80s Pop Singer Tiffany's New Rules Saying No, Staying Well Transcript

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Setting Boundaries

They don't know this Tiffany, the Tiffany that says, no, I need a minute. No, like I can't do that. Know I to get up at 30 minutes before I needed to ground.

Now I'm going to have to step away in the middle of the day. Setting boundaries. And people don' like it. I think that's going t be one of th first things that we talk about at my gathering, let's say my friend gathering is boundaries, we tend to feel really bad about sending them.

Right. It's like, oh, I'm doing something wrong and people make you feel bad. What's this? Well, you did it before. Well this is just nonsense. But we have a time frame.

We've got to be there and I am learning now to go. I guess I won't be able to do it then. It sounds to some people very unprofessional, like, oh, you don't want a big career then, or you do want to be.

But I'm also, I do, but I realize if I don t do this, i won't be here to enjoy it. It really is that serious now.

Learning to Slow Down

So in having these flare ups, which just reminded me, Oh, ive done too much. Okay, let me backtrack what I was doing the last couple of weeks. Well, it didn't look that stressful.

Oh. But I never shut off my mind. Right. I mean, and I was constantly rushing around, accomplishing everything I needed to do, even in my social life.

Yeah. But. for a minute when I sat down, I was sleeping. And even then I wasn't, you know, restful because I think, okay, not going to get up at 630. I got to do that.

Not going go here. Well, no wonder why I'm all screwed up. You know? So I, like I said, am still learning. Yep. Uh, recently, literally just sat at my house and turned off my cell phone.

My partner he was like in my ear in might hear about stuff that was nothing wrong with it was asking questions for shows up and I mean he's my also my musical director we work together live together where everything together.

Turning Off the World

So he said I had to turn say. I need 15 minutes. I just need quiet verbalizing. I'm sorry, I don't mean to be mean. And I know you need answers right now, but I've decided that I am taking this time.

Yep. and I"m shutting off the world. i'm just literally going to sit here in silence for a second. I need to undo everything here.i don"t need take in more, i need let go.and I sat out there and just stared at trees and listened to the wind come through and the whole time I was thinking Oh, I hope it didn't hurt his feelings.

Oh. I said it as nice as possible. He looked at me so strange, like, this is weird. What are you doing? You're saying no, but I don't understand. You know, and I thought, oh my gosh,