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Annie: Hi friends! Welcome to another episode of That Sounds Fun. I'm your host Annie F. Downs. I'm really happy to be here with you today. We have got a great show in store.

Man, I love being back. First of all, I've got to say thank you, thank you, thank you for all of your kind words about Chase the Fun. It has been a crazy fun release week. And it's the actual best to see those making their way into your hands.

If you haven't gotten your copy of Chase the Fun, you can do that everywhere you love buying books, including Walmart and Target, and my favorite, your local independent bookstores.

Before we dive into today's conversation, a quick word from one of our amazing partners, [Cru](#). It goes without saying but I'm gonna say it anyway: the Bible has changed my life.

Imagine for a second that you couldn't get a Bible, that you couldn't hop on Amazon and get one delivered to your house tomorrow. So you're saying, what is this day and age we live in? Or what if you couldn't afford a Bible? Or take it one step further and imagine that you weren't even allowed to have one.

Honestly, sometimes we forget that there are people, lots of people, around the world who simply can't get a Bible. That's why we are thrilled to partner with Cru.

Cru is one of the largest evangelical organizations in the world. With over 25,000 missionaries and in almost every country, Cru is giving bibles to people around the globe in their own heart language and sharing the hope of Jesus.

But here is where they need our help. For only \$21 a month, you can provide three people with Bibles each and every month. When you sign up to provide three Bibles with a monthly gift of \$21, Cru is also going to multiply that donation by providing meals to five hungry families through their humanitarian aid ministry and you get a free copy of my new book, Chase the Fun.

Simply text FUN to 71326 to help today. Think about how the Bible has changed your life, and imagine just how much this gift could change someone else's life. So again, you text FUN to 71326. That's FUN 71326 to help now. Or you can visit give.cru.org/thatsoundsfun. Message and data rates may apply.

Intro: Today on the show you're gonna get to hear from my friend, Ainsley Britain. Ainsley is wise and kind and fun and funny. She has literally helped thousands of

young adults embrace their confidence, date healthier, and discover their identity in Christ through her written words or speaking engagements and her Wild Confidence Podcast.

Her new book, *Don't Date a BooBoo Dude*, I know we're gonna talk about it, *Don't Date a BooBoo Dude* came out on Tuesday, same day as Chase the Fun. I love having booked twins. She has such hard earned relational wisdom, y'all. And y'all are gonna love this conversation. I cannot wait for you to hear it.

For those of you who are walking with young adults, for those of you who are young adults, for those of you who are in your 20 and 30th year of marriage, there is wisdom in this conversation for you.

And hey, friends, I just wanted to give you a heads up that this conversation we do at times talk about relational abuse. So I just wanted you to know that ahead of time so that you can protect your own heart or the little ears around you, my MiniBFFs and listen to it first before they listen along.

So here's my conversation, for all of us, with new author and my sweet friend, Ainsley Britain.

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Annie: Ainsley Britain, welcome to That Sound Fun.

Ainsley: Thank you so much.

Annie: Can you imagine? I mean, how many years ago? Eight years? How long have you and Justin been married now?

Ainsley: Oh, that's always a trick question. It's six-ish. Maybe?

Annie: So seven or eight years ago when we met.

Ainsley: 100%.

Annie: I cannot believe that we're sitting here.

Ainsley: I know.

Annie: That is just wild. You married my friend.

Ainsley: Yeah.

Annie: Y'all moved to New York. You hated it most of the time.

Ainsley: Yes. It was just as much magical as it was miserable.

Annie: I mean, do people feel that about New York in general sometimes?

Ainsley: I don't know.

Annie: I hear it's hard. My friends say it's pretty hard. If you can make it there you can make it anywhere, they say.

Ainsley: True. True. I don't know. Being from the south, I think I'm (a) used to certain, I don't know, warmth. A little bit missing. But I did meet some incredible people that taught me so much about myself. And I don't think I'd be the same person had that not happened and had I not met those people. So I really do think that there was a lot of silver lining.

Here's the thing. It wasn't the people that I was struggling with. It was the elements. Because the South is hot but you're not exposed to the elements like you are New York.

Annie: I mean, it's August and I'm wearing a long sleeve shirt because I'm inside today.

Ainsley: Because you're inside.

Annie: And I'm going to TPAC tonight and it will be cold, and I don't go home in the middle.

Ainsley: And you can get in your car.

Annie: Yes, that's right. It's my car in between.

Ainsley: Shelter. You just don't get that. In New York, if it's hot, you're hot. If it's snowing, you're snowed on But you're also sweating because you're insulated and then it's cold. And then you get on subway and it's like breath and you're just like-

Annie: It is like breath. That's a great description of the subway. It is like breath.

Ainsley: But not the good... Not a fresh breath.

Annie: No!

Ainsley: It's so stuffy.

Annie: I mean, so many of our friends listening, August is the number one time people move to new cities. So there has got to be people listening who are going to college for the first time who are moving to New York, moving to Nashville, moving to across the world. Talk about when you and Justin knew New York was right, but it was not easy.

Ainsley: Yes.

Annie: So how do you reconcile that inside of yourself when you go like, "I know we are gone and also this is harder than I thought it would be"?

Ainsley: I can't think of a season in my life that that wasn't the case.

Annie: Wow, yeah. Say it. You know, when I moved to Nashville initially, I knew I heard God. I was very alone here. For the first year that I was here, I knew one person. And then I moved to New York and I knew I heard God. In fact, I heard Him so clearly that I was like, "Whoa, whoa, a little softer. I didn't think you're gonna mean this."

Annie: About New York?

Ainsley: Yeah.

Annie: Wow.

Ainsley: I prayed if I get a job... I was like laying up in lambskin. I was like, "If I get a job and an apartment in one weekend, then I'll move..."

Annie: Were y'all already married? Did y'all move up together?

Ainsley: Mm-mm. No.

Annie: No! That's right. That's right. That's right.

Ainsley: We lived separately. But I said, "...then I'll know that you really want me here." And that happened in 24 hours.

Annie: Wow.

Ainsley: Which if you're moving to New York, that's so, so miraculous that that's how you know. So I was like, "Whoa." But I really didn't "Excuse me, sir. Excuse me. Uh..." I wasn't sure. So I knew that it was Him, so I just moved.

I mean, I'm very much like, "If the Lord tells you to do something, you're gonna do it no matter what." And it's going to be hard. I think that's just life is like life is hard. But in the crushing, in the pressing—I was at just listening to *New Wine*, so that's why those words are just pouring out—but that's whenever you learn about yourself, you learn about your faith, because you're literally like, "I'm going to cling to you right now because you told me to do this. So you got to be my life raft. I need you so bad."

Annie: And was the confirmation was the job and the place to live kind of like, "I think I heard God say New York. Here are the things that have to line up for me to know this is a yes?"

Ainsley: So Justin moved to New York six months prior, and then I was like, "We're not going to make it if I'm not there, just the way that we are." So that's when I was like, "Okay, Lord, do you want me to move there?" And I really didn't hear anything. Like I didn't hear an audible yes or no. Sometimes I do. Sometimes I hear like, yes, for sure, yes, no, whatever. Or I go into the throne room, and He shows me a picture of something.

But this time, it was just, "Okay, this really hot guy that I really want to keep dating is there and I kinda want to be..." I was like, "Who doesn't want to live in New York for a little bit?" There's some kind of magic about it. So I was like, "Okay, let's do it." But then I was like, "Maybe not. In my mind, I was like, "Maybe. Maybe that's not real."

So then that's when I was like, "Okay, Lord, I'll know that it's from you instead of just me wanting to chase the sky." And I also didn't want to be chasing a guy. I wanted to go with my own legs, you know, standing on their own, with a job, with a place to live. It had nothing to do with him. That way, if it didn't work out, I would still have my own foundation. And it did work out.

So yeah, it was scary. I heard from Him from laying that out and being like, "Okay, this is it." And then I found it in 24 hours. And then it was terrifying but it was also some of the most challenging, tear-filled years of my life. And I would never trade it for anything because I heard the Lord so clearly and I learned so much about myself then.

Annie: I think one of the joys of being friends with people over seasons is I remember being worried and sad for you when I was up in New York with you one time. When you were working at Peloton?

Ainsley: No

Annie: No.

Ainsley: Oh, that would have been Equinox.

Annie: Equinox. Yes. I remember thinking, "Okay, God, get her through this." And you've walked through seasons with me like that, too. And now on the other side of that particular thing, I'm just like, "Oh, God, she had to." Like y'all had to New York-

Ainsley: We had to.

Annie: ...in order to find the-

Ainsley: Houston.

Annie: Yeah, in order to get to Houston, in order to get to Louisiana. It feels like the Lord's like, yeah. It is what Scripture says of like the seed has to die and it has to be buried in order for there to be growth.

Ainsley: Yeah.

Annie: I mean, you talk to women all the time about dating. So what better way for us to jump into the new season of shows this new fall season than to just like, let's go there. Are you ready?

Ainsley: Yeah, I'm ready.

Annie: I'm just gonna ask you lots of questions. How about your new book comes out this week? Same day as mine. Book twins.

Ainsley: I know. I love it.

Annie: *Don't Date a BooBoo Dude.*

Ainsley: That's right.

Annie: Okay, let's start with the title.

Ainsley: Okay.

Annie: What is a booboo dude? Because it feels like—I've read the book. I endorsed it. I'm on the cover—the content's really important and really serious and really deep. The title is not. So why a title that is about a booboo dude, when the book is about how do you respect yourself, how do you not be in abusive relationships?

I mean, in the book you have, "Here's a phone number to call if you're in abusive relationship. Here's a website. Here's our support group." You're not kidding on the inside of this, but the cover says booboo dude.

Ainsley: Right. Right. I love this so much. I love that question so much because there's strategy behind this. And there's so much strategy behind this that I'm just, I don't know, honored to have this conversation.

So I was in an abusive relationship. Let's start there. I experienced a lot of violence, a lot of name calling, a lot of-

Annie: Before Justin, just for everybody's clarity.

Ainsley: Yeah, yeah, yeah. This is not my husband. Prior to my husband. I experienced feeling trapped. I experienced my friends and family not knowing what to do or not knowing what was going on.

Annie: And you were both Christians?

Ainsley: Yes.

Annie: So that is a layer on this too.

Ainsley: Yes, 100%. And through the process of realizing what was going on, I didn't even really know that I was in an abusive relationship, but I knew that my identity was slipping away.

Annie: Wow.

Ainsley: So I knew that the conversation that needed to be had was more of an identity conversation than a dating conversation.

Annie: Oh, wow.

Ainsley: But here's really where it gets kind of tricky with these conversations in general. I am a victim of an abusive relationship. I'm in it. Meet me there. Okay, hands are

coming across my face, plates are being thrown against the wall. I'm being locked in apartment for three days. I can't explain it any clearer than that.

And I had, you know, somebody come to me and be like, "You're in a dangerous situation. You need to get out." I'm like, "I'm sorry. Who are you to tell me what's in my life?" I'm immediately defensive.

That's immediately what happens whenever you kind of go to someone, and you're trying to sit them down and you're trying to have this conversation with them, but they're not ready to have it. (a) they might not be aware that they're in an abusive relationship, (b) they might not be ready to accept that, or (c) they feel trapped and they're already telling themselves the narrative that you just said out loud. So it's confirming a lot of the insecurities that they might be feeling.

Annie: Wow. Oh, my gosh, literally, only someone who lived in that house knows how to talk about that house.

Ainsley: Yeah.

Annie: I have not thought like that. Wow.

Ainsley: However, if I go to you... And let's say you're a young adult, because that's really where a lot of these things, I think, originate. In fact, I sat in my living room two weeks ago, I had a group of college girls over because every month I have a group of college girls over just to hang out and talk about whatever they want to talk about.

Annie: That's really fun.

Ainsley: Five out of six of them were in dangerous relationships.

Annie: What?

Ainsley: At least once upon a time.

Annie: Oh, my gosh.

Ainsley: Already. They're sophomores.

Annie: Oh my gosh.

Ainsley: That's why this conversation... like if we're gonna have the birds and the bees conversation whenever your kids are in high school or whatever, can we also just

have, Are you safe? Do you know what to look for to know if you're not in a safe relationship? I just need to have these conversations.

However, do you think that those girls are able to kind of conceptualize this heavy, heavy thing? Maybe. Maybe. I hope. But not always.

Annie: And not when you're in the middle of the pain.

Ainsley: Not in the middle... Yes, exactly. So I like to bring an entry point. And Booboo... I'm from Louisiana. We make up stuff all the time. We have our own language. If you hang out with me and Lauren... my friend Lauren Daigle is from there too, you'll note we literally just start talking our own language because we're from Louisiana. But BooBoo just means bad. And I use it in my everyday life. It's just in my regular vernacular.

But what I'm able to do is talking to young adults identify these quote-unquote, "booboo behaviors," which are incredibly toxic, they are manipulative, they reduce the self-confidence of young women. Any kind of behavior leave you on red, leave you wondering where you stand, leave you on the back burner, all of these things are quote-unquote, "booboo behaviors." They're toxic behaviors.

If we're talking, you and I, I would say they're toxic behaviors. If I'm talking to a college girl, I'm gonna say, "They're booboo behaviors."

Annie: Right.

Ainsley: You know why? Because it immediately does what you just did.

Annie: Yes, yes.

Ainsley: It makes you giggle. And what that does to your guard and your defense is it brings it down.

Annie: So smart.

Ainsley: So if I'm walking with you through a season where you are in a dangerous relationship, I need to tread very lightly, I need to keep you giggling every now and then, and I need to bring some internal reflection to your situation to make you think about what's going on.

So if you can say, "Wait, is that a booboo behavior?" it's more just speaking their language. That's all it's doing. So it's kind of like a Trojan horse book, where it's like, "Yeah, this is a dating book. Wink. Really, let's talk about, are you in a safe

place? Are you being held properly? And what's the Lord doing in your life? Are you staying connected to the Lord? Where's your identity? Are you putting your identity in the hands of the unworthy?" And just those kinds of things.

You know, in normal conversation, I'd be like... You know, let's say she would be like, "Okay, well, he only texts me at night. He only wants to hang out at night." My response is like, "You know, that's a booboo. You know that's a booboo."

But what that does is whenever she leaves the conversation, she says, "Dang, I think that is kind of booboo. That is not how I want to be treated." And it starts that internal reflection. But it's a light way to have a heavy conversation. That's what it is.

Annie: So how often are you talking to young women? Are high schoolers reading this?

Ainsley: I would say it depends on your kind of, you know, maturity level, where you are with dating. I would definitely say, you know, 17 up for sure. But my sister is about to be a freshman and I think she could read it. There's only one chapter with a disclaimer or a trigger warning. And that's the third chapter. So if somebody wants to go read it, and decide if they want to let their daughter or niece or whatever, that would be great. That's fine.

I also would encourage moms and daughters to read through this together because this gives an opportunity for a mom to be like, "Wow, I know that that happens. And I thought that it happened a lot older, but it really doesn't."

Annie: So often, I think... I mean, because I'm 42 and I'm like, I read things in here and thought, "Oh, he just did that." So the problem is, so many of our friends listening are in relationships with men, whether they're married or not, and the men can still show some of these behaviors even as grownups, right?

Ainsley: Yes. Yes.

Annie: So how do you balance there are booboo deeds in the world and they're also really good men? The thing you aren't wanting to do is lead an army against men, right?

Ainsley: 100%. I married a man. I love men.

Annie: I want to live with one. I can't wait.

Ainsley: Yeah, absolutely. Well, you know, they're dirty.

Annie: True. True. But I'll take it. I'll take it. I want to marry one.

Ainsley: For sure.

Annie: So how do you balance that? When you're having these conversations, how do you teach, and how do we teach young women men aren't to be-

Ainsley: Hated.

Annie: ...hated and you don't need to lead with a suspicious heart?

Ainsley: 100%.

Annie: How do you teach that? How do you do that?

Ainsley: Well, number one, we need to all accept the fact that girls can be booboo, too.

Annie: Thank you.

Ainsley: Like that's 100% true.

Annie: Oh, listen, I know a situation right now where I want to call the girl and be like, "It's you. It's you. You know you are doing the problem."

Ainsley: And I have been there too. I can, you know, think back and recognize, "Oh my gosh, that poor guy that asked me to prom two years in a row and I told him yes two years in a row, and then I ditched him two years in a row. I still feel guilty about that. I know it's a whole story. It's a whole story. That'll be in a future book.

It was just so booboo of me. So (a) everything in this book can be reversed. In fact, when I was doing the audiobook, the director has two sons, and she was like, "Can you just switch the pronouns and write this book again?"

Annie: Right, right. The cover is enough that you could say don't date a booboo girl or girl-

Ainsley: Booboo babe.

Annie: A booboo babe and just cover up, dude. Yeah, for sure.

Ainsley: So (a) recognizing that this is just an... I can only write from my experience as a female dating males. But it absolutely can be role-reversed. (b) Don't make anyone else a prisoner of a previous person's crime.

Annie: Wow. Wow.

Ainsley: Just because someone hurt you doesn't mean everyone's going to hurt you.

Annie: That's important for moms to hear when they're leading their daughters. Right? Like don't make people prisoners. Don't let your daughter's boyfriend be a prisoner to what your high school boyfriend did. Right?

Ainsley: Yeah, absolutely.

Annie: That's really helpful. That's a great piece of advice.

Ainsley: 100%. So that's really, I think, important. And then also just at the core of everything, recognize that time has nothing to do with healing all wounds, but Jesus does. Time can fester. Time can mold. Time can make things go bad-

Annie: Time is a tool. You get to decide whether it's going to help you or hurt you.

Ainsley: Right. But the Lord-

Annie: Jesus. That's right.

Ainsley: ...the more you lean into Him, you can guarantee that you are going to find healing, you're going to find rest, you're going to find restoration. You're going to be able to build the bridge of communication between anybody that may have severed or broken with.

I think that that is the most important thing in anything is if you have experienced this or if you are trying to heal and move forward is know where to go.

Annie: Talk to our friends who are married, who they've had unfaithfulness in their marriage, or their husband has hurt them in some way. How do we do this behavior of not holding someone to a previous crime when it is the same person and you're in this committed relationship? And maybe their kid is watching. There's at least a community watching. How do we read trust someone who married a non-booboo dude, he had a booboo moment, or she got a booboo moment and now I still share a house with them?

Ainsley: I guess I would need to assume that they're repentant or not.

Annie: That sounds like first step. Right? That's what you're saying is first step is are they are repentant.

Ainsley: Hopeful.

Annie: Let's say they are. Let's say they are.

Ainsley: Okay, let's say they are. I think that this is just going to be a hard pill to swallow.

Annie: Okay.

Ainsley: And I think that it might be impossible without the Lord. But the number one thing that Alex Seeley has taught me-

Annie: Pastor of The Belonging. She's been on the show.

Ainsley: ...is to not get offended and not be offended. And the thing is, is that I cannot throw a stone at anyone for doing anything that sin just looks different than mine. Just because your sin looks different than mine doesn't mean that I have any right to look at you any lower even if it's in my own home. Because that's not how the Lord would treat us. The Lord would be...

And I know it's just impossible without Jesus. Because if you don't know the heart of Jesus, you don't know how to be the heart of Jesus, and you don't know how to be the hands and feet of Jesus. But if there's one thing that you can do to the person who has offended you and hurt you and really done the worst thing to you is to show them what the Lord would do and not throw the first stone.

Annie: Man, yesterday someone called and confessed. Not in like a confession, not like I'm her pastor. They were just like, "Hey, I need to tell you something that's going on in my life. Yeah, this happened." And I felt this like, "Are you kidding me?"

And before I could get "Are you kidding me?" out, the Lord was like, "Remember you yesterday? You think those were that different?" And I was like, "You know what? They are not different." And actually she confessed to someone and I did not. So if they're different, let's talk about how they're actually different. It's me. If we're going to start ranking, I didn't even have the guts to confess. I didn't even have the guts to confess and she did. Right?

Ainsley: Yeah.

Annie: So that's a great thought. I just think, man, there's so many of our friends listening who are raising littles but are experiencing this in their lives.

Ainsley: Absolutely. And then even like when you're talking about teenagers or if you have kids that are teenagers, they can trigger you so hard because just the words that they say can... if you don't have a healed wound, they can just reopen it so quickly

because it's literally like they're your kids. So they know you. They know what to say.

Annie: They know what to say.

Ainsley: I only know this from... I was a high school minister. I was leading hundreds of students and I've walked hundreds of young adults through life, you know, and continue to because they're my favorite people. And it's so funny because I'll have a conversation with the parent and the kid and I'm like, Y'all are mirrors and that's why you're so triggered.

Annie: Yes. Yeah. You're like, "Dear mom, let me tell you why you're struggling with Katie. It's because you made Katie."

Ainsley: My daughter's name is Goldie and I already know that... You know, she did something the other day. She's only six and a half months old. But she did something the other day and I was like, "Oh, you are going to be sassy and I am so scared because I am so sassy."

[00:23:47] <music>

Sponsor: Hey friends! Just interrupting this conversation real quick to share about one of our amazing new partners, [Jinjer](#). Okay, you know that our team set aside time for a good break this summer. I mean, it really matters that we take time to rest, practice some selfcare.

And one of my new favorite ways to do that recently is with Jinjer's rejuvenating self care kit. That's Jinjer with two J's. Jinjer is an all-natural, high quality essential oil made from Jinjer root. It has so many amazing benefits y'all. And Jinjer's rejuvenating self-care kit is perfect for doing just that—taking a little extra care of yourself.

The kit includes a bottle of Jinjer essential oil plus tools to fit every need like the Gua Sha stone to use with my Jinjer oil for a massage to combat that travel-induced puffiness and aches and pains. and a few drops of Jinjer oil and the mini diffuser really helps clear my mind. I love the scent.

Not only does Jinjer make my nose smile, but it's also so easy to use. It's safe to apply directly on the skin, and it has little dropper cap that's so convenient. It means no spills or messes. It's like they know how fast I move sometimes. I know you'll love Jinjer essential oils as much as I do and you need to check out their rejuvenating self care kit.

Right now my friends get this special offer of 20% off your first purchase. Just visit the special URL, jinjer.us/thatsoundsfun. Jinjer.us/thatsoundsfun. Remember that's with two J's. So don't wait. Go to jinjer.us/thatsoundsfun.

Sponsor: And I've got one more amazing partner to tell you about, [ThirdLove](#). Okay, one of my main considerations while I pursued rest during the month of July was comfort. Trust me, your girl did not wear jeans or hard pants for a lot of days. We were soft pants central.

Time with people I'm comfortable with and places that bring me comfort is super stressful for me as well. And making sure what I'm wearing, and the soft pants, and what I'm wearing underneath, what I'm wearing is also comfortable is pretty much always at the top of my list, which is why ThirdLove is such a no-brainer for me. The right bra can take any summer outfit, whether it works on vacation on the go or on the couch to the next level.

Upgrade your summer top drawer with a ThirdLove bra for every occasion, like their bestselling 24/7 t-shirt bra, form wireless, unlined and strapless styles. These new limited edition styles and colors work with any outfit so you can always feel your best while looking amazing, too.

Okay, so I mentioned the 24/7 classic t-shirt bra. Y'all have heard me say this before, it is my favorite. Technically, I think it's everyone's favorite, which is why it's ThirdLove's number one bestselling bra. It forms to your body to help you feel confident and supported. The straps never slip or pinch or dig in. And they literally invented half cups. Y'all, wow. And they have sizes A through H so you can rest easy knowing you will always get the right fit.

They're not gonna leave you on your own to figure it out, though. With our fitting room quiz, we love a quiz, it's like you've got a personal shopper, but better. They ask just the right questions to help you find bras that are perfect for you just like they have for 18 million other women.

Feeling is believing. So get the 24/7 comfort and support you deserve. Upgrade your bra today and get 20% off your first order at thirdlove.com/soundsfun. That's 20% off at thirdLove.com/soundsfun.

And remember we include the links to all of our sponsors and transcripts and the show notes. But we'll email them straight to you on Fridays, if you sign up for the AFD Week in Review email. That link is in the show notes as well.

And now back to our conversation with Ainsley.

[00:27:19] <music>

Annie: When you think about it, what are you doing right now, as the mother of a six-and-a-half-month-old, what are you doing right now for your own self to be the healthiest mom possible?

Ainsley: That literally is every day I have to wake up and choose it. I have to make sure that... One thing that I am doing is limiting my meetings for work, extending my time with her and doing one thing for me a day.

Annie: Oh, wow.

Ainsley: And the reason that that's so important is because I'm only going to get this season of extended time with her for so long before she's gonna be gone for most hours of the day. And I think there's some statistic that I'm not going to quote the source correctly because I don't even remember it. But it was something about the fact that teenagers only hang out with their family like 30 minutes a day or around that on average.

Annie: I believe it. Yeah.

Ainsley: So it's like-

Annie: I mean, I got home from school, soccer, I got home and ate dinner and then I was doing homework.

Ainsley: Right. Or I was talking to booboo dudes.

Annie: That's right. Or I was on AOL. It's the best-

Ainsley: I was gonna say I was on AIM being like, tu tu tu tu tu.

Annie: That's exactly it. I was on AIM. That is 100% true. Oh, that's so funny.

Ainsley: Like, I'm not worried about talking to my mom. So right now I'm building foundation. Yes, I do need to take care of myself. And that's why I do one thing for me a day, whether that's a workout class, whether that's shower, whether that's-

Annie: A meal?

Ainsley: A meal. Yeah. I mean, I do one thing at least, at least, for me a day that's very intentional, that is baby-free where I'm not having to anticipate someone else's needs. But it is a lot, but it's also a season. And I think keeping that in mind is very

helpful, too. I mean, looking at her now it's different than looking her last week, it's different than looking at her two weeks ago. So I don't want to miss it.

Annie: Right. I think it's so important for people to hear doing something for yourself can be as simple as a shower. You're not saying, "Every day I take two hours and go to like... go shopping." But you can.

Ainsley: I'm not getting a massage and mani-pedi.

Annie: Totally.

Ainsley: Also you could do that.

Annie: You could do that. I think it's so important. It's one of the conversations we have about fun all the time, that people assume fun is big and expensive and a lot of time. And you go like, No, like a shower-

Ainsley: Or a nap.

Annie: Or a nap. Or like I'm like, "Dear moms, quit eating the crust of your kids sandwiches and make your own sandwich. Make yourself a sandwich. You deserve two full pieces of bread. You do not have to eat the crust of the peanut butter."

Ainsley: Okay. There's a sermon in that.

Annie: Right. That's what I am saying to my mom friends. Okay, back to dating.

Ainsley: Sorry.

Annie: No, I asked you. This is what I wanted to talk about.

Ainsley: I'm an Enneagram two. I apologize for everything.

Annie: That is math.

Ainsley: You can kick me in the shin and I'm like, "I'm sorry."

Annie: Speaking of Enneagram, you are blowing up on the TikTok.

Ainsley: Tiktok.

Annie: Say your TikTok handle. Is that how you say it?

Ainsley: Yeah, I think so. Enneagramandchill.

Annie: Enneagramandchill. And so many people are watching you talk about the Enneagram, it's wild.

Ainsley: A lot of people. A lot of people have opinions about it, too.

Annie: Oh, listen, the pushback of the internet is such a thing, is such a thing. We didn't do Enneagram this summer. We took a break from it. But Enneagramandchill is a great place. It's not an Instagram as well?

Ainsley: Well, yes, but that's on me.

Annie: Oh, really.

Ainsley: Because I didn't... I'll be honest. I didn't anticipate this being a thing. I literally was just like, "I want to post Enneagram stuff and be silly and dumb and make fun of the stereotypes." And it really was like picking up and then I was like, "Okay, I don't know how to change it." I'll be honest. There's a lot of stuff on the internet that I don't want to change, I can't take down, I wish I could. There's so... I don't know.

Annie: So when you're talking about dating, and *Don't Date a BooBoo Dude*, and the Enneagram,—I love asking Enneagram expert this—are there types that do not fit?

Ainsley: I love that question. Sure. Unhealthy types.

Annie: That's a great answer.

Ainsley: But no, if you're thinking numbers, a two doesn't not mesh with a five and a seven.

Annie: Because I'll tell you. One of the things I do wrong is I bring old Enneagram crimes to new Enneagram men. Or like, Oh... I'm not going to use the real number. You're in your nine? Well, let me tell you about my life with a nine. I'm not interested. Oh, you're a four? Bye. I won't even consider. But I'm putting somebody in jail for someone else's crime. And it may not have even been those dudes' Enneagram numbers that caused them to behave like that because it's about motivation, not behavior.

Ainsley: Exactly.

Annie: I hear so many people say, "Well, I'm a three and I'm great with sevens," or "I'm a one and I love date and a five or whatever." Where does Enneagram fit in dating?

Ainsley: Well, first of all, like those specific sentences make me want to be like, "You're giving Enneagram too much credit."

Annie: That's it. Right. Right. It is just a tool.

Ainsley: You're giving this tool a God complex.

Annie: Wow.

Ainsley: You know, the Lord can change anybody, do anything with anyone. And it makes me want to be like, "Just sit down. Okay? Step into my office, and let's have this actual conversation. Just don't give this thing too much power."

I love it. It's part of my career. I talk to you about the Enneagram all the time but I don't give it too much power or too much credit. I mean, it's just not that. But I will say, I did have that thought process once upon a time, where I was like, "Oh..." I'll use the numbers, please because they're in my life. "Oh, I'm a two. I don't really get along with eights that well." That's what I said.

And then I was working with an eight, we were sitting in this meeting, the one eight that I made this definition about, and it was amazing because he said something and meant it, and then I said something and I didn't have to worry about if it hurt his feelings.

Annie: Wow.

Ainsley: And I was like, "Whoa, you couldn't have done that with me. We would have been worried about..." You know, I guess I was just like, wow, that was really refreshing that I didn't have to... I saw the beauty in that type. And the more you study it, the more you do see the beauty in that type. So the more you study it, your empathy will grow for each person and each type. And then also just focus on your growth and don't worry about everybody else's.

Annie: That's it. Right?

Ainsley: You focus on you and you'll be-

Annie: Because you know who is in a relationship with a nine and a four, this seven. So what's the common denominator? Your girl. I mean really, who is to blame?

Ainsley: And let me tell you. Every time I slip into the unhealthy two, I'm like, "Ainsley, Ainsley." That's the thing. I always think about is like bowling bumpers. The

Enneagrams aren't getting you from point A to point B, but it'll help guide you. It'll help you be a little bumpers where you can recognize, "I know and I'm... I gotta stress. I got eight." So I'm like, "Well, that's sometimes why I get frustrated because I'm like, I see some of their behavior in the worst of me.

Annie: That's right. That's right. I feel that a lot when I see ones because that's where sevens go when they are-

Ainsley: Which is one of the most common pairings.

Annie: I know. I cannot fathom. I cannot fathom. I'm open to it. The Lord can do anything with anybody he needs to. But I see that in me. I see a one being a healthy one, or I lean toward unhealthy one and it is like I become that little anger emoji from our cartoon, from Inside Out. The flames just go and then I'm like, "Whoa. Because it's you. That's why, Annie, because you're seeing yourself."

Ainsley: But it's also one thing... Actually now that you said ones, I think I do want to say something. There's something incredible about each Enneagram type that will give you that empathy. But because you said ones... I posted about this the other day, so it's fresh.

But whenever you feel like a one is been critical, know that the inner voice, like that their inner critic is really even louder for them. Like, if you feel like they're being critical, they're feeling it 10 times worse in their own bodies. And that's whenever you're like, "Oh." You know, you're just like, "I'm sorry."

Annie: "Let me get in there and get that out for you." That's tough.

Ainsley: Yeah. Anyway, there's something that can bring it in every type. But yeah.

Annie: When you're thinking about 20-somethings, college students, late 20s, they are figuring out dating in a new world where they can learn about the Enneagram, where there's TikTok, where there is 54 dating apps they can be on. Are college students on dating apps as much as grown like 30s?

Ainsley: Yeah. I think so.

Annie: Where do we even start on how to identify if we're dating a booboo dude or if the guy we're looking toward, or the girl we're looking toward is a booboo dude or babe?

Ainsley: I think that there's red flags and green flags for sure. And I talked about both of those in the book. So I don't only like caution, caution, caution. There's also like,

"This is great. Move towards this." But if someone makes you feel insecure, if someone makes you wonder about, you know, your status, get that out of here. Okay, start defining some things. Go on a stinking date.

Annie: A friend of mine showed me her dating app where she matched with someone and he said, "Would you want to go to dinner on Friday? It is a date." And I was like, "My guy. That is it. Thank you for saying 'date'. That helps so much."

Ainsley: That is a four letter word in their world right now. And I'm like, "You get to choose if you go on a date with this guy or not."

Annie: And it's not scary. I have asked before, "Are you asking me on a date or are we just hanging out?"

Ainsley: Yeah, well done.

Annie: And then he says, "We're just hanging out," then you go, "Okay, then my expectations..." And then I get to decide if I want to participate in that.

Ainsley: I'm snaps. All the snaps. Yes, 100%.

Annie: And then he goes, "It's a date," and I go, "Great, then I get to decide if I want to participate in that. Do I want to go on a date with you or did I think we were just getting coffee because we're bros?"

Ainsley: Exactly. 100%. So those kind of like red flags of, you know, (a) how to get over those is taking that initiative and being like... I think that we just forget our power.

Annie: Right.

Ainsley: Like we're so seeking the acceptance, which I totally understand, because we often put our worth in the hands of the unworthy. And we do that too much. And that can happen on TikTok. That can happen with the Enneagram. That can happen with a dating app, or guys like randomly. That can happen with me and my husband.

Annie: Wow.

Ainsley: That can absolutely still happen. And that's why knowing who you are in the Lord and knowing what the Lord says about you, even using those tools is so crucial.

Annie: Right.

Ainsley: I was just thinking about the woman at the well and how, you know, she came... She was at the well with this past. And she encountered Jesus, everything changed. And when I mean everything, not only did her countenance but her words, how she communicated to people because she was, you know, very going to the well whenever no one else was there and doing all these things. Like that hit her.

And yet when she encountered Jesus, she literally drew a crowd to Him. Imagine what would happen if you started operating out of your encounter with the Lord and not out of your encounter with the world, which is what she was doing with these men. You know, she had multiple husbands and was living with someone that wasn't her husband.

And I'm just thinking, Okay, let's say, I don't know, she was just putting her hands... She was obviously putting our worth in the hands of the unworthy. And then when she handed over to the Lord, look what He did. And look at the ripple effect that it had whenever she brought all these people to Him. They were able to encounter Him. Then the Samaritans literally asked the Jew to stay with them. Whenever you encounter Jesus, you want Him to stay.

Annie: That's good.

Ainsley: And that's how you can overcome these red flags, identify these red flags and keep your worth intact. I mean, if he makes you feel like you're questioning things, straight I'll ask him, first of all... but that's a red flag for me. I would want a guy to be communicative. And that was one thing I really liked about Justin. He was like, "This is what we're doing. This is the date if you're interested."

Annie: Justin is so attractive... Let me say. Here's what happened. Before you came along, Justin is so attractive that when he is friends with women, everyone wanted to date him.

Ainsley: 100%.

Annie: And I watched him over and over be so clear of like, "I like being your friend. I want to take you on a date." He was never, in my experience with him, he was never wishy-washy.

Ainsley: I believe you.

Annie: He was always very direct because he knew... He just respected all the women in our world. I was so impressed.

Ainsley: You know what's so funny? He would say he was booboo.

Annie: Really?

Ainsley: Yeah.

Annie: Well, maybe I caught him right in the end because I met him a year before I met you.

Ainsley: And honestly, he probably would try to hide that, you know?

Annie: Maybe when he was playing basketball more he was more of a booboo dude. He may have been hiding it for me because I was Annie.

Ainsley: But I did not experience anything booboo from him.

Annie: Me neither. As a friend. I did not pre-date Ainsley's husband.

Ainsley: But even if you did, like who cares? That was before. I wouldn't love you any less.

Annie: Thank you.

Ainsley: Actually, the girl went on a date that you actually tried to set him up with, I love her. I think she's incredible. I'm like, "Dang you actually... She's great. I'm like, "That girl was really awesome." Anyway. Anyway.

Annie: She's married with kids now too. So everybody wins. Everybody wins.

Ainsley: Yeah, everyone's fine. And it was funny because I had just gotten out of the abusive relationship. I had kind of started dating again, met him,. And he was very clear, but he still didn't really want to commit 100%. And I was like, "Mm, I'm not playing games anymore. I'm healed. I'm whole. I'm done with this. So here's the thing. If you want to be my boyfriend, we can be boyfriend and girlfriend. And that's great. But you don't get boyfriend privileges without being my boyfriend, first of all. And he literally was like, "Uhm. Okay."

Annie: And yes, everyone listening, boyfriend privileges are not just physical.

Ainsley: Oh, yeah.

Annie: The amount of time.

Ainsley: Communication, energy-

Annie: That's it.

Ainsley: ...introducing you to my friends-

Annie: Making dinner together, helping with errands, dropping off at the airport. That is boyfriend behavior that you get to give or not give.

Ainsley: 100%. 100%. And making out. I'll say that.

Annie: For sure. And the physical too. No question.

Ainsley: I'll say, I'm making out with you until there's some level of commitment here, okay?

Annie: Yes, yes.

Ainsley: So he kind of was like, no one had done that to him before. No one had challenged him and been like, "No, no, no, sir..." And he wasn't being booboo to me. Let me make that clear. It was just I'm not sure if I want to commit, which was a little... You know, it was a yellow flag. But as soon as I challenged him, he rose to the occasion quick. He said, "Okay, I do want to be your boyfriend. I do want to move forward with this."

And here's the thing, boyfriend, girlfriend, these words are still so skittish to young adults. And I'm like, "Stop. Just stop. Do you want a husband? Because you have to have a boyfriend for you to have a husband."

Annie: Yeah, yeah. If you don't, there's a weird jump. Weird jump. From zero to hero. That was a lot.

Ainsley: A little weird jump. So I just think exactly what you're saying. The examples that you're giving, I'm like, Yes, and amen. Yes, and amen. Yes, and amen. Because I am ready for girls to step into their worth and just remove this achiness from the dating game.

Annie: There's such a fear in me, so maybe it's in some other women too. So I'll just say it. There's a fear in me that if I get the clarity I want, I'm not going to get what I want.

Ainsley: If you get the clarity you want, you're not gonna get what you want.

Annie: Sometimes I'm afraid to ask "what are we and what are we doing?" because I actually don't want the answer.

Ainsley: Of course.

Annie: Right?

Ainsley: Of course.

Annie: And I used to have this mantra of if the girl asks, she doesn't get what she wants. And then a few months ago, I asked and got exactly what I wanted. He was like, "Yes, we're on the same page." And I was like, "Oh, great." That's not at all what I thought was gonna happen. I was drawing the line and saying I need some clarity. And he said, "Great. We're right on the same page. I'm sorry, I haven't communicated that better." And was like, "Well, bless the Lord." So will you talk a little bit... What's that fear in women? Is it power thing? It-

Ainsley: Oh, I remember it vividly. I remember those exact things going through my head whenever I was drawing the line with Justin. I literally remember being like, "Oh my gosh, oh my gosh." I was like, "You're so hot. You're so hot. Please, please, please, please."

Annie: And he's kind and he's funny.

Ainsley: And he's kind and he's wonderful.

Annie: And he loves the Lord.

Ainsley: And he's driven and he's ambitious. He's literally the best of them. Oh, he's just so sweet. Anyway. But I remember having those fears. And it was literally one of those things that was like, "What's worth more here? You and your pride in your heart? You know, at least being able to move on quickly or just hanging on because you're handing over your worth too much.

Annie: And that could look like you're in a physical relationship with him and you don't want clarity, you're in an emotional relationship with him and you don't want clarity. It could be someone at your church that y'all are serving together and showing up at everything together.

And if you get clarity, you will lose... the itch that's getting scratched right now, you're going to actually feel the sadness and the loneliness. And I'm sometimes not willing to give up the okay-

Ainsley: Which is human.

Annie: I know.

Ainsley: It's human.

Annie: I know.

Ainsley: But at the end of the day, it's remembering: in your weakness He has made you strong.

Annie: It's boobooing myself is what I'm gonna say.

Ainsley: Sure. Sure.

Annie: I'm boobooing with myself sometimes.

Ainsley: And that's normal. That's so normal.

Annie: But it is when we as men and women that are in dating relationships... I bet this plays out in marriage, too. I'll let you know. But I'll bet this play out in marriage. There are times where you still don't want to ask for clarity because there's insecurity around it.

Ainsley: Absolutely.

Annie: Our producers nodding vigorously. Yes.

Ainsley: Actually, I'm thinking some Enneagram types tend to do that. Some of the heart types tend to do that. But yeah, that's absolutely so true. And that's why I think it's so crucial to have this specific understanding of who God says you are. Because then you have something to hold on to whenever things start to feel slippery, and you start to forget. Like, you have to know who the Lord says you are.

So I'll tell you what I did. When I finally was free from that abusive relationship, I had been very not communicating with the Lord for a long time, encouraged not to communicate with the Lord.

Annie: By him?

Ainsley: Mm-hmm. Yeah, yeah. "Don't go to church, don't talk to your small group," you know, all the things. Anyway, all the things. Just like they keep popping into my head, you know, examples, and I'm like, "Okay, move on, Ainsley." But I remember I went into the throne room. Now I

Annie: Tell us what you mean by that. Will you explain that to everybody?

Ainsley: Yes, it's my favorite thing. So it's essentially prayer. But I'm a visual learner. So when I say, "I go into the throne room," you can hear I went into prayer. But because I'm visual, I have to see-

Annie: I'm the exact same way. I picture a room.

Ainsley: Okay. Exactly. That's it. So I have expensive tastes. So mine's gold everywhere. There's all the things that the Bible says. But really it's like goldmine.

Annie: My friend Casey used to say, "I have champagne taste on a beer budget." It's still true. It hadn't changed.

Ainsley: Very true.

Annie: I'm with you. I'm with you.

Ainsley: I love that. Yeah. So I go into the throne room. Literally have this cloak of... This is all visual. This is all my imagination. Have this cloak-

Annie: But your imagination partnered with the Holy Spirit in you showing-

Ainsley: Absolutely. Absolutely. Yeah, yeah, yeah. Because he'll meet you in prayer. He's gonna get you exactly where you are. So it's like I have this cloak or cape kind of thing of almost like lint and dust and dirt but it's shame.

Annie: Wow.

Ainsley: And then there's this like halo of debris of dirt and shrapnel and stuff-

Annie: Actually I can see it. I'm picturing it.

Ainsley: And I walk in and my gaze is down, and he takes the cape and unties it, lets it fall to the ground, takes the debris halo away and replaces it with a gold shiny one.

Annie: Wow.

Ainsley: And I extend my hand and I say, "Hey, I'm Ainsley." I reintroduce myself to Him. I had been in the church, grown up in the church, I know who the Lord was, but this was so different. This was a woman at the well heart change encounter. And from that moment, I was never the same because I was like, "Okay, I'm now moving forward gonna let you tell me who I am. I am wanted. I'm worthy. I'm a daughter of the King of the universe who created everyone and everything."

And as soon as my eyes were open to that, and the shame was falling off, I was able to move forward and a wild confidence I had never known before. And I was able to stand up for myself and not stand for letting anyone treat me less than I wanted to be treated.

And that did not just include dating. There were friendships that I let go. There are friendships I still have to let go. I mean, these behaviors that I'm talking about don't just happen in dating. That can be with your friends. It can be with anyone in your church family. It can be with your family members. You know, it can be anyone.

And understanding who you are, not by your own definition, not by the world's definition but... It's like I just can't stress it enough. That there's a king. That Jesus wants to tell you what He thinks of you. And when you look in the mirror, He wants to show you the reflection He sees. And when that happens, you will never be the same.

But you may fall back into some of those feelings, the human feelings. Those are all normal. You may kind of still feel that but when you know where to go, if you can go right back into that throne room, reintroduce yourself over and over and over and over, if that's what it takes. But He's just ready to meet you where you are and He's ready to remove that shame or remove the guilt or remove whatever was before so you can walk new.

Annie: For any of our friends listening, if you are doing the one-minute pause app with John Eldridge, he has like a 30-day thing about his new book called *Resilient*. And in that 30-day, it's a devotional you listen to do every day,-

Ainsley: Love it.

Annie: ...he teaches you how to find that picture of where you pray.

Ainsley: Love it.

Annie: So if anybody's like, "Oh, I wish I had a throne room or a room like Ainsley and Annie where I can... for visual people, it changed everything for my prayer life-

Ainsley: Everything.

Annie: ...to be like, "I can just picture walking into the same room. I know what it looks like. I know what the furniture is like. I know what I mean when I sit in certain places. I know what Jesus and I talked about there." John Eldridge does a beautiful

job of teaching you how to like, in yourself, figure out with you and the Holy Spirit, what's the imagination place of what that looks like.

There's also a book for everybody called *Seeing is Believing*, I think—We'll double check that but we'll link it in the show notes—that's about imaginative prayer-

Ainsley: I feel like I've heard of it.

Annie: It's great. Because it's like, yeah, those of us who imagine well, use that in your spiritual life. Use your imagination in your spiritual life. It's changed my life-

Ainsley: Yeah, me too.

Annie: ...to have that kind of permission.

[00:50:55] <music>

Sponsor: Hey friends! Just interrupting one more time to tell you about one of my favorite partners, [Raycon](#). Okay, you know the saying that you can have things fast and good, fast and cheap, or good and cheap, but you can have all three: fast, good, and cheap?

Well, when it comes to earbuds, you want them to look good, feel good, and sound good. And with a lot of the ones on the market, you can get two of the three, but with Raycon's everyday earbuds, you get all three. Y'all they look awesome.

Raycon earbuds come in a wide range of fun colors and patterns. You know I've got those rose gold ones, and so does Lilian and so does Ashley in our office. Like, can I say we have an aesthetic around here? They feel awesome.

The earbuds have optimized gel tips. You know the little silicone part that helps you get the perfect in-ear fit? These earbuds are so comfortable and they will not budge. Trust me. But that's not the only comfort measure they took.

Do you know that the earbuds themselves were specifically modified through countless design iterations to seamlessly fit the curvature of the human ear big or small. This makes for a snug, comfortable, no budge fit that's universal for any ear type.

And they sound awesome. Raycon earbuds have three sound profiles to customize your listening experience, depending on what you're listening to and whether or not you can be immersed like in noise isolation mode, or if you need awareness mode on so you can referee if you hear the kids start bickering in the next room.

They offer eight hours of playtime and a 32-hour battery life. Basically, Raycon thought of everything, y'all. But wait, it gets better. I found out recently, and it blew my mind, that Raycon's everyday earbuds work with Siri and Alexa. Sorry if I just called them both in your life. I am using the mess out of that option right now that I know it's available to me.

You got to get your hands on your own pair of Raycon. You guys, you can use them when you're listening to the Chase the Fun audiobook. Just go to buyraycon.com/thatsoundsfun for 15% off your order brought to you by Raycon. That's buyraycon.com/thatsoundsfun.

Sponsor: And one last incredible partner to share with you. Get your ears ready. It's [Shopify](https://Shopify.com). Oh, we love that sound. It's a sound of a sale going through on Shopify, the all-in-one eCommerce platform to start, run, and grow your business.

Did you know that every 28 seconds an entrepreneur like you makes their first sale on Shopify? Shopify gives all of us business owners and entrepreneurs the resources that used to only be available for big businesses. So upstarts and startups, I don't know the difference, but I believe they're different, and established businesses alike can sell everywhere, synchronize online and in-person sales, and stay up to date on all the numbers. It's so fun to think about all the possibilities for scaling your business.

I started podcasting in 2014 and I had no idea where that journey would lead. Fast forward to today, this pod being a part of my full-time job and getting to lead two companies, Shopify has been with us for a big chunk of that time. And like they have for us, they have the tools and resources that will make it easy for any business to succeed from down the street to around the globe.

Just like they do for shopanniefdowns.com, Shopify powers millions of businesses from first sale to full scale. They can help you reach customers online and across social networks by staying on top of the ever-growing suite of channel integrations and apps. Thinking Facebook, Instagram, TikTok, Pinterest, all of them.

You get the insights as you grow, which I love. I love all those details. It is detailed reporting of conversion rates and profit margins and beyond. It's all that information that business owners need. And the science is really fun. More than a story, Shopify grows with you, so the possibilities really are endless.

Go to shopify.com/soundsfun, all lowercase, for a free 14-day trial and get full access to Shopify's entire suite of features. Grow your business with Shopify today. So go to shopify.com/soundsfun right now. Again, that's shopify.com/soundsfun.

And now back to finish up our conversation with Ainsley.

[00:54:54] <music>

Annie: Okay, your podcast Wild Confidence Podcast-

Ainsley: Oh, yeah.

Annie: Are we talking about dating there? Are we talking about the Holy Spirit there? Tell me about your show because I promise you what's happening is everyone's going, "Can she be on Annie's show every day?" So they can't get you like that. Tell me about Wild Confidence.

Ainsley: Wild Confidence. We talked about everything. We talk about dating, we talk about the Enneagram. We talk about everything. But it's really how to find, keep, and share your wild confidence in Christ. And I really want to know from the people around me, how do you find, keep and share?

Because exactly what you're saying, different Enneagram types may connect with the Lord differently, different people in different stages of life, different careers, like all these different people. and there's someone that is usually, you know, can relate to someone else. So I always want to help other people find, keep and share their wild confidence in Christ. Because when you have that, let me tell you, people don't know what to do with you, the world doesn't know what to do with you.

Annie: They don't know. Yes, that's it.

Ainsley: And I'm okay with that.

Annie: They're confused.

Ainsley: They're confused.

Annie: They're people... Yes-

Ainsley: You know what? The same was said about Jesus. People were so confused. And I'm like, "Man, if I can confuse you to the Lord, then I'm okay.

Annie: Listen, if my confidence confuses you straight to the feet of Jesus, I'm interested.

Ainsley: Absolutely. That's all I want to do. I was on a plane recently.... and I probably sound like a lunatic but that's okay. I was on a plane recently and I thought it was

going down. I'm not gonna lie. I'm not afraid of flying. I'm not afraid of turbulence. It doesn't bother me. I mean, sometimes I'm like, "Ooh," but it doesn't really bother me. I literally was like, "This is so bad. We're going down."

And my first thought surprised me because I'm not like... I don't know. I don't even know what I'm about to say. But I literally thought I have to tell people about Jesus.

Annie: Wow.

Ainsley: Because at the end of my life, are you going to care about anything other than that? I mean, maybe, but come on. Anything that's going to change your life is the Lord, especially if it's coming from me.

If you've heard anything today or anything in my life ever that you were kind of like, "I don't know," well, that was probably me. So you can throw that in the trash. But if anything resonated with you, that was the Lord. Because everything good and perfect comes from Him. Everything bad and lame comes from me.

Annie: That's it. That's it. One of the things about our book twins that I really love is that it's very similar to Chase the Fun. I was saying to my orthodontist this morning, we were talking about just fun and I said, The thing about books like Chase the Fun is it'll help all of us somehow. *Don't Date a BooBoo Dude*, will help all of us somehow, but also, it is a bridge.

People are going to pick up *Don't Date a BooBoo Dude* and hopefully pick up Chase the Fun who may not believe everything we believe, and we get to bridge them to Jesus. Because the covers are beautiful and it's fun, and it is easy. And it feels like, yeah, I want to know how not to date a booboo dude, for sure. What does that even mean?

Ainsley: Right. Exactly.

Annie: And they pick it up, and we bridge them to Jesus, which is like, Let's go.

Ainsley: Oh, I did think about something else too.

Annie: Okay, what?

Ainsley: Something in the book that I think is helpful for anybody is there's a whole chapter of how to help your friend who might be experiencing this and who might be going through this. Now I've talked about the conversation. You know, I'm walking through them gently with that.

I'll never forget the night of the breakup. We were sitting in my room, and I knew it was coming. I had the gut feeling. I just knew. And for some reason, I like yell... Not yell, but I like cried. I was like, "Lord, what are you teaching me?" And I knew in that moment that that something was happening.

Annie: You said that out loud while y'all were breaking up?

Ainsley: Out loud in front of his face. In front of his face. And He was probably like, "Yeah, this is the right move." And it was. By God's grace, it was the right move. But what happened was I ran into my roommate's room. I literally collapsed in her arms. And I remember just saying, like, "He's breaking up with me. He's breaking up with me. He's breaking up with me."

I'm the one who had the thought that this man is going to kill me one day, and yet he's the one walking out on me. And I remember having that anger. And (a), if you think that, you're allowed to break up with him. So first of all, there's your permission.

Annie: The first time you think that someone's going to hurt you, then here's your permission slip.

Ainsley: Yeah.

Annie: Man, I got goosebumps. There's somebody listening who needed you to say that.

Ainsley: 100%.

Annie: Like, you don't have to be a martyr for someone else because you feel like they may not love themselves enough. You don't have to stay and fix them. That's right.

Ainsley: You don't fulfill that, unfortunately, even though they say that—they don't know. But not only that. So that happened. But my roommate and I... he had created such a division in us that our friendship was very much on the fringe. Very much.

Annie: Wow.

Ainsley: So we eventually lost touch. That was 10 years ago.

Annie: Wow.

Ainsley: Two years ago, I think, maybe... And prior to that I will say she was like my sister. I'm obsessed with her still, but I think she is just an angel. She has wings hidden somewhere. Two years ago, I called her and I was like, "Hey, can I come see you?"

I'm writing this book and I need your perspective because you were there. And she was like, "Yeah, absolutely."

I drove 11 hours. My tail tucked between my legs, pulled into the driveway and looked at her, and she opened her arms so wide. And I was like, "This is the gospel." So, again, collapse into her arms and I'm like, "Thank you so much for just being willing to sit at the same table as me after I isolated you. I didn't believe you whenever you told me I was in danger." Just all of the things, you know?

Annie: Yeah.

Ainsley: So then she and I sat down at the kitchen table. And I said, "Were you aware of the situations?" We kind of just converged on that, a lot of the things she wasn't even aware of. And then I said, "What could I have done better?" And then we also made a list of what could she have done.

Annie: Oh, wow.

Ainsley: So if you have a friend who's in this kind of situation, we have a list in there of things for you to do, things for you to see. And one of the most important is finding an ally in that other person's life. So let's say she would have got in touch with my mom and they would have been my... I don't know. Ready people? Like if anything needed to physically intervene, they would be the two that can go in and do this together.

Annie: Right.

Ainsley: So that's really in the book. That's really important, I think, for anyone.

Annie: And for it to be two or more people.

Ainsley: Absolutely.

Annie: Because you don't need to be responsible for your friend's life.

Ainsley: Yeah. It needs to be two or more people and y'all need to be in communication. There's something in the book, you know, for everyone in different stages in different parts of this whole equation, but that might be the most important for everyone because you'll be able to identify in your friends quicker than your friends can identify in their own lives.

Annie: Thanks for writing this one. I'm sorry for what you had to live through but you are saving other people's experiences. Jesus saves their life, you're saving their experience.

Ainsley: Ooh, I like that.

Annie: That is a real gift.

Ainsley: Thank you for just helping communicate it and share it with people. I don't take it lightly. I actually keep not trying to read it because I know how much I poured into.

Annie: Yeah, I know.

Ainsley: I'm like, "Dang all my skeletons are about to come out." But I know that everything I do is for the next girl. And if we're gonna have scary, honest conversations, it's going to be for their safety. And I just appreciate you linking arms with me. You are the person that I'm like WWAD.

Annie: Don't do that.

Ainsley: Not even Jesus would, but I'm like, "What would Annie do about this?" I think of you often.

Annie: Thank you. I laughed when I got the book. I flipped it over, I was like, "Oh, my endorsement didn't make it on the back." And then I like, "Oh, it's on the front. I'm here. I'm here." I'm thankful for what you've done. I believe in the work you've done and what you're going to do, and I'm glad we get to be teammates in this.

Ainsley: Thank you so much.

Annie: I'm really grateful. Hey, the last question we always ask.

Ainsley: Oh, yeah.

Annie: Because the show is called That Sounds Fun, tell me what sounds fun to you?

Ainsley: I already know that because I listen to your podcast.

Annie: Thank you.

Ainsley: You know, I was driving yesterday because I could have done this podcast at home but I said no.

Annie: I know. Thank you.

Ainsley: I need to be in the room.

Annie: I know.

Ainsley: We have to get to hang out.

Annie: That's right.

Ainsley: And I was like, "What is the most fun?" I have a lot of seven in me. I am a two.

Annie: Yes, but you play hard.

Ainsley: I have a lot, a lot of seven. So I was like, "What sounds the most fun?" And I had two answers. One of them being a nap because I am a mother of six-and-a-half-month-old. And the other one being a FUNeral.

Annie: What does that mean?

Ainsley: I just thought of it yesterday. I think everybody knows this already but this is the name. Okay. The name is the FUNeral. And you know, funerals, everybody stands up-

Annie: Yes, I was like, "Are you saying a version of funeral?"

Ainsley: Yes, you already know. You already know.

Annie: Okay.

Ainsley: People stand up and talk about their great, beautiful memories with you and the times that they have with you. And I'm like, "That is amazing but that person can't hear you."

Annie: Yeah. Right.

Ainsley: So what sounds more fun than having... and it's different than a birthday party. It's almost like an affirmation party. Affirmations is not my love language. So I don't know. I don't know why this happened. Maybe it's the quality time aspect of it. But everybody you want in your room, and they just speak life over you.

And you know, the church that I used to work at, whenever people would leave the church, that's what we did as that person would be there and we would just speak

life over you. And it was so cool. And I was like, what if we just did that more often or told people how much we love them in more real-time? Man, that would be so great. A FUNeral.

Annie: That sounds really fun.

Ainsley: It's spelled the same.

Annie: Yes. Thank you for reading my mind. I wanted to see... We'd have to capitalize FUN.

Ainsley: Yeah, exactly.

Annie: Fun girl.

Ainsley: Fun girl.

Annie: And people would be like, "Funeral?" And we'd be like, "No, it's a FUNeral."

Ainsley: Yeah.

Annie: Really good.

Ainsley: But I think if you make it a thing-

Annie: Ainsley's affirmation party. And then people are like, "Oh my gosh, that's a FUNeral. I was on a funeral, that's a FUNeral"

Ainsley: And you could do F-U-N in like different letters and different colors, you know whatever.

Annie: Yeah, I am interested. All right. So the book's out, Ainsley.

Ainsley: It's out.

Annie: It's out.

Ainsley: I'm terrified.

Annie: It's gonna be the best. You're gonna love it. It's gonna be everything. There also may be some scary, some sad, some weird-

Ainsley: For sure.

Annie: It'll also be great.

Ainsley: The Lord will do what He's gonna do with it.

Annie: Yeah, that's right. God puts books in hand. Christine Caine told me that 74 years ago.

Ainsley: I love that.

Annie: And I've just believed her every day since. It is just absolutely true. So, friends, grab your copy. Go grab some copies for the women in your life. This is a good one, Ainsley. Thank you, friend.

Ainsley: Thank you.

[01:05:39] <music>

Outro: Oh, you guys, don't you love her? Yeah, I know. She's wise and she's kind and she just tells the truth. And man, the way she has this whole thing thought out and the way the cover and the title are meant to bring people in who may not want to talk about abuse in relationship from the get-go, man, I just am super impressed. And what a gift! Right? What a gift!

So grab your copy and a bunch of copies of *Don't Date a BooBoo Dude*. Read this for yourself if you're in this season or with the dating women in your life, or in anticipation of the next season of parenting you're going to step into. Be sure to follow Ainsley. Show her some love. Tell her thank you for being on the show today.

And don't forget to pop to the link in the show notes to sign up to be a part of the big group of us that are gonna go through Chase the Fun all together starting on Monday, August 15th. The secret sauce of these 100 Day journeys is finishing. And we finish better when we finish together, y'all.

If you need anything else from me, you know I'm embarrassingly easy to find. I'm Annie F. Downs on Instagram and Facebook. All the places you may need me, that is how you can find me. And I think that's it for me today, friends. Go out or stay home and do something that sounds fun to you. I will do the same.

Today what sounds fun to me is celebrating my counseling anniversary with my counselor today. I have a little gift to take her. Nine years, y'all, nine years, she's

been helping me be the Annie I've always wanted to be. And we are continuing to get better. So thank you to my counselor today. I'm really, really grateful.

Have a great week. We will see you back here on Monday, y'all, with Lauren and Tony Dungy. Yes, Coach Dungy, the former coach of the Indianapolis Colts, and his wife Lauren. I cannot wait for y'all to get to know them. It was such a good conversation, and I fangirl pretty hard. I mean, Coach Dungy, you guys. Okay, we'll see you on Monday. Y'all have a great weekend.