

Guttermind auf Deutsch, module 1:
Interview translation (excerpt)

Let's go. Welcome to the first expert interview with Guttermind. I'm Cameryn Moore and I'm not an expert. I'm just a moderator and I'm learning German.

In this interview we have a real expert here with me in the studio, Annette Schindler. She is a sexual therapist and founded Other Nature 10 years ago with Sara Rodenheizer here in Berlin and now she works as a therapist on sexual topics.

Exactly. I have been a relationship and sexual therapist for 2 years now and continue to focus on working with queers, poly lovers, neurodivergent people on the intersectional feminist level, and I am very happy and grateful to be able to do this in Berlin with many interesting people

Yes, there are a lot of interesting people in Berlin. This is a good place for these topics, I would say. So before we start, I've written out the questions in advance for the audience, maybe they'll be surprised that I'm reading. I'm very nervous and wanted to get the questions right, and I'm still learning German and hope that the audience will excuse my mistakes. This is really a new step.

A new challenge.

Okay, so let's go a little bit more out of the story and talk about the concept of self-care. I think that when you travel and have to be a little more independent, self-care is important. How would you translate or say the concept of self-care in German?

So the term in German is 'Selbstfürsorge', but as it is, we have a lot of Anglicisms in Germany, which means we actually say the term "self-care" in everyday life. The language is already very mixed here.

Yes, exactly self-care for travelers, so to speak, I think there is a lot more adding to it. The first thing that occurs to me is that a lot has changed, namely the possibility of technology. Nowadays young people or people when traveling, so they travel but they also partly don't travel because through technology they know what's happening on a daily basis in their families, can stay connected to old friends.

This is, I am now 40 years old, this is something new! My generation had traveled and there was really a cut, there was really a "on your own" and that always has both good and bad sides. I think it's really nice to be able to stay in touch with people, especially when you feel lonely. At the same time I think it can also make it harder to arrive at the new place. If you try again and again with family and friends, so to speak, that something is caught up again emotionally.

And that's why I think regarding self-care, it is important when you live abroad, first of all to accept that it can be very lonely, that it can be part of it and that loneliness doesn't mean anything bad. Loneliness can be the space for creativity. Many start to write their worst poems and to paint and have a lot, or make music. They begin to be very, very creative.

In loneliness, you can reach for emotions of yours that you might not have recognized so fast in company. And you also learn a very important lesson: we live in a time where we are more and more disconnected with each other and more and more isolated through jobs, and corona has also shown us how quickly we are actually thrown back on ourselves. That's why it's a wonderful place to look for myself, what do I actually need?

That's why living abroad at a young age is so nice, because even in these difficult moments you can learn so much about yourself and and pack so much into a large backpack, with options..

Is there anything special about sexual self-care, that one can do when traveling?

I think you should make sure, since at the beginning you are more alone and maybe not have so much access to a peer group, that not every attention that you get is a good one. So you run the risk of being with people who are not good for you. That you keep an eye on, do I want to be that close with this person? So, just because someone is there for me, so to speak, and I'm not that alone right now, that can sometimes lead to doing things that you actually really don't want to.

You mean that in these situations you can get too close to each other too quickly?

Yes, but people that you might not want at all. Because loneliness makes you 'needy', yes 'needy', very needy.

Exactly and otherwise I would clearly say that it is a good time in which you can take your time to see how you like to masturbate. I think orgasms and masturbation are an amazingly huge place where you can relieve stress. But it is also a place where we get a better body feeling again, where we get to know ourselves. It is really a big point of self-care, too, is masturbation, and that is what many therapists who do not work with sexuality now also say. That is a very important part and I think it can also be a possibility that instead of chasing after sexuality, you might discover your own sexuality more.