

## S11 Ep6: Alex Light & Her Joyful Sole

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### **Charlie Hedges**

Hi everyone, I'm Charlie Hedges and this is *My Wardrobe Malfunction*, a podcast about fashion, fun and the occasional clothing calamity. Today I'm so happy to be joined by author, campaigner and body confidence guru, Alex Light, a woman who's made it her mission to help others feel at home in their own skin. So let's grab the handles, open *My Wardrobe* doors and find out what's inside...

Alex, thank you so much for joining me today, I'm so excited to speak to you.

### **Alex Light**

I'm delighted to be here, thank you so much for having me.

### **Charlie Hedges**

Of course! Right, let's get straight to it. What are you wearing today, for those not watching and haven't seen clips on Instagram, what are you wearing?

### **Alex Light**

I am wearing a pair of barrel jeans, denim barrel jeans that have got like big hearts on them, and I am wearing like a like a polo top but this kind of more like a jumper.

### **Charlie Hedges**

Love it. And loads of jewellery, which is cool...

### **Alex Light**

And loads of jewellery. ...

### **Charlie Hedges**

Gold necklaces.

### **Alex Light**

Yeah, I love my gold jewellery. Love my gold jewellery.

### **Charlie Hedges**

Yeah, standard. Do you know what? I think you could put like a pair of pyjamas on, and as long as you've got the right necklaces on, bangin'!

### **Alex Light**

Absolutely. It's like fairy lights, isn't it? I always think of fairy lights literally like you can have the worst decor ever but if you just stick a bit like some fairy lights up it's just stunning.

**Charlie Hedges**

So true! What's your first clothing memory, like is there a time when you when you've sort of first fell in love with fashion and clothes?

**Alex Light**

Oh God, I was obsessed with earrings. I wanted earrings when I was like tiny young. I wanted earrings and a pair of heels, and obviously I couldn't wear heels because I was a baby, but my mum bought me these heels that, no, sorry, these shoes that as you walked, they kind of clicked. So it sounded like I was wearing heels and that was like enough to appease me at that age. I must've been like, I don't know, three or something. It was absolutely obsessed and they just like 'clip-clopped' wherever I went. And she eventually bought me some big clip-on earrings that were huge and I loved them so much. And we went to a christening and I remember it distinctly because I got to wear them, but they hurt my ears so badly, but I didn't want to take them off, but they were like pulling down so bad and my mum kept saying 'Are you OK?' And I was like 'Mm hmm, they're fine!'

**Charlie Hedges**

I will wear these earrings!

**Alex Light**

I was dedicated!

**Charlie Hedges**

I'm not taking them out! Now, Alex, you've become one of the leading voices in body confidence. Explain for those that don't know how this came about?

**Alex Light**

I was working for *Hello!* magazine for like 10 years and I was doing fashion and beauty there and I just opened up my Instagram account and I started sharing my outfits of the day as we did back then – OOTDs hashtag – and sharing some beauty looks and I kind of amassed a following there of about like 40,000 people.

And yeah so I was sharing all these looks and it was not reflective at all of what was going on behind the scenes which was that I was really struggling with an eating disorder. One I was in my mid-20s at that point and I guess it was one that I'd had that had been bubbling up and been disordered eating for a long time and it just become a full-blown eating disorder and I was really in the thick of it, in the in the depths of it. And all of these outfit posts that I was putting out I was editing them as well it was before you know editing apps existed and I downloaded Photoshop and I learned how to thin my waist and like thin my chin and lengthen my legs and what I was putting out just looked completely different to me.

And it was when I started recovery for my eating disorder and I started to learn about diet culture and about you know these unrealistic standards that women are subject to their entire lives and it was starting to dawn on me that I was feeding into that. And it just felt really in stark contrast, how I was starting to feel felt in contrast to what I was putting out online.

So I pivoted, I pivoted and I just I said online like 'Look, here's the truth like I've got an eating disorder I struggled with my weight and eating my entire life and it's come to a head.' And I was kind of blown away by the response because I felt like I was alone in it, I felt like I was the only one really who hadn't any body image problems because it's something that women never talked about. And to an extent still don't but more so than we used to. But back then it was there was so much stigma around anything to do with body image or eating and I think a lot of us just suffered in silence.

And I was just so blown away by the response that I was like 'I need to do something more with this. This feels big and it feels like something that I need to sort of like grasp onto and just run with.' And so I did! And here I am like I think like 10/12 years later and it's the majority of my work now is talking about body image and trying to just make things a bit better because it's so rough the world that we live in for body image and for women, it can be so brutal. So in a nutshell, that's about it!

### **Charlie Hedges**

But do you know what, though, I think it's so courageous, because, you know, back then, a good few years ago, when you did speak your mind, you were very honest, like, not only is it courageous from a health and dietary point of view for yourself, but to be able to be a voice for so many women, like you said, back then, where people weren't so open, because potentially they didn't feel like they could. But even more so now, because you're finding, I mean, you've got a lot of these, like, weight loss injections, and that's being thrown around, like, those, those words have been thrown around a lot as well now. So I suppose, more so than ever, we need people like you in our lives just to keep us all in check, really.

### **Alex Light**

Do you know, it's so interesting because that is my feeling is that we need this content. We need body image content and body confidence content now more than ever. But interestingly, it feels like the appetite isn't as strong for that now, at the moment, and it's because of, I do believe that it's because of weight loss injections like that is just taken over. It's the zeitgeist, like everyone is, so many people are taking weight loss injections and so many people have lost weight. But the problem is that people can't be on these drugs forever. I think the official guidelines for weight loss for taking these drugs are two years. You have to come off them after two years. So I just wonder the state that our collective body image is going to be in when people have to come off these injections and are we going to go back to square one? Are we going to find ourselves in an even worse position?

### **Charlie Hedges**

Well, I suppose it's the argument, it could be about anything really but in terms of like quick fixing anything in general in life, you almost certainly find that long term it just doesn't work. Because quick fixes are all well and good but then there comes a whole bigger problem, you know, mental health issues and bigger problems. I mean you've been on a massive journey so you're at the other end of that but there'll be a lot of people listening right now who will be having problems with dieting and not know where to go and not know who to talk to and thinking that quick fixes are all good. And you're obviously standing for the opposite of that.

**Alex Light**

And also, I want to make it so clear that this is what I do for day in, day out, this is all I talk about, body image. And that is the reason that I feel this way, I suppose, about weight loss injections. But if you'd have caught me a few years ago, I would have taken them without question. And when I'd had my eating disorder, I would have stopped at no length to get my hands on these injections. And I think it's so important as well. I don't want it to come across like I'm putting down people who take these injections because I so get it. And I think, I've even heard things that I get the appeal of them and the allure of them. People say that it takes away their food noise. And that sounds really tempting to me. That's still something that I struggle with.

But I just worry that all we're doing is putting a big old plaster over our issues with food and our bodies. And the moment that we stop taking these weight loss injections, like what's going to happen? And I think there's already some robust science now that shows that when people stop taking these injections, they put the weight back on, they gained, and often more. I guess it just functions like any diet. When you stop the diet, you're hungry, your body's hungry, and it's a normal biological response to eat more. Sorry, going off on a tangent here, this is such a big subject, isn't it, with the weight loss injections? I just think it's...

**Charlie Hedges**

I find it fascinating, especially coming from someone like you, because like I said, you've been on a big journey. Let's talk about your relationship with clothing and style and how that's changed over the years. How much has it changed?

**Alex Light**

Do you know what? It's changed a lot. And I still think I have some evolving to do. So for like, all my, my teens, my twenties, probably into my early thirties as well, early to mid-thirties, I just thought that black was my thing. Like I always wore all black. And it was only until like fairly recently, a few years ago that I started to unpick that and realise it's because I just thought it made me look skinnier. It's because everyone said that black was 'flattering' and obviously 'flattering' in the fashion world is synonymous for 'thinner'. And so all my life I would just wear black and really baggy oversized things. So I'm trying to come out of that and I'm trying to like embrace, I say, as I sit here in a very dark navy jumper today!

**Charlie Hedges**

And me! Look at us both! Brilliant. What's the brightest thing you own then? What's the brightest thing in your wardrobe currently?

**Alex Light**

I own a Whistles jumper that is like the brightest pink you've ever seen and I love it when I wear it I'm like 'Oh my God, this is dopamine dressing I get it.' I would love to get my colour theory, I would love to do that and get that done. Because I swear that I suit bright colours and I'm only just starting to realise it so I'm trying to put more bright colours and more I'm trying to do more dopamine dressing. I really think it works I really do think it helps your mood.

**Charlie Hedges**

Yeah I do, I really do. I'm exactly the same as you. I mean, I love wearing black anyway, I actually do, but I have noticed, like, if there's days where I would have naturally gone for, like, more oversized stuff or, like, gone for darker colours to almost, like, hide, I do feel like when you pop a bit of colour in, you do feel better. It does work, and it's ridiculous, but it's so simple, but it does. It really does.

**Alex Light**

It like brightens up your mood as well, it's so true. But then I see people wearing like black, white and grey and I'm like 'That's so gorgeous.'

**Charlie Hedges**

Bangin'! I know. Look at us, we've just completely done a U-ey!

**Alex Light**

I know! Basically, I'm confused, I'm lost and confused!

**Charlie Hedges**

You and me both! Now you've interviewed and worked with countless stylists and designers over the years, who's impressed you the most in terms of their attitude towards body inclusivity?

**Alex Light**

Do you know what? What I really loved and something that I think turned the fashion industry on its head was Fenty, how do you say it, Fenty X Savage or Fenty?

**Charlie Hedges**

I have no idea.

**Alex Light**

Rihanna's line, Fenty Savage, I think that's how you say it.

**Charlie Hedges**

Yeah, yeah, yeah. I haven't got a clue! Talk to me about River Island!

**Alex Light**

I just loved when she did that catwalk of her new underwear collection and it was such a diverse array of bodies. And like it was all races, all sizes, all genders and it looked so good. And I think it was off the back of years and years of Victoria's Secret and seeing the Victoria's Secret catwalk where we'd just seen one type of beauty represented. And that I thought was a huge moment in the fashion industry. Did it last? Not really, I mean we had like a few years in the fashion industry where it was, you know, bigger bodies and more diverse body types were being embraced and now we've kind of slid backwards in that. But that was amazing at the time, I think, of just seeing that moment of like diversity and like 'This is beautiful, like this is cool' and groundbreaking, shouldn't be but is, it's groundbreaking so that was really cool.

**Charlie Hedges**

Is there any high street shops that you think actually include everyone or do you do shop everywhere? Like what's the yeah, is there anything that you recommend?

**Alex Light**

I think ASOS have always been really good with their Curve line and what's been nice about it as well is that I'm pretty sure that for a lot of the time they don't tailor the clothes according to whether it's straight size or plus size it's just the same piece of clothing but in bigger sizes, which is really nice. Because some stores they kind of don't offer the same styles. It'll be like 'No, you don't need a tank top, let's get give you a cold shoulder top instead for a size 22' you know and it's like 'Why?' Everyone just wants the same thing.

**Charlie Hedges**

Yeah, give people the tank top. What is that about? Has being a mum changed the way you think about your body?

**Alex Light**

Totally. I mean, having a child has changed my body. So that's first off, completely changed my body. I had a C-section and so I've got like the C-section shelf now.

**Charlie Hedges**

Same! High five sister! Let's talk about the boobs, because I bet mine are exactly the same, go on, what are you going to say about them?

**Alex Light**

Well, so this is the thing, I never got milk in, but my boobs expanded, they just became so huge and they never went down.

**Charlie Hedges**

Did they not?

**Alex Light**

No! I mean, maybe a little bit, but they're still so much bigger than they ever were and I didn't even get milk in. It doesn't make sense, does it?

**Charlie Hedges**

See mine, I bend over – oh gosh sorry producer, sorry about this! – when I bend over mine go into like thin sheets of paper with points on the end. I look like, they're like two pyramids, I don't know!

**Alex Light**

What do they say? Two pennies in a sock?!

**Charlie Hedges**

Literally, I don't even think I've got two pennies, I think it's one and a half! But yeah the reason I want to ask you about being a mum is because you know what for me, my little girl's three and I've always been a flip flopper with dieting, I've always thought in my head 'I need to think about this' with regards to food and 'I need to watch what I'm eating' blah blah blah. When she came along, it's just mad and it sounds so cliché but it's crazy what becomes a priority. And for me personally it's just about being healthy now which again maybe that comes with being a little bit older but I just see myself so

different now. And also I want to be a good reflection on her and I'm guessing that's the same for you with your child?

**Alex Light**

Oh my God, totally. And like, I mean, my little boy is only, he's not even two yet. He's gonna turn two soon, but I am so aware of like how I eat in front of him. Not in a way where I'm constantly managing myself, but just that I don't want any blind spots. Like I don't want to pass anything down to him. And I know that I've got this really rich history with eating disorders and I don't want that for him.

But also the way I talk about my body as well, like I never want him to hear me say that 'I don't like this' or 'I don't like that', or 'I feel fat' or, you know, anything like that. I just, I want him to move about the world with like a neutral view of his body and other people's bodies as well. And you know, further on from that, like I want him to understand the pressure on women and girls and their body image. And I want him to understand that and appreciate that and do all that he can not to, you know, perpetuate that.

It's complicated though. It's hard, isn't it? And you know, you'll have that with having a girl, you know, there's so much pressure to do it right, isn't it? And I think it's just, it's really hard. But I do think that if we're aware of it, that's the most important thing. Like we're never going to get it all right. And we will have blind spots. Like that is completely inevitable.

**Charlie Hedges**

Of course.

**Alex Light**

But if we can be aware of it and try and sort of build up an armour for them as much as possible for the outside world, then I think that's really magic.

**Charlie Hedges**

Well, just to give you a little insight into my world, because I'm very open at home, I obviously get changed in front of my daughter, we get changed together, like she's only three. But yeah, it was the same with my family growing up. She said to me the other day 'Oh, Mummy, I like your boobies!' I laughed in time, I thought 'Oh, bless her heart.' I've been thinking 'That's the one part of me that I'm not that keen on, and she loves them'. So we're all good. Just goes to show you, don't it?

**Alex Light**

That's cute!

**Charlie Hedges**

I'm thinking 'God, hope she ain't seen me bend over yet'. Anyway...!

**Alex Light**

But whenever I get in the bath with my son, he goes 'Mummy, where's your willy?' And I'm like 'You're too young for me to explain that I don't have one.' He just doesn't understand why I don't have one. He's like 'You've got everything else, like, you're the same as me, but where's your willy?'



**Charlie Hedges**

God bless him! Kids are the blooming best, I bloody love them. Let's go back to clothes, let's talk about your Comfort Blanket. Is there an item of clothing or an accessory that you can't live without, that you just love wearing?

**Alex Light**

A big oversized jumper like a really I'm talking like not not just like big like big big big ...

**Charlie Hedges**

Like tent big?

**Alex Light**

A tent big! I want it like down to the floor like grazing the floor it's that big. I love that I really love that. And you know what> I would never have ever ever have said jeans until the invention of barrel jeans. And I am just the biggest fan. I feel like they suit my shape really well and I feel really comfortable in them. And you just can't, you can't prise them off of me now. So I love them. I also love a pair of sunglasses, like even in the winter I get stressed if I don't have sunglasses. I say it's because I'm light sensitive but I think I'm just a diva and I just like to always be wearing a pair of sunglasses!

**Charlie Hedges**

Nothing wrong. Just to confirm guys, she's not wearing sunglasses right now. I can see her eyes. Imagine that, the whole interview! Tell us about your podcast as well. That's exciting with Em Clarkson, *Should I Delete That?* How did that come about?

**Alex Light**

Oh my gosh, I think it's been going for like four years now, actually. So Em and I just met at an event. We both do the same thing, like we're both predominantly, our careers are on Instagram. And we just got talking and we were like 'Oh, we've got so much to talk about. We need to make this into a podcast.' And four years later, we're doing two episodes a week and talking to guests from like all walks of life and with all different kinds of stories and experts. And it's, it's really cool. We do a lot of talking. We do a lot of talking, as you know.

**Charlie Hedges**

Which you're both good at!

**Alex Light**

Yeah, we like to think so! Yeah exactly.

**Charlie Hedges**

And in terms of like, I mean you've built a massive online community, how do you protect your own boundaries when you know your message is so personal – or you know is it just part and parcel of now what you're doing?

**Alex Light**

I think it's part and parcel of what I do and especially because I talk mostly to body image. It's a really personal and emotive topic and that often brings up a lot of projections from other people. And so I do get a lot of negativity but I'm really used to it now. I'm really used to it and a lot of it is around my looks and I just am so used to it.



**Charlie Hedges**

As in what though, what do you mean?

**Alex Light**

You just, mostly it's men saying 'You need to lose weight basically, just lose weight. Just like drop a stone' or yeah, I don't know, there's like calling me a pig and things like this.

**Charlie Hedges**

Do you respond to those things or do you just ignore it?

**Alex Light**

I just ignore it. I just ignore it because I think they're looking for attention, actually.

**Charlie Hedges**

OK.

**Alex Light**

I think what they would like is for me to share it, respond to it, get angry about it, give them a reaction, and I have no interest in doing that. And honestly, the truth is that it just doesn't bother me anymore because I've been doing this now for, I mean, since I started talking about body image since 2019, so six years. And they've said a lot of things about my appearance, it just doesn't bother me anymore, you know? I'm bothered by other things, like, when people say 'Oh, I didn't like what you said about this...' or 'I didn't like your work on this', and then I'm like 'Oh God, you know, help!' That will, like, permeate. But yeah, the appearance stuff, I'm just like 'This just says everything about you. Literally, this is all about you, and nothing to do with me, and like, you need to take this to therapy.'

**Charlie Hedges**

What's the nicest message you've ever received from a follower? Is there anything that you've received and you're like, do you know what, you've held on to that?

**Alex Light**

Do you know, this is, this is, I don't know if I should admit to this because it's embarrassing, but someone once told me to keep a brag bank. And so any like nice messages you get, like put them in a folder and when you're not feeling so good or when your confidence is low or when you've got one of those messages where you're just like, 'Oh, why am I doing this?' then you can like refer back to this folder. So any message where someone tells me that I've made an impact on their body image, or I've just, I've made them question, you know, the dieting that they're doing constantly or just that they've worn the bikini or, you know, been to the beach with their kids, anything like that. I'm like that 'Magic.' Like that's what I'm doing it for. So I will screenshot those messages and put them in my brag bank. That is very embarrassing. Can't believe I told you that. I've actually never told anyone that in public.

**Charlie Hedges**

No, do you know what, no, do you know what? That's not embarrassing at all. Like for me, what's the difference between because I normally, you know, when you get the social media accounts and they're all like, memes of like, 'Oh, love yourself.' I love, I love

a bloody screenshot. I screenshot all that. So actually it's a nicer thing what you're doing, because as long as you've got something to take you to a good place, I don't think it matters what it is. I don't mean that sad at all. I think that's beautiful what you're doing.

**Alex Light**

It's so true, I think we should all do it and whatever it is that keeps you going on days where things feel harder or just that little bank, that little folder of things that you just go 'OK, like I can recentre, like regroup myself and I can carry on.'

**Charlie Hedges**

You know, I've got, you've said something about, you know, I'll give you another little insight into me. So my, every year my mum and dad buy me a diary for Christmas, like it's an old school paper diary. People cane me, cos they're like 'How come you're not, you don't use an online diary?' I like a paper one. I like to highlight stuff. I'm one of those people. And you know what? Every single year, my dad and my mum write me out like a little message on a piece of card and they slot it in the diary. And every time I don't feel right or feel a bit like a bit weird, a bit wonky, I get it out and I'll read it. And again, that's my, that's my bit of positive. And also endless voice notes from my daughter. But yeah, that is, that's my thing. So again, you just have to do what, what makes you happy.

**Alex Light**

That's really, really lovely. That's really lovely. I love that. I hope we do that one day for my son.

**Charlie Hedges**

I'm nicking your bank though.

**Alex Light**

Yeah, do. You should!

**Charlie Hedges**

In terms of a wardrobe malfunction have you had any?

**Alex Light**

I have. It's a bit of an over-share-y one.

**Charlie Hedges**

Yeah!

**Alex Light**

Do you want it? OK.

**Charlie Hedges**

You've come to the right place!

**Alex Light**

It's quite deep. It's quite traumatic. So, I had my son, so I had my son in January, I had a C-section, and it was eight months later, yes, eight months later, and I never stopped bleeding from when I had him to eight months later. I never, ever stopped bleeding, right? And I was going to the doctor saying, like 'I'm bleeding'. And they were like

'Postpartum hormones are crazy, like, it'll settle down.' And I was like, 'It's still not settled down.'

Anyway, we decided to go to France, and I was like 'This is going to be a bit tricky because I am bleeding so heavily, but, like, let's just go to France. It might even stop there, like, let's see.'

And we went out to dinner one night in France, and I was wearing a black and white skirt, which... I thought the stripes were like, it was stupid, it was stupid, I should have been wearing a plain black skirt. And I just completely, completely bled through the skirt, completely bled through.

**Charlie Hedges**

Oh no!

**Alex Light**

It was so bad. And I was like, I was like, triple, triple padded, it was awful. And then I was like, I realised, I was like 'Oh God.' So I said to my husband, like 'We've got to go.' And he was like 'But I haven't finished my dinner.' And I was like 'No, no, we have to go now.' So we got up to walk out, and then this girl shouted 'Excuse me,' from a table behind. And I turned round, and she was sitting there with her mum and her dad, and I said 'Yeah?' And she was like 'Come here,' like, beckoned for me to come over, and she said 'Just so you know, you've got blood all over the back of your skirt.' And I was like...

**Charlie Hedges**

I thought you was gonna say she's gonna offer you a top so you could cover yourself?

**Alex Light**

She was just telling me and I was like, do you not fucking 'Do you not think I know that? Do you not wonder why we're running out of the restaurant halfway through our meal?' Oh, it was one of the most horrible moments I just looked from her to her mum to her dad and I was like 'Thank you. Yeah. OK. Thank you Thank you.' And we just ran and it was it was fine because I got the retained placenta taken out very shortly after that because we got home. We cut the trip early got home. I was like 'I need help. It's bad.' And then it was fine. I got an operation and it was removed, but that was horrific.

**Charlie Hedges**

That is why... I mean, to be honest with you, I think you've completed that question for us on the podcast. I think we should just never ask that question again! 'Beat that?!' that's going to be my next question to the next guest!

**Alex Light**

What a horrible answer. I'm so sorry!

**Charlie Hedges**

No, no, do you know what, it's not horrible. It's real. You know, going on the whole parenting thing, but I was completely not aware how bad women's periods can be after you've had a baby. Like, the shock. Mine are still bad and I'm three years down the line. I'm like, when it's my time in the month, I absolutely cannot wear anything other than black. Like, even these jeans now and these are dark, I could not go out. It's an absolute

nightmare. Not wearing stuff like that. So again, you're talking about stuff like this, it's important.

**Alex Light**

It's so true. It like it reset I don't even know if it resets your hormones it just sends them out of whack. But yeah mine have been crazy since as well like crazy, honestly. Sometimes I like have to like take a little blanket with me wherever... In our podcast studio we've got a beautiful white couch and I'm like 'I'm not risking that...' so I take my own little blanket like a dog! Like place that down carefully and I'm just like 'I'm just cold I'm just cold'!

**Charlie Hedges**

Whose wardrobe would you love to raid? Is there anyone that you know or that you look out online and you're like 'Do you know what? They're, they're all just banging'?

**Alex Light**

Do you follow Mollie Campsie?

**Charlie Hedges**

No!

**Alex Light**

OK, so she's a she's an influencer and she's like a mid-size influencer and she just has really great like simple style. Like everything is very well put together but nothing overstated it's all like pared back and it just always looks good so I'd raid her wardrobe. And then a much more basic, basic answer than that is like so basic but like the Olsen twins. I would just love to see what's in their wardrobe.

**Charlie Hedges**

Ah, standard! Wouldn't just love to go in, grab everything and run!

**Alex Light**

Give me, just give me half an hour in there, I would love it. I'm obsessed. I'm still obsessed.

**Charlie Hedges**

Don't even need half an hour! Clear it!

**Alex Light**

Truck outside!

**Charlie Hedges**

What about a Birthday Suit outfit? So an outfit that you'd wear for like a really special occasion? Have you got like a piece that you've worn a few times or that you've got banked?

**Alex Light**

Yeah, do you know what? I've got these, I've got two of them actually, they're expensive but these like beautiful, they're like milkmaid style dresses but in like gorgeous fabric and they've got a puff sleeve and like a tie around the waist and just the fabric falls so

beautifully. And I've got one in black and one in burgundy and I love these. The thing is like I've got really big boobs especially since having a baby, like enormous boobs, so like I do feel a little bit self-conscious whenever I wear it...

**Charlie Hedges**

Get them out!

**Alex Light**

I know! I also like, I also, I know and I also love it because I'm just like, I feel like it really suits my shape and like I feel really good in them but there's a little part of me that's like, 'Is this too much boob?' But they are my like special dresses and I've got this, but see this, I love the way this looks but it makes it even sexier. I've got this like lace bra and the lace is this, I don't know what kind of lace it is but it comes up quite high and if I put that under like it just peeks out of there, and I just like the way it looks but again that makes it a bit more sexy so I don't know. I still have a thing with like showing my boobs off, I'm still not there with it.

**Charlie Hedges**

There'd be a lot of people listening who have got massive boobs who will be thinking exactly like you and then there'll be other people the other end of it and I'm the other end and I'm like 'If I have massive ones, I would just show them off.'

**Alex Light**

Show them.

**Charlie Hedges**

Why would you not? Again, I've got to be positive and yeah, just wear what we've got.

**Alex Light**

I know I know I should. And I shouldn't care about what anyone else thinks but I don't love the male attention from it I really don't.

**Charlie Hedges**

OK.

**Alex Light**

I've never been comfortable with it like I developed like way younger. Yeah. I developed really young, like I've got boobs before anyone else of my peers And I just you know that you know the male attention from it. I just don't love it. I just don't love it.

**Charlie Hedges**

It's not for you.

**Alex Light**

So if I was like going to a women-only party, I would be wearing my milkmaid dress.

**Charlie Hedges**

Do you know what? It's so true when we say as girls that we dress for our girl mates because I will definitely make more of an effort if I'm going out with the girls!

**Alex Light**

100 per cent! I care what they think of my outfits!

**Charlie Hedges**

Same!

**Alex Light**

I don't care what my husband thinks of my outfits, which usually isn't very much! I just bought off Vinted and I'll show you actually and they're just right here. I bought some Doc Martin, Mary Janes.

**Charlie Hedges**

Let's have a look. Oh my God, I love them!

**Alex Light**

Aren't they gorgeous? And my husband was like 'What are they?' And he was like 'You've just bought a sandal for winter.' And I was like 'This is not a sandal, this is a Mary Jane, this is not a sandal!'

**Charlie Hedges**

'Hello?!'

**Alex Light**

'How dare you!'

**Charlie Hedges**

Have you got a hand me down, something that you absolutely love, that you'd be pleased to hand down to someone else, maybe to your son, if there's anything, or anyone?

**Alex Light**

Oh, well, so my mum gave me her Louis Vuitton bag, her old Louis Vuitton bag. I know, I know.

**Charlie Hedges**

What is it like?

**Alex Light**

I'm too scared to use it. It's a crossbody and it's got like a thin leather strap and like a fold over like flap at the front. I am too scared to use it, but it looks very nice in my wardrobe and I'm very, very proud of it.

**Charlie Hedges**

But the problem is, if you don't use it, you're never going to use it. Like, you've got to get it out at some point. Is there going to be an occasion that that's going to be worthy of it that you're not going to be frightened to? Because if not, I'll wear it for you!

**Alex Light**

I'll send it over! I should, shouldn't I? Oh my God it's so tricky. I am trying to like light candles as well recently, you know, because I'm always like 'I don't want to light the

candles because I don't want to burn them, because I want to save them.' And then my sister's like 'But what are you saving them for?' And I'm like 'I don't know.'

**Charlie Hedges**

Why do we do that?

**Alex Light**

So maybe this is like the candles as well, I should just wear the bag.

**Charlie Hedges**

Right, listen, this is what you're going to do after this chat. You're going to light a candle, put your bag on, go to the shop, blow the candle out before you go, and just go out. Just go out in the bag.

**Alex Light**

And my Mary Janes.

**Charlie Hedges**

And just your Mary Janes and your lace bra and your little dress and just go for it. That's what we've taken from this interview.

**Alex Light**

Perfect!

**Charlie Hedges**

What's next for you, Alex? What else is going on? Is there anything else exciting that we need to know about? What's going on in life? What is going on?

**Alex Light**

What is going on? So we are planning another podcast series. At the beginning of this year we did a huge body image series that was like eight episodes long and we dug into like the tabloids of the 90s and like uncovered some really horrible stuff and interviewed some people that like it was both like illuminating and difficult at the same time. So I think we're going to do another of those series for the podcast and apart from that I'm just gonna try keep trying to catch my tail really and before Christmas which as you know is very hard when you've got kids! Yeah, it's difficult.

**Charlie Hedges**

Thank you so much for the chat today before we let you go, we are gonna do a quick 60-second Style Sprint, which is basically a quick-fire round. Just answer the first thing that comes into your head and that's it. It's as easy as that.

**Alex Light**

I'm nervous, OK.

**Charlie Hedges**

Don't be nervous. We've talked a lot about worse stuff than doing this, so you're going to be good, all right?



**Alex Light**

OK, go. I'm excited!

**Charlie Hedges**

Just saying we've covered some subjects today! OK, sorry everyone if you're listening – you've had a whale of a time!

**Alex Light**

I bet retained placenta wasn't on your bingo card list, was it, for this interview?!

**Charlie Hedges**

No, but I'm bloody glad it has.

**Alex Light**

You're welcome, everyone!

**Charlie Hedges**

Listen, everyone is welcome. I love people that are just honest and just real, especially being a parent and a mum. You've got to be honest, because then other mums to come, like you know what to expect. Otherwise, you get the shock of your life and no one wants that. We're meant to be in this together, do you know what I mean? I'm a firm believer of, yeah, just being honest and open and helping everyone else. And oversharing.

**Alex Light**

And oversharing Yep, I'm with you on that. Love it.

**Charlie Hedges**

That's why me and you get on. Right, we've got 60 seconds. Ready, steady, go! Denim jacket or leather blazer?

**Alex Light**

Denim jacket, always.

**Charlie Hedges**

Midi or maxi?

**Alex Light**

Maxi

**Charlie Hedges**

Chunky knit or white shirt?

**Alex Light**

White shirt.

**Charlie Hedges**

Platforms or trainers?

**Alex Light**

Platforms.

**Charlie Hedges**

Bright colours or neutral tones? Answer carefully!

**Alex Light**

Bright colours!

**Charlie Hedges**

Yeah! Bodycon or floaty dress?

**Alex Light**

Floaty dress.

**Charlie Hedges**

Mascara or lipstick?

**Alex Light**

Mascara! Mascara a million times, mascara.

**Charlie Hedges**

Power suit or pyjamas?

**Alex Light**

Pyjamas, pyjamas.

**Charlie Hedges**

Matching set or mix and match?

**Alex Light**

Mix and match, pure laziness, definitely, yes.

**Charlie Hedges**

Crop, T-shirt or oversized?

**Alex Light**

Oversized.

**Charlie Hedges**

Your partner buys you a handbag. They're now your ex. Do you keep the handbag or do you sell it?

**Alex Light**

Keep it. No, sell it! Get the money.

**Charlie Hedges**

And the final question. Boobs in or out?!

**Alex Light**

Out! Boobs out! Boobs out!

**Charlie Hedges**

Alex, you are one of the most beautiful people. You've got such a beautiful aura. It's really been lovely to talk to you. Thanks for being so honest as well. It's been really, really refreshing.

**Alex Light**

Oh, it's so fun to talk to you. Thanks so much for having me. Thank you.

**Charlie Hedges**

Thank you so much, Alex. You can find her on Instagram at [alexlight\\_idn](https://www.instagram.com/alexlight_idn) and listen to her brilliant podcast, *Should I Delete That?*, wherever you normally get your podcasts. You can, of course, find us as well in all the usual places [@mywardmal](https://www.instagram.com/mywardmal) and at [mywardmal.com](https://mywardmal.com). And please make sure you subscribe, rate and review because it really helps us out. So thank you very much!

Again, thank you to Alex and to all of you for listening. Until next time, *My Wardrobe* is officially closed.