

18:35:08 Yesterday do that this is the place.

18:47:29 Does it stopped going. There you go. Now it's working again. There you go.

18:47:33 We have 12345 questions and defensiveness but before I dive into those, I would love to hear from two people, a quick check in, of how you are in this moment and what your small group talked a little bit about.

18:47:48 So I especially love to hear from people who don't generally unmute themselves. So if anybody would like to just say good evening and give us a little rundown so we can get a little bit of a sense of what you talked about in small groups that would be

18:48:02 lovely.

18:48:03 And if you're super extroverted and you just want to dive in your welcome and we're going to start with Lori, I think.

18:48:09 Thank you. Hi Lori, I in our small group, a common theme was what sometimes can be difficult is when there's anger associated with defensiveness and fielding that.

18:48:26 So, that seems to be a barrier for me and others.

18:48:30 Okay, so maybe we should add to the list how to relax around anger.

18:48:35 Yes. Yeah. Okay, I'm gonna put anger down if I forget it or somehow it doesn't come up remind me. Thank you. Thank you. Thank you. One more person.

18:49:01 Terry Hi.

18:48:57 I never talk so I love you and I'm an introvert so I get that I get to do it.

18:49:04 I just discovering again that it's actually helpful to speak out loud, these sort of defensiveness. And so for me it's an issue I have with my wife that's where it usually shows up, where I'm questioned about something.

18:49:19 And I hear blame and criticism, and maybe it's there, but it just how it impacts and it's like can I let this go.

18:49:29 And most of the time, the answer is no, even though I pause and I kind of hear it, then then, you know, so at least I felt I was kind of tight when I got here and sort of like what am I going to talk about just having to say it out loud, helped and glad

18:49:44 I'm glad to hear that. So, a piece I think that you're bringing in is this tendency that we have to take blame and criticism personally.

18:49:55 And then what happens is we end up getting defensive because we think that are very sense of identity and goodness is under attack.

18:50:03 And if we perceive what somebody is saying to us through that lens.

18:50:08 Then we start making it about us.

18:50:11 And one of the, one of the skills and capacities that we want to develop, is the ability to not take it so personally.

18:50:21 Even when somebody is telling you that you are the problem.

18:50:25 You want to develop a filter, where you can keep your own sense of goodness intact, knowing that, yes, maybe I did something from unawareness, maybe there's something that I'm doing or something

in the way that I'm being that is having a negative impact.

18:50:44 And maybe I want to look at that maybe I don't, but to the degree that I can remember that I am good, and that I am well intended. There's really not that much to defend.

18:50:56 There's only learning and growth and choice fullness, about where I want to be flexible and where I don't.

18:51:05 And to the degree that I can stay in that internal place. I'm going to be less reactive.

18:51:12 And the more that I move into a fear that I'm not going to be seen the way I want to be seen or heard in the way that I want to be heard or that some meanness some part of my identity that I've become very precious about needs to be seen in a particular

18:51:28 way.

18:51:30 My bristles are going to go up, and even that's not bad. Then we want to just sort of be very tender with ourselves when that's happening.

18:51:39 But one of the things that's going to help you not get so defensive is learning how to hear people's pain.

18:51:49 How to hear people's issues without getting superior.

18:51:54 How to really hear what people mean instead of what they say.

18:52:01 And working with really soft vulnerable pain body tender reactive little animal and the other person with a lot of respect and dignity.

18:52:13 You know, so we're going to we're going to practice that this evening, how that looks how that sounds what might get in the way.

18:52:22 And just keep in mind, there will be some relationships and some people where you will be able to do this very easily.

18:52:29 And there will be some relationships and some people where you will feel like you're light years away from any capacity to offer that.

18:52:39 And that's fine. Just keep in mind, you're really good at this sometimes.

18:52:44 And there we all have moments people and triggers where we're not good at it at all.

18:52:49 Okay.

18:52:50 That doesn't make you a good or a bad person that just gives you feedback about where you get to practice. If you choose to practice, any comments or questions on that piece.

18:53:09 Okay.

18:53:10 I found it was helpful to hear too because I mean I agree and I, when you started talking I said, I'll come on, I can't do that.

18:53:18 But I think it was Demetrius said it at the vaccine workshop that you put together, so that's why I'm good I can hear the other person, but where am I in that equation.

18:53:29 Am I just buying into this kind of stuff so I have to sit there and listen to it all, and he said it better than that but that's what I took from. Yeah.

18:53:36 And how do we handle that. And especially with closing, you know, personal information so bill in our group was talking about riding his bicycle and some random guy started criticizing because he

taking a picture, but you can wipe it away, you know, but
18:53:50 that feeling that he reported was the same, same but very
felt very similar to what I was experiencing too but this is an
important relationship in my life.
18:53:59 I love this that's old again right there, right there. We're
going to start with this, this moment that Harry is bringing up
somebody does something, and you can feel yourself getting defensive.
18:54:14 That moment where you feel the defensiveness arising in your
body, put in the chat in neutral terms as neutral as you can be. what
is happening in your body.
18:54:26 when you are getting defensive.
18:54:30 What do you start tuning into what other cues the internal
choose that are happening inside you that where you would say. Ooh,
I'm beginning to get defensive I can feel it coming on, what are the
things that happened put that in the chat.
18:54:46 My chest becomes tight. Yes, that's a really good one.
18:54:51 fiery energy, my face gets hard. My heart rate speeds speeds
up. I know this tension I might get teary my throat tightens up,
beautiful, my mind says oh my god Titans.
18:55:06 Yes, my mind seems to go into overdrive. Yes, absolutely.
What else do people notice what do you what are the cues that you're
getting defensive I feel like scowling, I get cold all over my gut
Titans my mind starts rushing.
18:55:23 My God gets tighter.
18:55:26 Okay this gut getting tight pieces of fear response, just so
you know, right there's a fear that's coming online.
18:55:31 I slumped over and I want to curl in and protective this can
sometimes be ashamed response.
18:55:37 I feel more hyper aware yes the vigilance comes in I worry
that I'm doing something bad that I'm not aware of so you get more
guarded. You get more wary Mary Beth says I get anger the
righteousness as well I feel a flash of anger, absolutely.
18:55:52 I prepare to fight How do you know Kathy. I stand up
straighter good.
18:55:57 I get a laser focus on what yes it's as if your vision
narrows right your vision narrows and you start honing in. Yes.
18:56:04 And I start analyzing it okay so what I want you all to
notice from all of these things is that there is a physiological
reaction happening in your body.
18:56:14 And look at how many people have mental activation where they
start putting their attention. My mind is racing, I analyze I start
thinking I have all kinds of stuff scripting up here.
18:56:25 Okay.
18:56:27 The reason I want you to have access to this language is
because sometimes. One of the best things you can do when you begin
getting defensive is to name it in sensory terms.
18:56:41 I notice. Oh, as I hear you say that I'm noticing.
18:56:46 And then you begin describing what you're noticing in your
system.
18:56:51 I noticed I'm getting teary I'm noticing My throat is

tightening up I'm noticing my heart just started racing.

18:56:58 I'm noticing that my mind began racing.

18:57:03 You know, oh I can feel myself sort of pulling away. Does anybody get a feeling of bracing Do you know that feeling of bracing and your abdomen.

18:57:10 Ok.

18:57:12 I can feel my system bracing It's like my shields are coming up.

18:57:16 So, Start practicing the language of revealing yourself.

18:57:25 These are very. These are more connecting ways than to say, Okay, I'm sorry I can feel myself getting a little bit triggered and getting kind of defensive right now.

18:57:35 Can you feel how that's a much more difficult thing to bridge to.

18:57:39 Then if I were to say to you all as I hear you say that I can feel like my heart began racing and my breathing became shallow and my gut is tightening and I have this tightness in my throat.

18:57:49 Give me a second.

18:57:51 Can you see how that's an easier thing to connect within me, if I can describe to you what's happening.

18:57:59 Yeah.

18:58:00 Well if I say oh as I hear that I noticed my system starts bracing a little bit.

18:58:07 Okay, so we want to be. We want to have the language of observational noticing online.

18:58:16 When you can reveal yourself.

18:58:19 Lori This is to your question about I don't know how to make them feel safe right I don't know how to help with safety. One way to help with safety and a conversation is to reveal you.

18:58:30 So when you and I'm willing to give language to what's happening in me.

18:58:34 It's not everything but it is a step in the direction of there being more safety.

18:58:40 The other thing is that as you develop that language.

18:58:46 You will also have the language online for asking about another person.

18:58:51 You know, as I'm telling you, blah blah blah.

18:58:55 I'm noticing that you're breathing is a little shallow it seems like you're bracing Is that true. I'm wondering about what's happening in your system as I'm hearing this, is there anything, you know, is there anything up.

18:59:10 I want to slow things down.

18:59:13 If you notice, somebody else beginning to get activated you can give language to it.

18:59:18 And you can normalize it and you can make it okay.

18:59:22 And when you notice activation happening in the system, your mantra, if you want one is slow this down.

18:59:35 Whatever is happening, slow it down.

18:59:40 Because when we get scared. And when we get angry and when we get triggered.

18:59:45 If we allow our energy and attention to go up into our headspace into the analytical space, your mind will start racing because you're activated.

19:00:07 And there will be a tendency to speed it up.

18:59:59 And not only will you feel an urgency to speed something up but you're going to come with cognitive information which isn't going to usually help.

19:00:08 So the more that you can language of the whole system, and bring slowing down.

19:00:15 These are two really good tools to begin with.

19:00:19 Comments or questions on this piece.

19:00:27 Karen.

19:00:30 I thought of an example that happened a few years ago with my brother.

19:00:36 And all I remember is, he he made a comment to me and all I could do. I wasn't even that aware in my body of what how tight it was.

19:00:47 But if I'd have, I think it's a.

19:01:01 I really like your suggestion in terms of, I was able to name what was happening in me.

19:00:56 I just wonder what he would have said, because that would have been a whole new thing, you know, it wouldn't have been me being defensive it would have been a whole new thing.

19:01:06 And so I just so appreciate the idea.

19:01:10 Excellent. Thank you.

19:01:13 Right. Okay.

19:01:16 Um, yes. So Laurie says I don't want to be so vulnerable to reveal me when I don't feel safe. Yes, of course not.

19:01:22 And I'm going to leave that to your discernment.

19:01:25 If you really truly don't feel safe because somebody might hit you or might attack you in a way that you feel a need to protect yourself from, then it's counterproductive to get vulnerable.

19:01:39 But if it is a context where you are wanting to practice, and you're wanting things to go differently and for whatever reason this is important to you, then becoming more self revealing is actually a way to reclaim your power in the situation.

19:01:59 And to lead towards a different normal, and how we do this, but not knowing enough about the other person and the context and what the, what's at risk, I don't, I don't know what to say about that, other than trust your own intuition about where you do

19:02:15 and don't want to take a risk.

19:02:18 There's no magic bullet like there's nothing like always take a risk and always be vulnerable. There's nothing like this trust your wisdom in every situation and just make sure that you're coming from a place of choice if you can.

19:02:32 Is there more you want to say about that Lori and just in terms of the situation then I'm going to go to Bill, or you go No, no, you're good. Okay. No.

19:02:48 Yes.

19:02:42 Yes.

19:02:44 I'm wondering.
19:02:48 There. When I feel defensive.
19:02:52 I do, I really liked your suggestions I really take them to heart.
19:02:59 But I get caught in shame.
19:03:03 And I'm wondering if I can practice.
19:03:07 Well there's two ways to, there might be two ways to approach shame. One is, you're talking about work sometimes personal work we need to do to go back to times when we were ashamed and and and rework that.
19:03:22 But what you're suggesting is in the moment.
19:03:26 tuning into how we feel expressing what's going on inside of our system.
19:03:34 Will that support me in in working through my shame or art or helping me in that regard, versus deep therapy.
19:03:52 It's a great question. I don't know, I think it depends on many many different factors.
19:04:00 It will depend in part on what kind of response you get from the other person.
19:04:05 If you, if you get a positive response, it will be reinforcing, and it will give you a corrective emotional experience and you will develop a new muscle.
19:04:14 If they do the same thing that was always done to you that made you shut down to begin with, it will feel like a reenactment of the same trauma and might make you even less likely to ever approach that again because it will feel like confirmation as this
19:04:27 is why I never effing say anything right.
19:04:30 So I don't know, it's always a risk people are kind of risky, But what I can say is that this call right now is a place to practice.
19:04:43 So, I, I, I already have five people that I'm going to move to I'm going to start with you quickly real since you're right here right now, would you like to either show me what some what you're fielding or practice saying something differently to someone
19:04:59 What's up what you're fielding or practice saying something differently to someone is there a particular situation that you would like to train for that might be helpful right now.
19:05:12 I'm not coming up with anything right now. Okay.
19:05:15 Give it some thought because the tonight's call and Wednesday's call about this. So, this is what I'm going to do not as I'm going to start going through people who put things in the chat.
19:05:24 and we're going to start walking through situations.
19:05:26 And for those of you listening I'm going to be asking you to be writing in the chat what you would say, okay, it's just so that you can be practicing and if you don't want to put it in the chat that's fine, just do it on a in your journals that I really
19:05:37 But I really want you to be as actively engaged as possible with like languishing out how you might respond or what might be coming up for you.
19:05:45 And if we can get through situations you know like if we may have time for more than the people who have put things in the chat but

that's what we're going to start.

19:05:52 Does that sound okay to everybody for this evening.

19:05:54 Okay. Sue.

19:05:58 So, Laurie I'm just going to come back to you for a second because you had a more general question when someone else's defensive I don't always know how to help them feel safe and then you've also mentioned, sometimes when you're feeling vulnerable you

19:06:09 don't know how you want to reveal Is there a particular situation or something that somebody says or does that you want to play with or not, and Lori, let looks like you went off camera, sir.

19:06:25 Oh, There you are.

19:06:25 I don't want to go into a. It feels like the same thing I've talked about, and I still haven't addressed it so I'll let somebody come in with a fresh story.

19:06:38 Okay, that sounds good. And in the meantime, if you come up with a specific. They say this and I want to say something different or they've said this and I want to unpack how I feel that or if you come up with something.

19:06:51 let me know and I'll come back to you. Okay.

19:06:54 Okay. Sounds good. All right, let's go to Yvonne hi Yvonne Do you want to play or not, like, I want to put anybody on the spot if you don't want to play with me tonight You don't have to, but, yes.

19:07:06 Your question is, how do you handle a situation where you make a request of someone who responds with, and I already do that.

19:07:12 How do you handle a situation where you make Okay, sorry I had that twice. So, what is it that you're asking them to do and then defensively saying but I already do that well okay so it's not a good NBC request.

19:07:27 But first, I was talking.

19:07:30 I was talking with my husband and I was saying, I would really like him to respect my opinion, even when he doesn't agree with me.

19:07:39 And he's like, I already do that. Beautiful so you got the start of a great conversation so what do you say next.

19:07:47 What's your learning when he does that, like, when you started with it's not a great NBC request I'm wondering what you're referring to. And I'm wondering what you would want to say next.

19:07:59 Yeah, I guess what I was referring to is I think it's very broad and big like, you know, respecting my definition of respect and his definition of respect are clearly different what he believes is respecting you you're not receiving it in a way that you

19:08:12 feel respected so we want to get more behavioral right we want to get more specific. Yeah, great.

19:08:19 So then what I will do is often will happen is, and I'll come up with an example where I didn't feel like my opinion was respected. Right.

19:08:31 And then I'll kind of go into that. Great. Okay, give me.

I'll be him for a moment and why don't you go into it, just so I can see what happens. Sure.

19:08:49 So, let's see, I would say,

19:08:53 Okay, here's one so we have to we have two different ways of handling the dog.

19:09:00 You, you know you believe that we should spend 24 seven with the dog, and I'm okay with leaving the dog alone at home sometimes, you know when I'm doing something where I don't want to bring the dog.

19:09:15 Yes, that is a difference between us.

19:09:22 When he would never say, What would he say, Well, I don't see what the problem is yet okay so you have different different preferences was the problem.

19:09:33 Okay, and. And so, you know, twice this weekend, I felt like you were just lecturing me about not taking the dog with me when I was doing something with my friend.

19:09:48 I see, okay, so let me just make sure I'm understanding so he wants you to take the dog with you and he's trying to coerce you into taking the dog with you.

19:09:57 Yes, that's how it feels to me. Okay, and so and then you say yeah I really get it that you'd like me to take the dog with and I'm just not going to do that.

19:10:06 And then what happens.

19:10:11 Yeah, I think what happens is be like then I what I would say is well I'm you know what we will be defense will be like we went to an art fair that's not really an appropriate place to bring a dog so slow down for a second.

19:10:25 What was the need to explain, like, let me see how do I want to ask this like,

19:10:34 what makes it difficult to just say yes I get that you would prefer it if I took the dog and I don't want to.

19:10:41 Why is not wanting to enough of a reason.

19:10:50 This is for everyone in that whole field.

19:10:56 And it's I'm curious, like, how many people on this call feel like when somebody says, but you should want what I want that you feel drawn into explaining why your way is better, or different or justified or right two people have that okay like this is

19:11:12 not unusual.

19:11:14 So one of the ways is to just stop explaining ourselves like one move, this isn't going to fix everything but one thing to start installing is, There is nothing to explain.

19:11:28 I understand that you have a preference that I would take the dog with, I don't want to take the dog with the conversation can end.

19:11:37 You don't have to want the dog at home, I don't have to want to mean we neither of us has to want anything different. We have different preferences here.

19:11:46 So if I want the dog to have company all the time. I'll make sure that I'm with the dog as much as I can.

19:11:52 And if you want to have some freedom and do your own thing you're going to make different choices. This on the face of it is not actually where the conflict is right where some of the conflict happens is when we try to make other people want what we want.

19:12:11 And so then we have to slow down, and we need to get clear on boundaries, because it can be a subtle boundary invasion to impose

your preferences on other people.

19:12:29 And we're so used to people imposing their preferences on us, that we sometimes have a knee jerk reaction where we feel like we have to explain the validity of our position when it doesn't actually need to be defended or explained.

19:12:46 It just needs to be.

19:12:49 So you can ask yourself you know in the places where you feel like you do need to explain. Is it because it's just a habit it's a culturally conditioned habit.

19:12:59 Or am I actually not at peace with my own decision is this actually touching in on an inner conflict, I have, in which case I may want to do some work on my own inner conflict to get clear on where I'm at.

19:13:14 And that might sound like you know when the subject comes up, it does bring up some inner conflict in me.

19:13:24 Because a part of me really wants freedom from not taking the dog with and another part of me, partly agrees with you that it would be better if the dog wasn't left alone.

19:13:33 And so I noticed myself getting a little confused in these conversations Give me some time to get clear on where I'm at, and then we can revisit it.

19:13:42 You know like we can always own that I have mixed feelings about this thing.

19:13:47 But, but the other piece that you really want to get clear on in like healthy, healthy relationships, is that we're not here to colonize each other.

19:13:58 We're here to be in relationship with each other as individually to differentiated humans, we're not extensions of each other, which means we're going to see things differently, we're going to have different preferences, we're going to make different

19:14:12 decisions.

19:14:23 That's not the quality of peace we're going for.

19:14:27 How's that landing what Where do you want to go from there Yvonne.

19:14:31 Well that's actually that's really helpful. Um, what I ended up saying this morning was

19:14:39 basically said, I know that you think that you should be with the dog 24 seven and I don't want my choosing to leave to make you feel like you have to be responsible for the dog when I'm not here.

19:14:54 And then I just restated that I, you know, the dog does pretty well by herself so she can handle being left alone.

19:15:01 But yeah, that's really helpful.

19:15:05 Like in this conversation, let me just add look just a couple more things, I may want to find like where we agree.

19:15:11 Listen, you and I both love this donkey. Okay. And we both want what's best for her, and she's a really sociable pup.

19:15:19 And she loves to play and she loves being around humans I'm totally with you, that she gets more settled with her humans are around like we don't disagree on this.

19:15:29 It seems like where we have slightly different preferences

has to do with dosage and degree of people contact.

19:15:36 You would really like her to be with people 24 seven.

19:15:39 I'm willing to leave her for up to six hours every day I think that she can handle that fine and this is the difference between us. Is that how you see the difference to.

19:15:48 Would you articulate it differently. Do I have the ratios, you know, do they align with how you would say them. Is there anything I'm missing.

19:15:56 I would start surfacing, what's happening here.

19:16:00 Would you agree that we both agree on these things is this way you're seeing the difference as well.

19:16:06 And then I love what you're saying Yvonne about, you know, this awareness that if I choose one thing that it's going to have an impact on you. And there may be some resentment.

19:16:16 And how are we going to manage that and if you are imposing one thing I may feel some resentment, and maybe I would bring that up and that say something like, I want this to work for both of us.

19:16:28 And I don't want to have the same level of restricted nervous, as it sounds like you're willing to have and I also don't want to leave you high and dry feeling like you're 100% responsible.

19:16:39 How can we manage this in a way that works well for us.

19:16:45 That just changes the tone of the nature of the approach of how we're going to solve this problem.

19:16:51 And it takes us out of the default of right and wrong. And you shouldn't you shouldn't. But I want but I don't but I'm resisting but I'm just submitting like we want to just see what we can do to get those dynamics detoxed

19:17:09 cuz that landing, very helpful. Yeah, yeah.

19:17:14 Okay. Good. Then I'm going to just turn it over to the rest of the group for a moment and find out what questions or comments come up in people as you're hearing that piece.

19:17:29 Yeah, Conrad is a power struggle.

19:17:33 And what we're going for is sort of how do we position ourselves power with instead of power over a power under right so this is absolutely.

19:17:42 And then Moran, I do the same thing I have to feel like I'm explain why justify Yeah.

19:17:47 You know, one thing you can always do is, is, again, in the spirit of slowing down defensiveness you can always say, whew. I'm noticing a huge impulsive me right now to explain and justify.

19:17:59 Are you interested in my explanations and justifications or not really, like, I will be another way of slowing it down like would that be helpful or not, but you can notice the impulse and reveal that piece.

19:18:12 Before diving into it. So that would be another one.

19:18:17 Awesome Kathy I see your thing we're going to come back to that. Why do we naturally speed up, it's a stress response Mary Beth, it's not always bad it's just that when we speed up out of a stress response we tend to move back into default instinctual

19:18:31 programming which often isn't conscious and aware, and

sometimes conscious and aware, is more choice for if we want to start living from a different part of ourselves.

19:18:42 Whereas if we don't slow things down, we tend to repeat what is what our unconscious default is and that's often lower order functioning.

19:18:52 It's not bad.

19:18:56 It's just conscious. Right.

19:18:59 Yes surfacing what's happening and confirming understanding. Okay, good on this piece, ready to move to another one, anything left Yvonne that has occurred to you on your good for now.

19:19:10 Okay, sounds good. All right.

19:19:14 Danny, how to express jealousy or insecurity you have with a partners, other relationships in a kind way assuming that defensiveness would come up in that conversation.

19:19:22 Do you want to play. Where are you sure I'm ready.

19:19:27 Okay.

19:19:37 Um, do you want to tell us a little bit more about that. Do you want to.

19:19:31 Yeah.

19:19:33 Yeah, Sure. Um, so long distance partnership partners in grad school under a lot of stress.

19:19:41 And in a very intensive environment, and I have my insecurities around one woman who's the dean who I don't know, just has all these accolades and he talks about a lot and spend a lot of time with, and I, yeah, want to bring up my insecurities and like,

19:20:05 I don't know, around that relationship.

19:20:08 Okay, I love it. So just smooth, because I don't want to make any assumptions and I just want to make sure we put all the parameters that relationship monogamous relationship.

19:20:16 Okay. It is a monogamous so it's it's sort of an agreement that it's a close relationship, it's not open. Great. Okay, great.

19:20:25 So, do you want to just try out what you think you might say, Sure.

19:20:33 Um, so lately I've been feeling really uncertain about whether or not. Like you, I don't know about your relationship with Stephanie.

19:20:47 I know that you really enjoy her and she has a lot of like super interesting things. And you guys in my mind you're like having breakfast together and lunch together and dinner together and you're having all these work conversations together and I'm feeling

19:21:00 like wow this is the next two years, you're going to be spending with this person, and they're pretty awesome. So I'm kind of having a lot of like jealousy and like insecurity around that.

19:21:14 And I'm wondering if you have any like boundaries around that relationship or how you feel about that relationship.

19:21:24 But, Okay. So, I want people to put in the chat, what you like about what Danny did.

19:21:30 I have some suggestions as well, and I'll get to those but I first want you to put in the chat. What was helpful, about the way that that was framed up what would work about that.

19:21:43 What do you like about it Danny Tell me what you like about that beginning.

19:21:49 Um, I we have like a whole long list of things to say. But that's like my general.

19:21:56 Um, I think it's just getting it out there, and acknowledging that like. Yep, this is an interesting person and we both dealt with this in the past with each other and it's just I'm just being honest this is just what's coming up for me right now.

19:22:11 Yeah, yeah, there's a lot of lovely feedback in the chat but you can scan through so you're revealing your feelings you're coming with some vulnerability, you're coming with a lot of care.

19:22:23 You're owning, some of it, you know, in terms of you, you're ending with some questions you're ending with some asks.

19:22:32 Here's some things I might I might add, and maybe not all in the beginning but maybe some things to think about.

19:22:40 I would wait for a really specific trigger, remember yesterday when you were telling me about breakfast with Stephanie and how you guys were blah blah blah blah blah, I would ground it in a very specific moment, so that it doesn't feel like a character

19:22:58 real logical thing, or like a pattern all the time so that it's really grounded in a moment of awareness.

19:23:06 And then I might say you know in that moment I became aware of a reaction that I was having that I want to share with you.

19:23:13 Because I'm really looking for a way and then I would have a vision of what I'm wanting.

19:23:20 I'm looking for a way for us to feel really connected and safe with each other as we move forward with this long distance thing.

19:23:29 Because as I'm listening.

19:23:31 And the other person's point of view, right as you were talking.

19:23:36 I was feeling a lot of empathy for what you were going through, but I also noticed myself thinking, What is she, what is she about to criticize what is it that I'm not supposed to be doing, what is it that I am doing wrong.

19:23:52 What is needed from me.

19:23:55 So the other piece that I might get really clear on awesome things that this person can say or do in the conversation with you in the now, that would help.

19:24:08 And that sounds like, you know, I think one of the things that would be really helpful for me is to just hear from you, some reassurance about the platonic nature of this relationship, if that's true for you, or what I think would really help me is to

19:24:27 is to hear from you about whatever feelings you are or aren't having in relationship to this person who's going to be important so that I can calibrate and ground myself and orient myself to what's true here.

19:24:43 You know some, and you may come up with much better asks than that.

19:24:49 Or it might be something like, you know, the one thing that would really help me is for you to just remind me of the five things

that are unique and special about me that this woman will never have so that I can just ground myself on the stone of how

19:25:05 I am special and unique to you, because otherwise I'm just going to feel like I'm so easily replaceable that I'm going to suffer a lot.

19:25:16 Do you see what I mean in terms of a specific. What could this post and say or do that would really help.

19:25:26 And they may be able to do it they may not. I mean, you know.

19:25:32 The bad news is if you know sometimes we make these awesome miserable I can't really provide you that reassurance I am having all of these feelings and be prepared for that I would actually make it very easy for somebody to tell me that at some point

19:25:45 I might say, you know, it's really important to me for our sense of security and connection that we can have hard conversations about this and if you are having feelings or doubts, I would much rather be able to talk about those together, then to be wondering,

19:26:02 and sitting in some fear.

19:26:06 Do you feel like that is something you can talk to me about or not.

19:26:13 Is that something that you think you would have the courage to reveal to me or not.

19:26:20 Those might be other places to explore depending upon what you do or don't want to open up.

19:26:29 How are these things landing as a start

19:26:33 up really good I would love to hear lots.

19:26:39 Yeah. Yeah.

19:26:43 Yeah.

19:26:49 Yes I statements vulnerable clear authentic. Yeah.

19:26:55 Yeah.

19:26:56 What would be the most challenging thing that he might say that you would have a hard time fielding.

19:27:06 I think it's like if I

19:27:18 I guess that's the thing is like if I had a specific ass news like like no, I'm not going to do that, like, Okay.

19:27:25 Yeah, that's let's play with that.

19:27:26 Tell me what what's the difference is that the different like the defensive response that he might give you would be no I'm not going to give you any reassurance I mean this is about your insecurity and, like, what is it that you're imagining you know,

19:27:39 he would give me reassurance you just be like, Well what he said before.

19:27:45 He's not very good.

19:27:46 Okay, but he'll be like, like, oh she's like, way above my, like, whatever.

19:27:53 I don't know. Oh my god.

19:27:59 No, but he's done that, like, with other, I feel like he's done that on other occasions, certainly, it is not helpful

19:28:13 to have that conversation

19:28:16 with him.

19:28:18 Oh no no you have nothing to worry about. She's way above my

pay grade.

19:28:21 Yeah.

19:28:23 She's the dean and like I would never like cross that boundary that's another thing.

19:28:27 She's the dean and like I would never like cross that boundary that's okay if he said I would never cross that boundary, I would probably say I feel really relieved hearing them that, that is reassuring to me thank you for reminding me of where your boundaries are.

19:28:40 If he were to say oh yeah well she's way above my pay grade.

19:28:44 I might be something like

19:28:48 it's less helpful to me to be told that the reason you're not that you're setting a boundary is because you don't believe that she would be interested in you.

19:28:59 Sounds like that's what you're saying is that what you mean.

19:29:04 I might say some version of.

19:29:07 I'm hearing you say that the reason things are happening is because you think she's out of reach for you. Is that what you mean.

19:29:16 And give him a chance to clarify because chances are, he's not aware of what he's saying. And chances are, of what he means.

Yeah. So, let him hear it back and asked him, you know.

19:29:33 And then, you know, if it becomes a bigger conversation or if he doesn't understand, I, you may want to explain it directly and sometimes you don't need to.

19:29:46 But a direct explanation would be something like, Well, I think I have mixed feelings about that kind of reassurance because it sounds like what you're saying is I have nothing to worry about.

19:29:52 Because even if you wanted to be in a relationship with Him will never look at you and so you're setting, I mean, is that what you mean. Yeah.

19:30:02 And I don't really want to be in a relationship with someone who's settling for me because they can't get who they really would like, what you're saying is that or is that what you're saying, like, this is a very gentle way of just sort of surfacing a

19:30:14 little bit of how it's coming across and giving people an opportunity to course correct and and reflect and you know because, how many times do we say stuff that we think is reassuring and it comes across completely differently than what we mean.

19:30:31 You know, so, giving someone an opportunity to just hear it back and calibrate can be useful.

19:30:40 What else in this case study.

19:30:45 I think that's helpful.

19:30:48 Yeah.

19:30:48 Are there other ways that he gets defensive that you'd like some options around.

19:30:55 Um, I mean, it's just, it's gonna be like well this is what the school is like I yeah of course I'm going to be with her a lot.

I'm going to see her a lot and like that's just the nature of like what I'm doing right now and, like, What do you want me

19:31:20 to do.

19:31:10 So let's empathize with him.
19:31:12 Yeah, that's empathize with him in that moment.
19:31:15 So I'm wondering if you're feeling a little sort of stuck and help us right now because as you look at the next couple of years and the setup.
19:31:23 There, there are going to be a lot of interactions with this person, and it is an important relationship.
19:31:30 And it sounds like you're asking me you know how are we going to manage this in a way that feels good. So both of that is that both of us is that right.
19:31:42 And you can see it's a dilemma, I, I would love us to stay in conversation around this.
19:31:51 You know, I would love I think, I think some of the things I might be thinking in your position is something like, I think to the degree that I'm feeling like our connection is foundational and secure.
19:32:06 I don't think this is going to be an issue.
19:32:10 But with the distance and the circumstances it seems to me like we may need to make a little bit more effort to really tend intentionally to our connection.
19:32:21 Because it's feeling vulnerable and fragile to me at the moment is that feeling that way to you as well or not.
19:32:31 Bring him in. Let him tell you what it's like for him. Yeah. And you can always ask him what would you like from me.
19:32:39 You know you want this to be a feedback loop that goes both ways he you know.
19:32:45 What will he need from you to make things work, what would you like from him to make things work really balanced otherwise one of you may end up feeling like the identified patient.
19:32:56 And that won't feel good to either of you right if one is always looking off to the other ones needs so try and keep that conversation equalized. Yeah.
19:33:08 Plus that landing so far.
19:33:11 Yeah, it's all very helpful.
19:33:18 Thank you.
19:33:20 Is there anything you'd like to ask from the group, is there any advice or strategizing or scripts or anything you would like from people or do you feel complete.
19:33:30 I feel pretty complete. Okay.
19:33:37 Okay.
19:33:33 Great situation.
19:33:36 Yeah, I'd love to hear from one or two people listening in.
19:33:42 What did you learn from that interaction what was useful to you about that interaction. And do you have a question, and or do you have a question about it,
19:34:08 just scanning to see Daisy Yes.
19:34:12 Nowadays you didn't have a yes or no.
19:34:14 I yeah I'll talk. Um, I came on the call late, but I was listening, and it made me think of my partner and I just, I guess I just want to share it was coming alive for me when I was listening to

my friend share about her partner.

19:34:28 I was starting to think about when things get glitchy with my partner and I, and what really helps, what has been helping me lately is.

19:34:41 I heard either your valid or I heard Marshall or someone say like when we talk when we talk about what we're thinking, then it's much more disconnected than talking about our needs and feelings.

19:34:53 And one of the new things that I've been one of my new celebrations and personal growth is I've been really good at hearing other people's thinking and hearing the needs and feelings underneath it so when I was hearing my friend share about her partner.

19:35:09 And then I was hearing you help her you just kind of reaffirmed that just how when we talk about our thinking. It's a lot more disconnected and feelings and needs so I don't know how much that really went with it but that was kind of what was going on

19:35:28 in my head when I was listening. Great. Great, thanks Stacey. Good. And also the importance the importance of present moment clear requests. What is it that this person could say or do right now in this conversation that would help the more that we can

19:35:41 give them that kind of direction.

19:35:43 And we don't just leave it with pure on my feelings here or my needs. There you go do something about it, as long as they don't have that experience. As long as we have a really specific ask or an idea, even if they say no, it still gives us something

19:35:58 to work with, that's more concrete and not about like, I don't trust who you are, which is how somebody might hear something like that, you know.

19:36:07 So, okay, I have one more thing I wanted to share, like, I want to know what you thought about it so I was in a situation where my partner was telling me what I was doing wrong and telling me instead of what he was meeting, he was telling telling me his

19:36:35 So I want to know what you thought about what I said. So I basically, when I get really triggered I usually ask for a break, and. And then when, when I, if I don't get a break or when I'm ready to talk about it again, like sometimes we'll keep coming out me.

19:36:42 And then instead of getting really disoriented and activated and defensive about if I hear an assumption or criticism.

19:36:49 A lot of times I'll say, hey, when I hear you make that assumption about me. It makes me feel like I'm not my own authority on my reality right now and it's really hard for me to communicate this way, because I really want to hear about what's important

19:37:03 to you.

19:37:06 Or would you like what would be a good dialogue I guess is what I'm trying to say if someone is giving you your inventory and you want to pull it back into connection what would be a good way to draw that person away from telling you what's wrong with

19:37:17 you and back into what they're feeling and eating. I like to keep it very simple on my end.

19:37:22 And I would usually say, what would you like to hear from me right now. What is it that you want me to do in this moment.

19:37:33 What if they keep telling you what's wrong with you though, like, oh but then I would reflect it back then I would say okay so you don't like it when I do this, what would you like me to do instead.

19:37:42 Oh, so you don't like it when I say this. Okay, got it. What would you like me to say instead what would that sound like in a way that would work better for you.

19:37:49 If they keep telling me what they don't want it's because they have, they don't trust yet that I've received it.

19:37:56 So when they hear it coming back out of my mouth in the way that they said it, that can close that loop and allow us to move to the next step.

19:38:05 Sometimes people want to know that you've heard what they don't like.

19:38:10 And if you want to be non defensive to sit back, okay, you do not like it when I wear white shirts and black pants and I wear black and white all the time and it is driving you crazy because you are dying for more color.

19:38:22 Would it help if I put on a blue shirt right now.

19:38:24 Great. I'll do that next time if you are longing for a particular color, just let me know and I will change shirts immediately.

19:38:33 Do you see what I'm saying.

19:38:35 Okay.

19:38:36 All right. Lovely.

19:38:38 Lovely. All right, let's move to Mary Beth, here's something, I'm wondering about how best to tell someone that's something they've done is hurt your feelings in a way that has less likelihood of triggering defensiveness also what about when you're aware

19:38:53 of being hurt in the moment with people who are not your intimate partner Mary Beth Do you want to play Where are you, where are you she you're still.

19:39:02 There you are. Hi.

19:39:04 All right, what do you want to say.

19:39:06 What are you trying to share, and the connection is sort of a sudden suddenly little unstable. Okay.

19:39:15 Do you, do you want to work with me Oh no, just.

19:39:25 Okay, great. Yes, am I back Can you see me. Yes, yes. Okay, I see you I don't know if you see me. Okay.

19:39:26 Mm hmm. Okay. So, tell me your role and and skillful version of letting somebody know that they've heard your feelings where they would normally get defensive.

19:39:37 Okay, well I'm going to this situation was in a group that I'm sort of some kind of a support group that I'm kind of facilitating but like also a participant so it's a little bit confusing, But I was saying something.

19:39:55 That meant something to me.

19:39:57 And I got interrupted by another person saying no no You must not do that, you must do you must not you know and and that it really kind of upset me. I mean, I tried to, sort of, after I kind of validated what she was saying and said well I don't know

19:40:18 that you're really quite understanding what I was trying to say.

19:40:21 But afterwards I was still upset about it, like the next week and then I do this meeting every two weeks.

19:40:28 And then I tried I thought, you know what, I don't know that this woman. I'm going to just try to see if I can set different ground rules for the meeting.

19:40:37 But when I tried to do that and make it a general thing like I was trying to make it more like these meetings like could we maybe you know when someone speaks just give a bit of reflection and empathy.

19:40:48 The first thing she said well that sounds like therapy and I think that, you know, I so I just and then finally said okay well I'm just, I'm the one who wants empathy, after I speak, that it's hard for me to articulate.

19:41:03 Sometimes it's an effort, and I just would love to have a beat of, like, just, yeah. No I we get it or we don't, but I don't know, not to be agreed with, I don't know anyway that's the situation.

19:41:16 I got defensive in a sense, I tried to address it.

19:41:21 When that happened in the meeting, then she basically revealed some very deep trauma that was behind her insistence that in the previous meeting of like how things had to happen.

19:41:49 This is getting complicated I'm sorry, let me tell you what I'm picking up on so far and then, yeah, then I'm going to ask you like where you'd like help.

19:41:39 Okay, there's the meeting, you're not the facilitator your participant, you know the facilitator. You're also the facilitator, okay you're the facilitator, it is like let's meet a support group around this issue and then, like, oh yeah okay so six people

19:42:02 so I'm the one who hosts the meeting. I'm also participant. I'm trying to, like, it's I understand that's probably not a good idea but that's how it's set up in a bunch of people come to this meeting.

19:42:10 God. Okay.

19:42:13 Um, there's a lot to talk about in here so let me just think out loud while I organize my thoughts.

19:42:19 Okay.

19:42:21 I'm hosting the meeting and facilitating the meeting, are two different roles. So I do have a question and this is rhetorical for now, that there may be containers setting and structure setting.

19:42:35 That could be tweaked to support the kind of engagement that you want people to be having so that would be one one layer of thinking about systemic problem solving, is about looking at the symptoms that come up between the people and then wondering about

19:42:52 agreements and containers setting that can resolve some of those agreements, but we're not on a facilitation call so I'm going to leave that one I'm just going to make a nod to roles and agreements and this is an area that you may want to think about

19:43:05 but we'll get we're going to go over the interpersonal piece because that's really what we're more about here. Okay. So from an interpersonal perspective, acknowledging that there may be something

systemic but into Personally, I'm sharing something somebody
19:43:21 else in the group. I'm going to assume power with because
you're saying hosting and support group for right now as opposed to
more of a hierarchy so some other peer in the group jumps in with a
form of engagement that you are not enjoying, in part because
19:43:38 you would like to be seen and known for who you are and
because you don't want someone imposing something upon you, that's a
little bit of what I'm getting so far.
19:43:49 One of the strategies you somehow repair enough of that you
go away. And then you come back the next week with something that
people very very commonly do, which is that we want a new rule to
avoid that kind of interaction.
19:44:06 I don't recommend that.
19:44:08 Unless you're doing a container systemic agreement thing,
which is different.
19:44:15 But I wouldn't come back in with new rules in order to avoid
conflict in a group. Instead, what I would say is assume that groups
are going to have conflict.
19:44:27 And let's talk about how we engage with it in that moment, in
a way that will be radically different than the kind of contain put
out a void walk around build resentments get fake stuff that is
culturally normative.
19:44:43 And so, it sounds like one of the things that you became
aware of through the interaction, was that you personally would enjoy
people reflecting what you say to you before they weigh in with other
things.
19:44:58 So I might come back to the group with that awareness and
say, I've realized something about when I'm in this group, and I'm
here to get a certain kind of support.
19:45:10 One of the things that I personally would really love and I'm
going to get better at asking for it, is that when I share a little
bit about where I'm at.
19:45:19 I'm going to get better at asking for a reflection before
people give me their perspective.
19:45:25 And I just want to let you know that I'm going to be doing
that because I find that super supportive for myself. And if anybody
else would like that too, you're welcome to adopt that strategy.
19:45:35 And then the next time I share something I might say, I
really this is I want to tell you a little bit about where I fit what
I'm thinking. And then when I'm done I might say Can anyone tell me
back what you heard me say before you say and it would really
19:45:49 help me to hear back what I said. Before we go further with
anyone willing to do that for me.
19:45:57 So that's the way that I would sort of pull back the
responsibility into me get really clear on what my needs are, get
really vulnerable and clear about what I would like back and not come
in with imposing a new agenda on everyone and you know unless
19:46:14 I'm actually facility like I'm separating those, but from an
interpersonal place that that might be one of the ways that I would
recommend navigating that how's that landing on you, Mary Beth.

19:46:24 Yeah, I mean I I sort of tried to suggest this thing and then the other than that very woman said that sounds like therapy to me.

19:46:36 By the end. Yeah, go ahead. So that I might say to her. Yeah, so it sounds like that's something that you're probably not so willing to do I guess I'm hearing your know what about other people Is there anyone who might be willing to, she gets to say No,

19:46:47 she doesn't want to do that. That's fine. Yeah, doesn't mean you're requesting.

19:46:52 Like, say, kind of, modeled on you but I didn't ask you know what anybody tell me how that some I don't know if I use the word landing but that's a word I've learned from you how was that landing.

19:47:07 Where does anyone have any associations with what I just said, I think, and they did respond, it did make me feel better. And then there's a piece of it where I go into a feeling of like rejection.

19:47:16 Now that's perception, the perception of rejection. Yeah, women and I wonder if you feel shame or hurt. Also, yes, vulnerable guess. Yeah, and then bitter, sometimes and then angry and then they get, I gotta get out of this group.

19:47:33 I want to have two weeks for now, just because I had like a did these calls I'm upset for a couple of days.

19:47:39 But I just, just as a point of clarity.

19:47:44 If I have the perception of rejection, and I first go into shame.

19:47:49 And then I flip into anger.

19:47:51 It means that I initially go one down, and then I go one up.

19:47:57 Huh, we're disconnect yeah okay and both of them are going to disconnect me and resentment and bitterness are often accused that what I'm needing is more self connection and choice fullness awareness of my choice fullness, because resentment means I'm

19:48:15 saying yes to things I should be saying no to.

19:48:19 If I'm building resentment it's that I'm, I'm agreeing to things I don't want to agree to.

19:48:25 And I'm doing that because I'm out of touch with my awareness and my choice fullness and what I actually am wanting and I'm not giving myself permission to advocate, but I'm not aware of that.

19:48:36 And so I'm actually experiencing it as a victim and I feel like people are doing it to me.

19:48:42 And so, yes. Right, so I'm flipping between one down one up one down one up one down one up, and then neither of those sets of tools are going to be helpful to me I actually want to be able to step out of those two points and get into a triangle.

19:48:57 The third point of power with.

19:49:02 Like I literally need to get off that Cecil of down up down up.

19:49:07 And that's like sometimes sometimes, you know, to just really go okay I'm perceiving rejection, that doesn't mean it's actually happening, what am I feeling, what am I needing, what is the vision that I want to go to bat for what's my loving what would

19:49:23 make this wonderful.

19:49:25 And then I want to get grounded in that.

19:49:28 And if I'm a participant in a group that I want to lead with it as my thing, not what everybody should have, because what everybody should have and how everybody should do it that's grandiosity right that's me coming with my preferences and imposing it

19:49:42 on everyone.

19:49:44 So I want to stay really clear and here's what I'm needing here's what I'm asking for here's what I'm learning about myself, here's what I'm realizing, and I'm sharing with you from a place of shared humanity and inviting you to care and when you do your

19:49:58 woman, don't want to do that because it's too intimate is too much like therapy I honor that is there anyone else who would be interested.

19:50:05 Then I started working with people.

19:50:08 How's that landing.

19:50:10 That's good. I mean, very good. I just say one other quick thing ironically both people who said they didn't want to do it went on to make very, you know, confessions of having been raped of like upset, like so it was like ironic and another person said

19:50:26 well I just want to keep it light like and then she goes on to go into this really heavy stuff so I'm just like, but I'm sitting but I'm taking it as a personal rejection like oh yeah you Fitch basically light and now you're talking about, you're just

19:50:40 like you're so full of anger and bitterness and you're putting all that on us and shit you know like so. I mean, I'm just going to re listen to this part later.

19:50:50 Okay.

19:50:52 Corbett I want to say a few more things for you to listen to me, and you get a group of people. Anytime you get a group of people coming together to provide support around a deeply charged issue.

19:51:03 You are inviting a shit show. Yeah.

19:51:08 I didn't realize it, and you've got to be ready to enjoy it.

19:51:13 Okay. People are coming like you've got to remember people come as whole human beings with a lot of trauma and wounds.

19:51:24 And all of their defense mechanisms.

19:51:27 Yeah, and they're also showing up with all of their different agendas, and then you put them into a circle together.

19:51:34 And again, I'm, you know, I'm going to talk about like, this is not a facilitation course, but when it's a very loose and open container.

19:51:43 Get ready. Because stuff is going to come into that space and unless you've got a trained facilitator who knows how to begin massaging all of that, you're just going to have all kinds of

19:51:58 fireworks going off because people are just going to put everything onto the kitchen sink and it's going to get messy. And that can be its own experience, but there's nothing wrong with that like I mean I part of why I'm naming that is that's exactly what happens.

19:52:12 And so you're inviting an experience that is going to be charged and multi layered and you go to ask yourself, What is the clear intention about coming together.

19:52:22 Why are we all agreeing to come together what is our intention, and how do we gently and lovingly and non violently hold each other to the shared intention and purpose of the time that we are creating for one another and somebody will need to gently pull

19:52:40 things back and play. Play.

19:52:48 So, thank you. You're welcome, you're welcome. Very helpful, it's just it's a, it's a, it's a, it's a melting, I mean like it's a melting pot of all of our stuff.

19:52:57 It's just all of our stuff. And just remember people aren't people aren't trying to be difficult, they just are difficult we are difficult, we have, we have layers, times I don't think started things sort of like with it.

19:53:13 Oh naive innocence and then it's like, oh my god, and then we find out Yes, then we find out, then we find out what's actually in there. And then the question just becomes Okay, can I stay grounded and centered and loving and engaged, and what is my deep

19:53:26 intention and how do I bring us back here.

19:53:30 And you just play just don't don't expect it to be neat and tidy, or for everybody to think the way you think or do things the way you would prefer because that definitely doesn't happen.

19:53:41 Thank you. You're welcome, you're welcome. All right, opening it up to everybody else What are you taking from this any questions and comments on this piece.

19:53:57 I cannot see the chat and I don't know what I did with my glasses.

19:54:03 Literally, are there they are.

19:54:08 All right. Oh my goodness. How is it 754 already.

19:54:13 Um, I would like to know if doing demos like this is useful or not useful is it helpful to hear us go through this in week two in this way I'd like to know what people are getting from it, it would be helpful for me to understand, you know we're trying

19:54:29 to play with different learning styles from week to week so what works about our format this evening. That's what I'd really like to know.

19:54:38 And if there are any requests I'd love to hear that too.

19:55:00 Thank you. Jen, it's very helpful and yes, and then Colleen, I appreciate it, because they're real life experiences and it's not all pretty in a package and pre thought out, and you can hear that and people's real voices and they're unsure Enos, and it

19:55:01 makes me feel, find my own courage and other people talk.

Thank you. Oh, I'm so happy to hear that. And I also think it's helpful for the people who were vulnerable and brave enough to share their own material to just also know that it was useful.

19:55:17 Colleen and then Kathy.

19:55:20 Yeah, I kind of echoing what she just said is that having real life examples, you're like, oh yeah I can see how that connects I can, and then you can apply it yourself.

19:55:33 And one of the things I was taking away was when you said that when someone keeps repeating something it's usually because they don't feel heard and I think I, I tend to forget that so I really

enjoyed that reminder.

19:55:46 And just as an amusing aside I read live transcription is live transgressions which I don't know what that means but.

19:55:53 Thank you. You're welcome, you're welcome. I want to put a big underlying over this thing if somebody says something to you more than two or three times and they keep repeating it.

19:56:02 Say it to them, pick it up and say it to them and say to them again and say to them again until they drop it because they just need the loop closed, they need to hear it coming from you so thank you for highlighting that.

19:56:13 who's next up.

19:56:16 There we go. Hi Kathy.

19:56:19 I just wanted to say that my grateful to the people who bring their real time examples, because I can put myself in one of the shoes vicariously and it feels like a corrective experience, at least I can feel my body changed when I hear you respond with

19:56:41 a different language, and everything and think, oh god that would feel very, that feels very different to hear that kind of language, good so I appreciate it on an energetic level.

19:56:55 So thank you, especially for everyone who takes the courage to speak up. Yes yes yes yes thank you thank you to all of you who vote and examples, this evening.

19:57:04 Definitely. The other thing I want to make sure that I'm really clear about.

19:57:09 I am not a non violent communication trainer.

19:57:13 I do not teach pure and VC.

19:57:17 I am not the best person for classical giraffe, and highly curated close to the model examples. So I just want to remind you of that sometimes people really want like pure NVC pure observations really skillful only feelings not mixed up and very specific

19:57:42 doable present moment requests like if you're looking for that level of precision.

19:57:49 I am not the best teacher for you because I do a lot of structure off and I pull in a lot of other things and I'm not I just want to acknowledge that because it just for a variety of reasons that's on my mind.

19:58:02 And so I want to make sure you all have awareness and choice around, knowing what you do and don't get from me, so I'm very at peace with that but every now and then I get people.

19:58:14 You know who comes to my programs, and they're like, but that's not how Marshall would do it or that's not what real MVC is and you're doing it wrong and it's always a little bit painful and I'm like it's okay, like, you know, that's, I acknowledge that

19:58:30 but I also just want to make sure that people calibrate their expectations accordingly. So, period pure MVC is a very beautiful thing and I'm really terrible at it so let's just be clear about that, that consciousness.

19:58:43 I feel like I'm pretty okay with that. So, it's so good to have you all here it's been fun to play with you this evening. Oh, here's my other thing Sorry, I'm going to say one more thing that

brings me comfort.

19:58:56 I also decided, a long time ago as a teacher and a facilitator, that this might be a rationalization so I'm going to own it, that it could be my defenses.

19:59:07 But I still find this defense particularly useful, that I get to do it badly because it makes it okay for all of us to be doing it badly. And I, I think that doing it and doing it badly it's a hell of a lot better than letting perfectionist perfectionism

19:59:24 get in the way and having us not be on the journey.

19:59:26 So am I doing it badly I hope it gives you all permission to do it badly and badly.

19:59:33 You know one person's badly is another person's great so we're going to just let go of that entire hierarchy anyway, if it was useful. Excellent. I really do enjoy just coming together to play and grow and learn and explore and let it get messy so thank