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11-19-2021

Uncomfortable Conversations

Marina Lopez

Caroline Woolard

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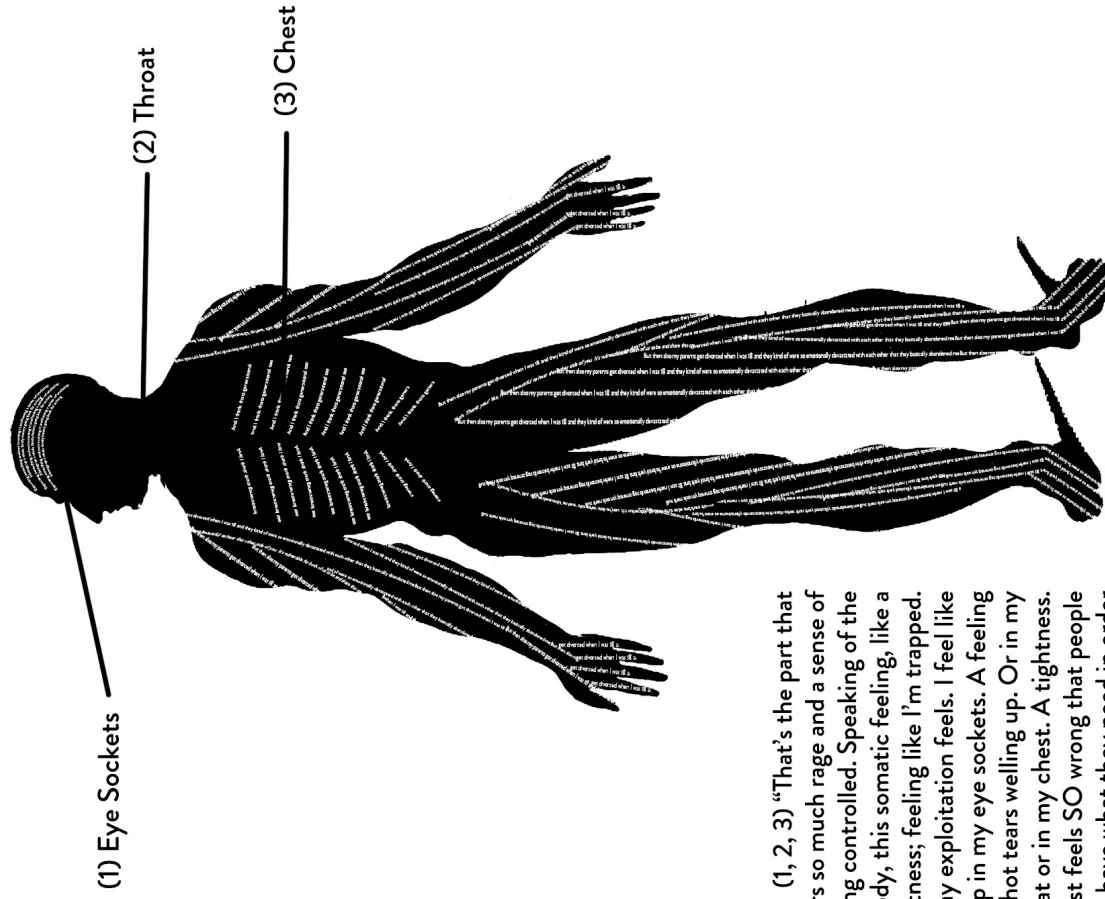
Recommended Citation

Lopez, Marina and Woolard, Caroline, "Uncomfortable Conversations" (2021). *Uncomfortable Conversations*. 1.

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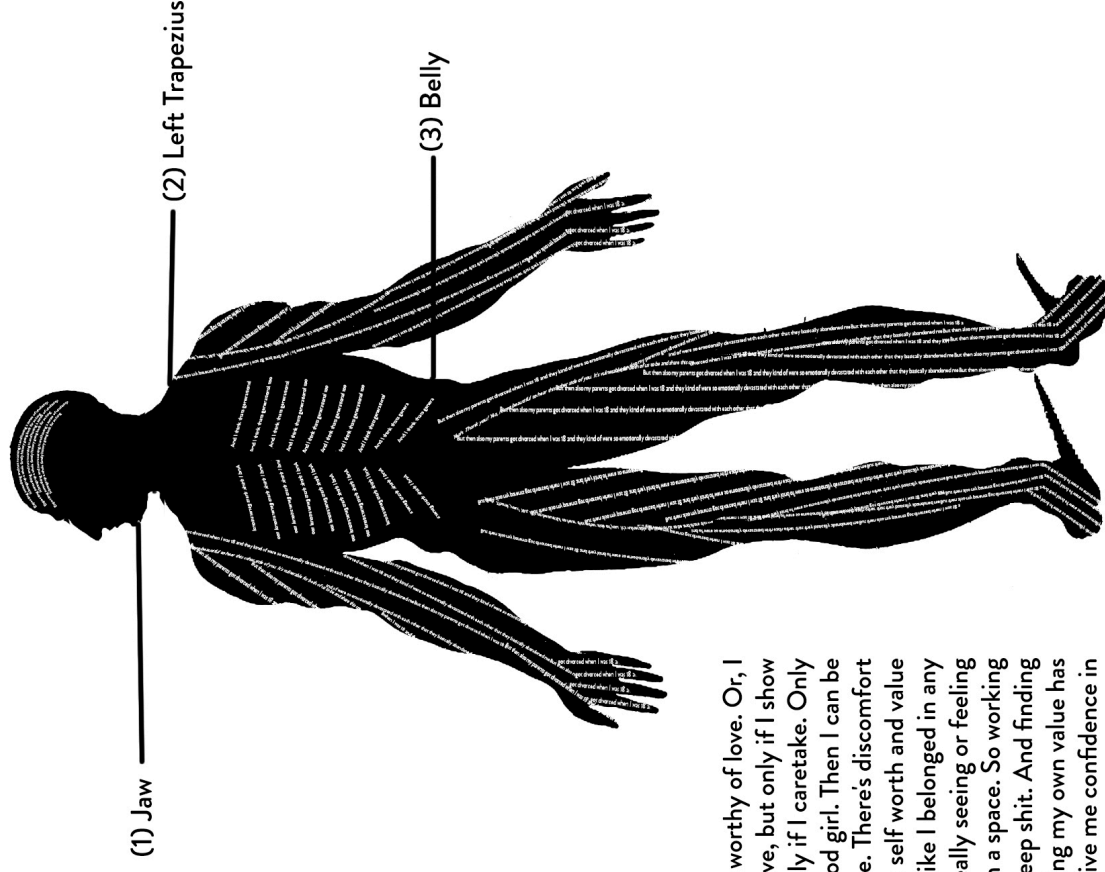
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Caroline's Cartography of Discomfort: "Money"



(1, 2, 3) "That's the part that triggers so much rage and a sense of being controlled. Speaking of the body, this somatic feeling, like a tightness; feeling like I'm trapped. The way exploitation feels. I feel like it deep in my eye sockets. A feeling of hot tears welling up. Or in my throat or in my chest. A tightness. It just feels SO wrong that people can't have what they need in order to survive."

Marina's Cartography of Discomfort: "Money"



(1, 2, 3) "I'm not worthy of love. Or, I am worthy of love, but only if I show up in this way. Only if I caretake. Only if I'm the good girl. Then I can be worthy of love. There's discomfort around my own self worth and value and not feeling like I belonged in any world, so not really seeing or feeling like I had value in a space. So working through that deep shit. And finding and recognizing my own value has helped give me confidence in navigating discomfort around conversations about money."