that.  
She kept the scales in, but they didn't say fat anymore.  
Bluey's got to do a little bit of scales editing himself.  
For those who don't know, where have you been?  
But Bluey is the world's most famous dog.  
Australian TV production kids show.  
It is so popular.  
Did you see that when Lin-Manuel Miranda came,  
the only thing he wanted to do was guest spot on Bluey.  
His kids love it.  
Oh, Americans are mad for Bluey.  
Anyway, I just learned when I was reading up for this segment

that Bluey's a girl.  
I thought Bluey was a boy.  
I'd never thought about it.  
I'd never really thought about it.  
But Bluey's a kid dog, right?  
Like a love puppy.  
Bluey's the kid and the dad's called Bandit.  
And everybody likes Bandit because, allegedly,  
it's a very good role model.  
That's a great name for a dog.  
Yeah, of dogdom, of daddom, actually,  
because Bandit's a very involved dad.  
Now, my kids are too old.  
I've missed Bluey a bit, but everybody is obsessed.  
So whatever happens on Bluey is seen  
as like an important cultural commentary.  
And the bad thing that happened this week, apparently,  
is Bluey, the puppy, was hiding in the bathroom  
on a new episode and Daddy Bandit walks in  
and this is what happens.  
Oh, man.  
What?  
Bluey!  
Why did you say, oh, man?  
Oh, I just need to do some exercise.  
Tell me about it.  
Oh, he found you.  
Why don't you just do some exercise?  
Same old reason, Bluey. You kids and work.  
Us? Why don't you do it now?  
Because I'd be late for work.  
So?  
Well, that wouldn't make my boss very happy.  
So what you couldn't see is that Bandit, the dad dog,  
was standing on the scales when he went,  
ugh, man.  
And the rest of the episode, apparently,  
ends up with Bandit learning how to do exercise with his kids.  
And they talk...  
It's about play.  
It's about play.  
It's great fun, good for mental health, everybody's happy.  
But that first bit has pissed off a lot of people  
because of the depiction of scales

## [Transcript] Mamamia Out Loud / Are We Allowed To Say We Hate Our Bodies?

and the ugh at the scales.

Now, a group of people are very upset

because they're saying,

I work really hard to instill positive body image in my children.

We talk about weight not being an emotional thing

or a numbers thing.

And then you bloody brought scales into my kids' conversation

and thrown them on the floor

and everybody's talking about it,

how responsible of you, Bluey.

There's another group of people who are very upset

at the first group of people who are very upset.

And their generic comment is,

ugh, you can't say anything anymore.

Ugh, like that.

And it's been talked about all week,

including on Mamma Mia where Claire Murphy,

excellent host of The Quickie,

and sometimes host of this show,

wrote a very thoughtful piece about how she could see

why everybody had a problem,

because she too,

and she's spoken about this on Mamma Mia,

has had a lot of issues with her weight

and with it being tied to exercise and health

by health professionals

who never gave her then the support to follow up.

But that she also could recognize

that what Bluey was really doing in that bit

is reflecting reality

because that is how a lot of conversations about weight

go at real Australian homes.

Jesse Stevens,

should we cancel that bloody dog?

We shouldn't cancel it,

but I'm finding the ensuing conversation productive

and helpful in some ways,

and it wasn't the scales that I thought was a problem.

It wasn't even the conversation I thought was a problem.

It was this one shot where Bandit is looking

in the mirror at himself

and sort of going,

I need to do more exercise,

and grabs his stomach,

## [Transcript] Mamamia Out Loud / Are We Allowed To Say We Hate Our Bodies?

and there's some fat.  
As much of a cartoon dog can have fat.  
I can have,  
and I sort of went,  
ah, I wish we didn't do that,  
because I do think there's something to be said  
about how much parents,  
especially of little kids at the moment,  
are so aware of this  
and are being really careful  
to not speak negatively,  
especially mothers in front of their daughters,  
speak negatively about their bodies.  
And then when you've got Bluey,  
this isn't like a scene on euphoria or succession.  
Bluey is educational, right?  
That's its purpose as a show.  
It's for kids,  
and it's meant to be instructive  
and help them through the world.  
Like Sesame Street.  
Like Sesame Street.  
And so when I saw that,  
I thought we're trying really hard  
not to model negative self-talk  
and relate a role of stomach fat with  
I desperately need to go out and do more exercise.  
That isn't a great message in and of itself.  
It redeemed itself by the end,  
but I just wish it hadn't had that visual  
or even the scale.  
It could have been Bandit just going,  
I'm feeling a bit blur.  
Bandit's body hadn't necessarily changed.  
And I do agree that parents all over the country  
are having that conversation because they're busy  
and they don't have time to cook the food they want to cook.  
Totally get it.  
I didn't like that actual image of the fat roll  
because if you have a fat roll  
and the amount of times in my life  
I have grabbed my stomach,  
that doesn't mean you need to do more exercise.  
Most of us have fat rolls on our body

## [Transcript] Mamamia Out Loud / Are We Allowed To Say We Hate Our Bodies?

and it's not indexed to your health.  
What do you reckon, Mia?  
Look, I reckon my actual dog really does need to lose weight.  
So there's that.  
But I have flipped on this  
because I first reacted by going,  
you know, that's the reality  
and sometimes people do need to lose weight  
for health benefits,  
but also you can't tell  
by looking at someone or grabbing a roll  
whether they're healthy or not.  
So, you know, the complexity of that.  
But then I thought, well,  
because of course we had back in the 70s and 80s,  
we had the cartoon character of Norm in Australia  
and he was like a couch potato  
and he had like a beer belly  
and he was his animating character.  
The campaign was called Life Being It,  
which is grammatically incorrect.  
But it was all about how Norm was on the couch  
and Norm was too fat  
and Norm needed to do more exercise  
and everyone needed to do more exercise, right?  
And it was that exercise was good  
and being healthy and exactly the same,  
essentially, messages as bandit.  
And I would suggest that probably the writers of Bluey  
recall Norm  
and he might have been the inspiration  
for this particular storyline.  
So my first instinct was, oh, this is silly.  
And then I went, well, actually,  
the audience for the Life Being It campaign  
were adults  
and the audience for Bluey are children,  
unless it's also the parents  
who have to watch it with the children,  
but I would suggest they're probably just scrolling  
and I think that having that message  
for children for the reasons that you say, Jesse,  
which is the grabbing their stomach,  
I think most parents have been filled with horror

## [Transcript] Mamamia Out Loud / Are We Allowed To Say We Hate Our Bodies?

at their small child,  
grabbing a small part of their leg  
or their bottom or their stomach,  
particularly the girls, but also boys,  
and going, I'm so fat, I'm so fat.  
And what I've found in my experience of parenting  
is that often they'll do that  
because they know it'll get a reaction from you  
if you're a certain type of parent,  
which is, I was that type and I would be like,  
darling, what do you mean?  
You're lovely and they'd blur and this and we don't...  
Don't use that F word in this house.  
Yeah, exactly.  
And all the things that you try to say,  
but it's very challenging for parents  
because on the one hand we're told  
childhood obesity, obesity, obesity.  
On the other hand, we're told body-imaging disorders.  
So it is really, really hard.  
And it's hard when you've got kids going into,  
these are little kids who over the next 15 years,  
their bodies are going to stretch and grow  
and they're going to have a bunch of different body types  
and growth spurts.  
Most of the things that are happening developmentally  
to their body doesn't mean that they need to do more exercise.  
That feels like a disparate issue.  
Doing exercise and play is a great message  
for all sorts of reasons.  
But if you find yourself as a 15-year-old girl  
being able to grab parts of yourself  
that weren't there five years ago,  
that doesn't mean you're unhealthy.  
Hold on though, right?  
Because really the message here, it's not bluey  
who was grabbing their tummy.  
So when they're talking to the children, because you're right.  
Yeah, but monkey's pee.  
No, no, but the point is the message  
that this show is trying to give to the children  
is let your fucking parents do some exercise.  
That was the message, right?  
Oh, I didn't think of that.



## [Transcript] Mamamia Out Loud / Are We Allowed To Say We Hate Our Bodies?

Because the whole point is that by the end of the episode they found a way to do it, right?

So the message to the children is it's important for grown-ups and children to do exercise because it's good for you, right?

I agree with you, Jessie, that I can do without the scales because...

They're grabbing at the body.

That's such a very...

You know, you try and keep those out of your kids' lives as much as they can, except obviously at the doctors that happens and then, you know, then they enter their lives in various ways.

You can do without the scales.

But I think that making every frame of a story be morally perfect.

If the overarching message of the show is good, which it seems to be, which is, you know, Bandit found a way to exercise and to get the kids involved in it, and it was good for him, and we all know that exercise is good for our mental health and all of the different things.

It's possibly the best thing you can do for yourself to move your body sometimes.

Then, like, get Bandit a break.

Of note is that...

And I watched the scene a few times.

They're arguing about a dog.

The fact that...

I'm defending a dog.

The fact that Bluey was hiding in the bath was actually a really important plot point because Bandit would never have spoken about Bandit's body if they'd known.

That is 100% true

because I became hyper-aware of my negative self-talk out loud when once I was in a changing room with my daughter when she was little and she had to come with you everywhere.

And nowhere do I talk to myself in a more disgusting manner than in the mirror of a changing room.

Do you talk out loud?

## [Transcript] Mamamia Out Loud / Are We Allowed To Say We Hate Our Bodies?

Yeah.

This is Holly.

You should always talk out loud.

Like, you pull the jeans on and you're like,  
oh!

Oh, you're such an idiot!

Oh!

Oh, my God.

You look awful.

Take those off.

Anyway, I couldn't do that anymore.

Looked at my little daughter, her little face.

He's like, oh!

And I was like, oh, what do we call that?

It's a learning moment.

Yeah.

Teachable moment.

For me.

Just shut the fuck up.

Yeah.

There are two in back in the news this week  
and as has been the case for 20 years  
they are being defined by things  
that happened to them decades ago.

Katie Holmes is the cover star  
in the latest issue of Glamour magazine.

You might remember Katie Holmes,  
she was married to Tom Cruise.

Oh no!

She was in Dorset's Creek.

Proved the whole point of the whole thing.

I know, but like, and she's the mother of Suri.

Oh dear.

Who is the child that Tom Cruise never sees.

And the other woman is someone  
that I've interviewed on No Filter before,  
and that is Candice Warner, who is an Iron Woman.

She's been on reality TV shows.

She's a mother of two.

She's married to an Australian cricketer,  
and she's written a memoir that has been covered widely.

And every single magazine article  
that has been written this week  
has mentioned a much reported incident

## [Transcript] Mamamia Out Loud / Are We Allowed To Say We Hate Our Bodies?

that happened in a toilet cubicle when she was single  
back in 2007 with a football player  
where a grotty paparazzi put a camera  
under the cubicle door, took photos,  
and basically she was slut-shamed.

Well, it has been slut-shamed on going  
for the past 15 plus years.

For Sunny, I'm assuming just by reading his book,  
it didn't follow him quite as much as it followed me.  
I think in his book, he might have covered it  
in one paragraph.

For me, it has followed me around.  
It has followed my husband around.  
It has followed my kids, my family.  
It hasn't gone away.

It's amazing how one mistake as a young woman  
can have huge implications on your life.

So how come some women are not able  
to escape a single incident  
or a single relationship from their past  
while others such as Nicole Kidman can?

I think there's two things at play.

The first is a bit of an unpopular opinion  
and it's not that it's not sexist,  
but I think that there's something true to it,  
which is what is the moment or the index  
by which we truly know who you are?

That doesn't mean it's good or fair  
or the best, most important thing you ever did,  
but when did you go viral?

And for Candice Warner,  
the time that we were introduced to her  
was through this horrific experience.

So if you were speaking to a friend  
and you were trying to place her,  
you might throw that piece of information in.

The origin of that was incredibly sexist and wrong  
and it shouldn't have been the story that it was,  
but it was.

That's so true, Jesse,  
because if I was explaining to someone  
who Candice Warner was  
and I was trying to be respectful  
and not mention that incident,

## [Transcript] Mamamia Out Loud / Are We Allowed To Say We Hate Our Bodies?

I bet you any money that when they got,  
they'd go, oh, you mean the one in the toilet with her?  
Like 100%.  
Because of the fact it made the front page.  
So Candice Warner,  
knowing that that is part of her narrative  
and then going, I'm gonna own it is clever  
because she's aware of that.  
And then Katie Holmes,  
there's a lot of reasons why people love Katie Holmes.  
And I think it's because she is a single mother  
and there's a lot of women who really relate to that.  
You don't see a heap of that in celebrity culture  
where single to the point where she's so custody,  
like Suri is her daughter  
and we're obsessed with those pap pics  
of them together and their relationship.  
She's really dedicated her life to motherhood  
and to indie projects.  
And therefore, what's the thing  
that made her the most famous?  
It was probably her relationship to Tom Cruise.  
So I think that that's the first thing.  
So you mean if you don't do anything  
that sticks out in the public consciousness more  
than that thing, it will always re-index to that thing.  
Because if you think about it that way,  
the way to shift a stubborn narrative about yourself  
is to write a new one, right?  
And Kidman, immediately after she divorced Tom Cruise,  
won an Oscar, dated a lot of famous dudes  
and then married Keith Urban  
and then had a couple of children.  
And all the way through that,  
she made bigger, better, more interesting movies  
like her career kept moving, kept building, kept growing.  
And that narrative has now outweighed  
the Tom Cruise narrative.  
There would be people around our office,  
I'm sure, who probably don't even know  
she was married to Tom Cruise.  
Because she also doesn't ever speak about it.  
Yeah, her new narrative is probably more powerful  
than the Tom Cruise one.

## [Transcript] Mamamia Out Loud / Are We Allowed To Say We Hate Our Bodies?

Well, there've been more stop points, right?  
Whereas Katie Holmes,  
and there could be a million reasons for this,  
has chosen, I think, not that I know,  
but the Tom Cruise experience made her intensely private.  
And so remember she was dating Jamie Foxx  
for like years and years and years,  
but never mentioned it.  
There were hardly any photos of them together.  
She is intensely private.  
And the downside of that  
is that the narrative remains the one that everybody heard.  
You're basically creating a void  
that people then project into.  
But if you were Katie Holmes,  
you'd be looking at it and going,  
your story's fine.  
Like, this story is that I married an idiot,  
which she did, who wasn't kind or good.  
She has never had to say a word  
and yet all the words are said for her.  
But I reckon the other way is exactly as Holly said,  
you never comment on that narrative  
and you build something entirely new,  
which we have seen with someone like Lara Worthington,  
who I think is the complete opposite.  
I mean, she was shamed and she existed  
in that same moment that Candace Warner did.  
And it was awful.  
And she has completely rebranded.  
It's true. She has a new name.  
We did a lowbrow episode about Lara Bingle,  
which is a show I do with Shannon Finlay.  
And I told the story of her being massively slut-shamed  
after that relationship with Brendan Favola  
and the photograph that he leaked of her.  
And Shannon didn't know that story.  
So that was not...  
You just know her as this like...  
I've forgotten about that story.  
That was not her narrative about Lara Bingle.  
She knows her as like a very stylish, you know,  
skincare, beauty, famous person's wife.  
Like that's the narrative that she knows about Lara Bingle.

## [Transcript] Mamamia Out Loud / Are We Allowed To Say We Hate Our Bodies?

What do we think about Candace Warner then?  
Because I saw that project interview  
and saw all of this come out.  
And is there a point where you've got to stop talking about it?  
Or is this going to sell a book  
that's going to also include a new narrative?  
Yeah, that's what I'd love to hear you on, Mia, right?  
Because when I saw it at the weekend,  
I think it was like the cover of The Sunday Telly or whatever.  
And there was another one too that was like Candace Warner  
on Sunny Bill Williams and Sandpaper Gate.  
Now, those...  
Sandpaper Gate is the famous cricketing scandal  
where her husband was among the cricketers  
who were caught cheating in a massive international test match.  
Now, that has literally nothing to do with her,  
except that she's married to that guy and she was there.  
And the other incident is something that happened almost 20 years ago  
that she has spoken about, including to you on No Filter,  
at length and kind of explained, I guess,  
as much as she should have to explain anything.  
Yet they were the headlines every time.  
And I wanted to ask you, would she be okay with that  
because she's selling a book?  
Or would she be every time she sees herself described that way,  
like Jesse was saying, oh, she's the one in the toilet with her?  
Does she just...  
What do you think?  
I don't know, but I know that this is the price  
of putting your story out there  
that you can't choose what part of it people take hold of.  
Lisa Wilkinson's memoir, for example.  
All anyone wanted to talk to her about was the Carl thing  
and the Today show and leaving the Today show.  
Which is one page, you know.  
Yeah, which was a small part of her book.  
But we're in a click economy and an attention economy.  
And it's a little bit like Katie Himes' life.  
The stuff about her being a single mother  
and living off the radar, that's not interesting.  
The Tom Cruise is the interesting bit of heat.  
You've got someone like Nicole Kidman  
who leans into celebrity and continues with her narrative.  
Or you've got the Lara Worthington model

## [Transcript] Mamamia Out Loud / Are We Allowed To Say We Hate Our Bodies?

where she just completely withdraws but for years.  
And it's interesting.  
I was thinking also about James Parker, billionaire Australian,  
who at one point got into a physical fight  
with his best friend in the street outside his house in Bondi  
when there were paparazzi around.  
And the photos of that that went everywhere.  
The only way that that could be eclipsed  
was when he started dating Mariah Carey and they got engaged.  
New narratives.  
New narratives.  
So suddenly that was way down the Google search.  
Like, you know, I think also those photos  
have been taken off the market.  
But at the time, at the time you think,  
how could anything ever eclipse this?  
But it did because he got engaged to Mariah Carey.  
And same with Nicole Kidman.  
Like I never thought there would be a time  
when she would not be asked about Tom Cruise.  
But I also think that when you don't talk about it,  
you don't talk about it, you don't talk about it.  
And for years and you stay disciplined, it does stop.  
And also you get more power as you get older.  
So not everyone gets more power.  
And I would argue that Candice doesn't necessarily  
have that power yet.  
Lara Worthington does though,  
because she married an international movie star.  
And she is glamorous and people want her on the cover  
of their magazine or they want her to attend their event.  
So she can control the parameters of an interview.  
And she can say, I won't talk about this  
and I won't talk about that.  
Candice Warner doesn't have that power,  
particularly when you're selling a memoir.  
It wouldn't infuriate me so much.  
When I see those headlines, I'm furious for her.  
But as Jennifer Aniston is the same,  
she's still defined by the love triangle  
of her and Brad and Angelina,  
which is something that happened to her two marriages ago.  
No one asks her about Justin Thoreau and that divorce.  
Yeah, her narrative is also stuck 20 years ago.

## [Transcript] Mamamia Out Loud / Are We Allowed To Say We Hate Our Bodies?

If you want to make out loud part of your routine  
five days a week, we release segments  
on Tuesdays and Thursdays just for Mamma Mia subscribers.  
To get full access, follow the link in the show notes  
and a big thank you to all our current subscribers.  
Okay, best and worst of the week.  
My worst of the week occurred in a nail salon,  
a local nail salon.  
I was there with my daughter who's 13  
and her best mate who's visiting from Sydney  
and it was her best mate's birthday.  
So I, because I'm mother of the year, Mia, I said,  
it's what children like to do.  
You can't get their nails done.  
Actually, they bloody do.  
I know.  
They both wanted acrylics.  
And look.  
Acrylic?  
I've never got acrylics.  
Oh, Matilda.  
I don't get acrylics either, but it's school holidays.  
They beg me long enough.  
Whatever.  
Can you be on a phone while getting acrylics?  
Well, here was like, this is where the worst comes in.  
So I know you're all already judging me  
for getting my daughter acrylics.  
That was my worst.  
But it gets worse.  
I've only got her daughter acrylics.  
It's my worst of the week.  
I was like, well, at least they won't be on their phones  
for a while.  
How wrong I was.  
I sat in the nail salon with them.  
You know, sometimes you go to the nails and take ages  
because, you know, they always,  
because they're very busy and they always over-subscribe  
and they go, sure, we can do 14 of you at once.  
And they can.  
Listen to a podcast.  
Yeah.  
But anyway, we were there for a very long time.



## [Transcript] Mamamia Out Loud / Are We Allowed To Say We Hate Our Bodies?

And I sat next to them, two smart, engaged, 13-year-old girls,  
as they got to know the new AI bot on Snapchat.  
This just launched.  
What are you?  
What?  
So this is what they do.  
You can design it for how you want it to look.  
So Matilda looks like a robot.  
Margot looks like something else.  
And they said, can you write my essay for me about Albert  
Einstein?  
Click 30 seconds later.  
Essay about Albert Einstein.  
Do you know where I live?  
Yes.  
You live here and here.  
Should I get this nail color, snap, or this nail color, snap?  
Gosh, they both look great.  
I've heard that green's more in the seat.  
Like, no.  
Oh, wow.  
Shit.  
And I wanted to throw myself on the fumes of the acrylics.  
A deep breath because modern life is rubbish.  
It really, really is.  
Yeah, I'm not enjoying all this AI style.  
And I was sitting there, and Matilda goes,  
I think they've made this for people with no friends  
because basically you don't need people anymore.  
Like, it doesn't matter if my friends aren't replying to my messages.  
I can just sit there and talk to the bot.  
And then the thing is, is we're so unprepared.  
And I'm sure that I'm more prepared than some  
because, you know, of the world I work and live in.  
But like, they can't think of one good reason  
why it isn't an excellent idea for the AI bot  
to write their school essay.  
I keep waiting for my kids' schools to reach out and go,  
hey, this is our plan.  
We're on it.  
We're a cross this.  
I know.  
And then I was like, it's really dangerous  
that the bot knows where you live.

## [Transcript] Mamamia Out Loud / Are We Allowed To Say We Hate Our Bodies?

And then I was like, why is it though?  
The bot's not coming for them.  
Maybe it is.  
I don't know.  
And the phone knows where they live.  
Not yet.  
Right?  
The AI says it's not dangerous, actually.  
It's very confusing and very upsetting.  
And I don't know.  
And I was just questioning all of my life choices  
and nails a lot on a Saturday afternoon.  
My best and the antidote to that is a wholesome moment.  
I had the corrective experience.  
I had the next day with my son.  
Let's just call him the favorite child this week, shall we?  
I'm joking.  
Everybody don't at me.  
I posted about the trials of school holidays and phones  
this week and every parent I know is like, I know it's awful.  
But a corrective experience is I made my child  
by bribing him with his with a phone.  
He doesn't have a phone.  
But I was like, you can play on your Nintendo thing  
if you come out and garden with mom for 10 minutes.  
And he's like, anyone would think I'd ask Tim.  
Yeah.  
Pull his own teeth out with pliers.  
But he came.  
10 minutes isn't very long.  
I know.  
Well, that was my trick or opening offer.  
We pulled out all the tomato plants.  
He actually loved it.  
Pulled out lots of the good plants at the same time,  
which was kind of annoying.  
But I tried not to lose my shit  
because we're rewarding good behavior.  
Yes.  
Positive outside, healthy.  
With screen time.  
Exactly, with Nintendo.  
Pulled out all the tomato plants.  
He loved it.

## [Transcript] Mamamia Out Loud / Are We Allowed To Say We Hate Our Bodies?

Washing up all the soil, doing all that.  
Planted more plants.  
I thought, there you go.  
Nailed school holidays.  
Then he went back inside and played on his Nintendo.  
That was the pretty much the best they go.  
You had 10 good minutes.  
I did.  
What about you, Mia Friedman?  
Well, I know everyone's been missing  
instalments of my worst of the week being about my dogs.  
So I'm back to tell you  
that they are making another appearance  
in my worst of the week.  
And I wasn't even in the country at the time.  
So I was away in Fiji on Jesse's honeymoon.  
And my phone rings.  
And it's not a number that I recognise.  
So I answer.  
And if you've got kids,  
when the school rings or the daycare rings,  
they'll always say, well, you hope they'll say.  
Now, everything's fine.  
But.  
But.  
The person at the other room went,  
Hi, Mia.  
It's Annie from Dogue.  
Everything's fine.  
She's fine.  
But I'm just at the vet with Bella.  
And I'm like, oh, Annie, what's happened?  
Bonnie attacked her.  
Oh, no.  
She was attacked by a dog on retreat  
that happened to be Mia's other dog.  
Yes.  
There are many, many dogs on this retreat,  
including Jesse's dog.  
And she was attacked one dog.  
And in the fracas, she's lost a tooth  
and there's blood everywhere.  
So we've had to take her to the vet.  
And I just want you to know.

## [Transcript] Mamamia Out Loud / Are We Allowed To Say We Hate Our Bodies?

When Mia got off the phone,  
she goes, Bella's in the hospital.  
She kept saying Bella's in the hospital.  
Bonnie's attacked her.  
I think Bella's in the vet.  
Bella's been rushed to hospital.  
She's in the AR.  
Anyway, so I'm like, Annie, talk me through it.  
And she said, well, Bella was eating her dinner  
and Bonnie walked past and smelt the food  
and they got into a fight.  
Two of us had to pull them apart.  
But in the whole thing, we think Bella bumped her head  
on a wall and smashed her tooth out.  
So anyway, I'm like, OK, that's bad.  
She's got painkillers and she took a photo of her  
on the way back to the retreat, looking very high, I must say.  
So high.  
So sorry for herself.  
And then she texted me and she said,  
I've got bad news to report.  
When we got back, Bonnie bailed her up into a corner  
and started growling at her.  
Oh, no.  
Double down on the aggression.  
Bonnie's not an aggressive,  
well, sometimes she's an aggressive dog,  
but not towards Belle.  
We haven't had this before.  
Anyway, so I've been talking to this dog psychologist about it.  
Oh, my God.  
I'm shipping.  
I love that you get reports while the dogs are on holiday.  
Oh, guys.  
We think that what's happening is that Bonnie,  
who is like one and a half, almost two,  
and Bella, who is nine,  
that it is time for the alpha top dog status to change.  
Oh.  
Changing up the guide.  
And that Bonnie's like, no, move over, bitch.  
There's a new top dog.  
And that now, because what you have to do if you've got two dogs,  
you've got to put down the bowl and feed the one first,

## [Transcript] Mamamia Out Loud / Are We Allowed To Say We Hate Our Bodies?

who's the top dog, to maintain the order.  
And they've said, reverse it now.  
So Bella has always been top dog because she's older and came first.  
And Bonnie has always been bottom dog.  
And now you're flipping it.  
That's rough on Bella.  
That wasn't my idea.  
It's so sad.  
Yeah.  
It's so sad.  
How's Bella going to feel about losing her top dog?  
I watch Survivor.  
I know losing your top dog position is very painful.  
Well, in good news, Bella keeps humping me or an I.  
So she still knows that she's above some, just not a bottom.  
Which is a power thing.  
So Bella humps Jesse and I.  
I haven't done it for a really long time,  
but is doing it again and it's about asserting dominance.  
So I get it.  
She...  
So what that also tells us is that Jesse and I are at the bottom,  
like even under Bella.  
So that's my worst.  
My best was going on Jesse's honeymoon.  
I honestly had such a great time.  
People keep being like, how's the honeymoon?  
And I said, I hadn't.  
Guy, it was great.  
It would never not be funny to me.  
Did you enjoy it more than yours?  
So much more.  
I hated my honeymoon.  
I got food poisoning because I had like undiagnosed anxiety.  
So I think I had a lot of anxiety and I just thought that I was miserable.  
Yeah.  
I got sick and I just had a terrible honeymoon.  
Really bad honeymoon.  
Bad wedding, bad honeymoon.  
They've just been good.  
And then you've redone it.  
My corrective experience was Luca and Jesse's honeymoon.  
Oh my God, there's nothing unhealthy about that.  
No.

## [Transcript] Mamamia Out Loud / Are We Allowed To Say We Hate Our Bodies?

What about you, Jesse Stevens?

Look, my worst.

I've been married for two weeks-ish, as I mentioned.

And no, three weeks, three weeks.

Hey, oh my God, it's going so fast.

Anyway, two things have happened.

Firstly, Luca thinks he can get any haircut he wants.

He went and got a haircut.

He looks revolting.

Hate it.

Oh, I quite like it.

Hate it, hate it, hate it.

Don't.

It's not nice.

I didn't want it.

He looks awful.

Did you tell him?

It's very short.

It's, yeah, I told him, I hated it.

But I think it was retaliation for an incident

that happened this week,

which is that I was walking in the door.

We've talked a lot about me and my new bladder issues, right?

I have a baby that sits on my bladder.

It is in a particular weird position, sits on the bladder.

Your bladder or the baby?

The baby.

The baby is very bladder focused.

Right.

Comfy pillow, bladder.

Yes.

Yeah.

And I walked in the door and I just shrieked.

It's coming, it's coming,

as in I'm currently wetting my pants.

And Luca's face dropped.

And then he followed me to my bathroom,

where I ran, holding my, like, between my legs.

I had a dress on and it was coming down.

And you know the shame of a child who's wet themselves?

And I was going, it's coming, it's coming,

I don't know what to do.

And Luca stood at the doorway, just like,

what have I just witnessed?

## [Transcript] Mamamia Out Loud / Are We Allowed To Say We Hate Our Bodies?

But I thought, I would have thought,  
oh my God, the baby's coming.  
No, no, no, he knew that it was a weep.  
He was a shameful experience and he refused to look away.  
And he just stared at me and then really slowly  
just closed the door.  
Like, can we please have this separate?  
And then about an hour later,  
he was like, should we talk about that?  
Because never.  
He kept saying the standard you walk past  
is a standard you accept.  
And I don't accept that this happens in our home now.  
We don't just wet ourselves in front of each other.  
Oh my God, just wait till you know the flavour.  
And I was like, I'm sorry, I don't know.  
What happened?  
I'm doing everything that I can.  
It was so embarrassing.  
Honey, why don't you go to passive aggressive haircut?  
Yes, just to be like,  
if you bring up the haircut,  
I'll bring up what happened the other night.  
So marriage is going really well between us.  
My best, I've got to say Honeymoon as well.  
I worked out that it was the first holiday I'd been on  
in years and years where I didn't have a book to write.  
So usually when I go on holidays,  
it's like I do have a project.  
I'm, even if I'm not doing it every second,  
it's in my head.  
You can't fully relax.  
I could, I put in these structural edits  
and then I went, oh my God.  
And I felt my brain go, you could do this,  
you could do that, you could.  
And I went, no, that's not the point.  
And so I actually felt like I could rest,  
snorkeling, floating, hanging out with reef sharks.  
Just loved it, loved it, loved it.  
And your 14 year old brother-in-law.  
Yeah, exactly right.  
Romantic breakfast for three.  
I have got a recommendation for you for a new show.

## [Transcript] Mamamia Out Loud / Are We Allowed To Say We Hate Our Bodies?

Now, I don't know about you,  
but I love and have missed Natasha Leon.  
Oh, from Orange as a New Black?  
Yes.  
I love her.  
I listened to a podcast interview with her recently  
and she's just badass.  
She's really interesting.  
So interesting.  
Anyway, she has made a new TV show called Poker Face.  
What's it like?  
I always know the truth.  
There's nothing mystical about it.  
I could just tell.  
And anyone is lying.  
You're going to find Charlie Kier  
and you're going to bring it to me.  
I can tell she was lying.  
What if it's a woman's intuition?  
Oh, it's not like a tampon commercial, okay?  
It's a real thing.  
I guess I'm not over the pot  
where you're a human lie detector.  
Yeah, I know.  
It's crazy.  
Oh, everyone's talking about this.  
Yeah, and it's on stand.  
And it's created by the guys called Ryan Johnson.  
Now, he's really hot these days  
because he makes the Knives Out series.  
So, you know, the Knives Out murder mystery.  
Yes.  
And Glass Onion, which everybody loves.  
And I'm sure we've recommended that.  
That is good.  
It's amazing.  
Anyway, Natasha Leon stars in this that he has created  
and she plays this woman called Charlie  
who has this uncanny ability to tell if people are lying.  
So, I'm not going to give you spoilers,  
but a lot happens in the first episode.  
And it ends up with her basically going  
on a road trip across America.  
And basically every episode is about



## [Transcript] Mamamia Out Loud / Are We Allowed To Say We Hate Our Bodies?

her kind of solving different deaths.

Oh, I'm so glad.

Because a lot of people have recommended this to me,

including my friend who I had dinner with last night.

And I've always got like that rule of three.

So, three people I love recommended something to me.

It's got to be good.

But I thought it was about poker.

No, it's not about poker.

I'm so relieved.

It's about lying and all of those things.

And she is amazing in it, but also the cast is amazing.

It's got Adrienne Brody.

It's got Joseph Gordon.

Levitt.

It's got Hong Chao.

It's got Chloe Swingney.

I was saying her name wrong.

Swingney.

Oh, that's a high quality cast.

Very cool cast.

And almost every episode I end up going,

oh, it's that guy from that thing.

And I've been watching it with Brent.

It's a good show to watch with someone else.

So, I fully recommend.

What's it on?

Poker face on stand.

Get into it.

That is all we've got time for today.

If you're looking for something else to listen to,

while these two are away on honeymoon,

we recorded a bonus episode with me and Claire Stevens,

host of But Are You Happy?

And related to one, Jesse Stevens over here

and Elfie Scott, editor of Mom and Me, about jealousy.

One of the things that came up when we were listening to the first episode of But Are You Happy?

When Claire was talking about you, Jesse,

and about how she loves you more than anyone in the world,

but also feeling jealous of you and whether that's a motivator.

And it got me, I'm always really interested

in whether people's relationship with envy,

## [Transcript] Mamamia Out Loud / Are We Allowed To Say We Hate Our Bodies?

if it's useful or not.

Like I said, if competition is your fuel and drives you,  
or if it kind of paralyzes you and makes you feel insecure.

So, we all talk about our different things  
that make us jealous and how.

So, not just like romantic jealousy.

No, in fact, not romantic jealousy.

Professional jealousy.

Or friendship and what it might tell you,  
because Claire has said she uses it as a bit of a guide sometimes  
for where she wants to be.

Yes, that's interesting.

Whereas for other people, it can be really paralyzing.

Like, well, there's no point in me trying to do anything  
because it can never be as good as that, you know, that kind of thing.

So, we talk about our relationship with that.

It's really interesting if I say so myself.

And... No, that's so good.

I miss you, but you know, we may do.

Thank you for listening.

Luckily, I'm a Mamma Mia subscriber.

But if you're not, click the link in your show notes  
and then you can become one.

Yes, thank you for listening to Mom and Me right loud this week.

This episode is produced by Emma Gillespie with audio production  
by Leah Porges and assistant production from Susanna Makin.

And we'll see you next week.

Bye. Bye.

Shout out to any Mamma Mia subscribers listening.

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