



Tyranny of the Shoulds podcast

Episode 6: International Women's Day (March 2022)

Psychoanalyst Karen Horney coined the phrase in the 1950s, yet we still struggle with “shoulds” today. “Shoulds” come from our families, friends, society and sometimes from ourselves. The tyranny is that we struggle to be our ideal self yet it’s something we will never reach.

In this episode we talk about how women still deal with shoulds, from what women are expected to wear, to how they are supposed to behave. We also talk about where these pressures come from, which is often from women themselves.

Below are some of the articles that I read in my research and also shared with the guests:

1. Here was an article I sent the guests in advance, on advice about wearing make-up:

<https://whateverywomanneeds.com/why-older-women-should-wear-makeup/>

2. This was another article I sent the guests about women and plastic surgery:

<https://www.theguardian.com/lifeandstyle/2015/jun/28/cosmetic-surgery-normal-acceptable-face-womanhood>

3. And another one about make-up here:

<https://www.bbc.co.uk/news/uk-england-58346534>

4. In the conversation we talked about these stories about women and what they should wear. But they didn't make it into the final cut of the episode:

<https://www.bbc.co.uk/news/world-europe-58755872>

<https://www.theguardian.com/uk-news/2016/may/11/receptionist-sent-home-pwc-not-wearing-high-heels-pwc-nicola-thorp>