

12:30:23 All right, good.
12:30:26 Good afternoon. Good afternoon, everybody.
12:30:36 Nice to see you here. Do you want to check in via chat I feel like I just saw a whole bunch of you.
12:30:40 It's so nice. I can't believe you don't get enough of this say.
12:30:46 Poor Justin has to listen to these things all the time.
12:30:51 I feel like we're living together that I know I know you miss which is all coming into my house and wishes.
12:31:01 Are you Why don't you check in via chat.
12:31:05 Feeling need. We are in week two of overcoming defensiveness, so we're doing demos today demos and scripting and unpacking cases.
12:31:16 And we're doing them as a large group next week you'll do them in small breakout sessions, and you'll be doing a little bit more sort of practice.
12:31:26 Also I want to remind you, Eric is doing his calls to coincide with the four weeks that we are practicing.
12:31:34 And it's from five until six central time on Thursdays, and there will always be structured guided practice with Eric.
12:31:43 At those times, so feel free to show up for that as well if you want to get your hands dirty. A little bit more.
12:31:50 We're a small group on Wednesdays, who would like to check in out loud and just say hi to the group, this afternoon.
12:32:01 And you're unmuted and I don't know if that's a sign that you're about to speak or if you're certainly unmuted, which is also fine I'm just checking.
12:32:11 I feeling really rested and well satisfied made myself look good lunch, eager for the community together today.
12:32:22 Lovely. Anybody else
12:32:32 Tessa.
12:32:36 Um, well I'm really happy to be gathered with the group as well I feel like I have a need for connection, and
12:32:46 I don't know I in this group I might call it sisterhood, excuse me, Justin but anyway the weather is gray, it's raining winter's coming I'm getting older.
12:32:59 None of us are getting older, by the way, to be here.
12:33:05 It's lovely to have you here. It's lovely to have you here.
12:33:09 Well that makes me want to cry so yeah I'm glad I'm here thanks.
12:33:13 It is nice to have you here. It's good to be in community with all of you as well.
12:33:18 So welcome, everyone. I'm so on the subject of defensiveness, we're small group I'm literally going to open it up to you. Where would you like to begin today where are you getting stuck, what situations are coming up.
12:33:35 Is that your own defensiveness is somebody else's defensiveness.
12:33:39 I'm going to do something a little unusual just kind of open it up and say, asked me questions. Let's go.
12:33:47 Yes, Catherine.

12:33:50 Well, I went to your class on vaccinations stuff.
12:33:54 And I'm still trying to get up the nerve to talk to my stepkids.
12:34:00 So, um, it's the whole issue of how you move people away from facts and be totally present with them I use a couple of tips might you be okay so just give me the two roles what side are you on and what side are they on and what is the conversation you're
12:34:19 wanting to have and then let's role play and let's see where that takes us.
12:34:23 So I am vaccinated, and pro vaccine they are one of them particularly is quite vehemently and I Vax. Right.
12:34:31 Okay, and so your agenda in speaking to them about the vaccine is one.
12:34:41 Well, what I would basically it has to do with the fact that as winter comes and having them in my house, having any kind of gathering, it's, it makes very problematic.
12:34:52 And the whole seeing grandkids and stuff like that one of them just had covered.
12:34:58 So, so the desired long term desired outcome is to get his having choose to be vaccinated, the short term outcome is to see that I am I am open and that crazy and care about them.
12:35:16 Okay.
12:35:17 Okay.
12:35:20 Great. Let's go. I'm sorry there's a weird like you know when these big trucks pull up in front of your house and you know they probably have nothing to do with you but they're parked like right in front of your house you wonder.
12:35:34 I was distracted for a moment. So this is what I've got Catherine. Okay.
12:35:38 And you said stepchildren not biological children. Yeah, and even more interesting is I'm no longer marriage their father. So it's just, but it's still a family.
12:35:48 Okay.
12:35:49 How would you describe, and you said children so can we pick one of the two or a person to play with today. Yeah, the older one is the one who's vehemently against it.
12:35:59 And his name is Eric. Okay, so we're going to talk to Eric today.
12:36:03 And how would you describe the quality of your relationship with Eric.
12:36:09 It's cordial and respectful it's not close.
12:36:12 Okay. And what about Eric's partner.
12:36:17 I'm
12:36:20 kind of the same.
12:36:22 She's actually. She's always been very kind to me. They always let me use their house and all that kind of stuff so it's kind it's not it's, it's not close.
12:36:31 Okay. Okay.
12:36:33 All right. So, we have polite respectful kind, not close, you'd like to continue having a relationship with them in particular,

you'd like to continue your relationship the grandkids.

12:36:47 And they're choosing to not get themselves and the children vaccinated and that's bringing up some concerns for you about how you're going to navigate closeness and togetherness especially moving into the winter.

12:36:58 My getting it right. Yep.

12:37:00 Okay, and what is going to be the most difficult thing for you to field from Eric in your imagination.

12:37:08 When you say vehemence What do we talk. Well, I may share this before, not in this group but another.

12:37:14 So, when I talked to him. The converse the strategy during the marriage. Anybody listened minister of the marriage amendment was to have personal conversations with people about love and relationship.

12:37:25 Well I chose to have a relationship with them with him and and his brother and so I started my, I sort of began I started lunch into the conversation and when he came back with was well if we, if we have a marriage with, you know, same sex marriage, it

12:37:43 will it. The next thing is to have sex with animals.

12:37:46 That was his phrase, and I was speechless.

12:37:53 Yeah, yeah. okay.

12:37:55 So you're, you're, you're, you're worried about going into a free state yourself and hearing something so shocking and unpredictable that you're not entirely sure what you would say next.

12:38:06 That's pretty much it. Okay, so let's do this, we're going to play with the situation.

12:38:12 I have no idea if I can get through to Eric or not. Okay, I have no idea where this is going to go but I want you to be Eric, and he would you, you know like, to make this useful for yourself do the things that you imagine would be realistic and difficult

12:38:27 for you. We don't know who you know whether Eric would really do this or not we don't we don't know that but we do know how you're imagining it and what your past experiences have been and that's what we're going to play with.

12:38:36 Okay. And I'll try to be you, and the group is going to listen and I'm going to turn to the group for advice and help and ideas every now and then when I get stuck.

12:38:46 And you inhabit Eric's perspective and let's just see what happens. How does that sound.

12:38:53 Okay.

12:38:55 Okay.

12:39:00 Let's imagine just to get going, that you've told Eric you want to have a little chat with him about arrangements moving forward and he's agreed, let's just get that piece out of the way I can dive right in.

12:39:11 So Eric thank you so much for creating a little bit of space to listen and to talk with me about this I really need your help figuring out a dilemma that I'm having.

12:39:23 And I want to I want to show you an inner conflict that I'm having and i'd love your help figuring out a path forward. so thank

you for being willing to meet.

12:39:34 Sure. Yeah, I really appreciate it.

12:39:37 So I'm aware that you and I, you know, are making somewhat different decisions in the current climate of covered.

12:39:47 And, and I want to really respect your autonomy and your freedom of choice to decide what you think is good for you and your family.

12:39:55 As we're as we're sort of moving into colder weather and I'm imagining being in enclosed spaces

12:40:06 Let me just look at my notes and trying to think about how you might say that

12:40:10 it's it's presenting a little bit of dilemma for me because I want to be connected to you and the kids. And I'm also having some reservations about the level of exposure risk of exposure that I want to be, you know, making myself available for.

12:40:28 What's it like to hear me say that how do you respond during that piece.

12:40:34 Well you know what, A, B and C said about that.

12:40:40 And it the whole thing's a scam. The whole thing is something made up trying to turn government making us do something.

12:40:46 Yeah. That may be true. That may be true I get that, I mean there's, there's a lot that that is out there and I have heard someone so say that I'm making a decision based on sort of a conservative point of view if there's any risk at all, that this is

12:41:03 true and that this is you know out there. I want to make the decisions that feel most self protective to me.

12:41:09 So I get that you and I don't see this the same way and we're kind of doing our risk assessment differently and that's really not what I want to chat about.

12:41:17 I really want to talk about access and how we're going to navigate with you guys being unvaccinated how we're going to manage togetherness because my relationship with you as important to me.

12:41:29 And I'm not super comfortable being in close spaces together just on the risk, whether whether it's true or not I don't really even know that it feels too risky to me.

12:41:41 And I'm wondering if we can find some ways of either zooming or I mean I don't know, capturing this is where I think if I were you I would be coming in with some suggestions.

12:41:51 You know I'm wondering if we can meet in some, you know, whatever you would be comfortable with I think you'd need to decide.

12:41:57 Could we go for a walk outside sometimes could we have some arrangements to meet in open spaces, or if I come over.

12:42:07 You know, would you just humor me even though you don't believe in it, would you wear a mask is that something you'd be willing to do.

12:42:14 Just for me.

12:42:17 So do you have some ideas in there, Catherine of what your requests might be.

12:42:22 Well, the one that's really sitting is um Thanksgiving and Christmas. Okay, great. So I want to talk about her. Those are indoor

things. Yeah. Okay, so what are your boundaries around that.

12:42:35 As Catherine is Eric as Catherine.

12:42:39 Well, I don't want. I'm pretty much made, I have a young woman living with me I'm pretty much made a rule that I'm pretty much not having unvaccinated people in the house was a meal.

12:42:48 Okay, great.

12:42:51 Okay. And so what's the dilemma.

12:42:54 Well, I mean that those would be food, times so it would it would it would be

12:43:01 it would be something actually now that I'm saying that we could decide not to eat, decide not to eat decided not to eat and have some other kind of gathering.

12:43:15 And people and everybody where mass.

12:43:19 And what they agree to that.

12:43:21 I don't know. Okay, so it might right so this is, this is the way that I approached the conversation.

12:43:28 I understand, here's your position, and I understand here's mine. I love you I care about you I want us to find a way to be together.

12:43:37 Here's what I need. Where are you willing to meet me and where aren't you, but your needs are crazy but you need some stupid I can't believe you would want that.

12:43:45 Yeah. That may be true.

12:43:47 That may be true I you know I wouldn't even I wouldn't even address it unless you're wanting to have a conversation about getting on the same page with that but it's not relevant.

12:43:59 It's just irrelevant.

12:44:02 I feel more comfortable indoors, when people are masked, it really helps my nervous system settle and it helps me feel like I'm doing what I can on the off chance that it makes a difference.

12:44:15 Are you willing to meet me in that space or not.

12:44:17 Yes or no.

12:44:19 If it's a yes great let's figure out how we can make that work I'm not asking you to believe in it. I'm not asking you to come my way I'm asking you to do me a favor, because you care about me.

12:44:29 If no. Okay.

12:44:32 Then, here are my boundaries if no, we don't want to wear masks sandals, okay great so can we then explore being outdoors together, then what will work for both of us because what I'm going to bed for is the relationship and the togetherness and the connectedness.

12:44:46 And we have a dilemma because we have different boundaries and preferences and beliefs around certain practices.

12:44:54 And I'm not going to let those differences, define our relationship.

12:44:59 I'm just going to have to get creative with you about how we're going to navigate them.

12:45:05 Post deadline and Catherine what works, what doesn't work where does it does work and and to be honest something icky is coming up in the background, to be honest.

12:45:13 So I could manage that can manage that for myself. Yeah what's coming up is my ex husband is is. He's not capable of having a conversation like this. Okay.

12:45:23 And he is very upset and very worried, and about this whole thing. Okay. And

12:45:32 frankly, what's coming up as my own codependence about what to do something for him.

12:45:39 And as part of it wouldn't be. It's been a real issue I know with with him about this and he thought he was gonna.

12:45:46 And I actually have taken, he was actually my health care directive and I'm actually taking him off for a variety of reasons but he's my ex husband's health care directive and this has made him crazy and scared.

12:45:58 I'm just a bunch of implications about this. So, are you just going to tell me not to be codependent this like that.

12:46:07 But I have to admit it does, it is coming up in this hole. So first I'm going to tell you. Yeah. before you pathologies yourself so mercilessly.

12:46:19 Right.

12:46:22 Let's reframe that for a moment. Okay.

12:46:26 It sounds like you're feeling an inner conflict, a part of you that wants to try and mediate and contribute to everybody as well being.

12:46:35 It's true. Okay, so let's first see The goodness.

12:46:40 You're right.

12:46:43 So let's see the goodness.

12:46:45 You want to contribute to people's well being and you're wondering if there's a way you can show up that that acts a little bit like blue or like a bridge.

12:46:55 Alright, So this is a really beautiful loving impulse.

12:46:59 We're not gonna say that's bad and codependent number you're going to pose.

12:47:05 And we're going to think a little bit about boundaries and just not getting in other people's names. That's all right. So you're going to figure out what is my role in this piece of the family system.

12:47:19 What is my responsibility.

12:47:22 And what do I need to give back to other people and not do their work for them.

12:47:29 And then that's just a clarity that's just a little math making on the inside.

12:47:35 Generally speaking, women painting with broad strokes. Now, I know this isn't true for everybody but women generally are trained to do the emotional labor, and a family system.

12:47:49 I know that isn't true if you've had a narcissistic mother and blah blah blah blah blah but you know some of this may be playing into this, the conditioning of doing the emotional labor.

12:47:59 So I'm going to release you from that you don't have to do other people's emotional work for them. You can't we can't actually do it it's an illusion.

12:48:07 So when you sit with that, what do you see as your role and what is it that you want to give back to other people.

12:48:17 Well, I think the most important thing is figuring out for myself and I think that would create a bridge to for other people to figure it out. Yes.

12:48:26 Yes.

12:48:27 And do you know what your, what you figured out for yourself what's the deepest truth that you know is true for you. What do you know about you.

12:48:35 It sorry. In what way.

12:48:37 Where do you stand in regards to this issue right now.

12:48:42 Well, I'm just that I need to clean it up for for my comfort and I. The other thing is, okay this is, I don't know where to put this but the other thing is I've been very much in the middle of wanting to break a lot of times with these people.

12:49:01 And it's just, it's worse is eight years ago I mean it's just noticing in yourself this actually a desire for more space and freedom than you've been giving yourself.

12:49:12 That's right.

12:49:17 What's it like to know that in this moment, very big, very ambivalent, you know, it's, it's between Sunday at one level I want to give it up, and at one level I don't.

12:49:27 And I very intentionally created them, because I don't have I don't have any family around here.

12:49:33 And then actually feel this moment, it feels very sad.

12:49:36 So, yeah, that's a really beautiful bittersweet sadness to get in touch with.

12:49:51 Yeah, it's nice to feel the sadness Yes. Yeah.

12:49:56 Do you know what you're sad about

12:50:06 the family broke up, you know, and then we get a divorce and things are never the same and

12:50:17 just all this stuff about having to recreate a new life and give things up and create, you know, it's just it's just a sadness about endings, and all the disruption of the divorce and Kevin to create a new life and not wanting to do it and then sort of

12:50:33 trying to create it and really not wanting to leave people behind.

12:50:39 And nothing sure what will work the best and.

12:51:05 I'm sad for my ex husband that he's, he's growing old and, um,

12:50:55 And he has no equipment to deal with this. You know, he just doesn't. So, I'm sad about a lot of things.

12:51:04 So you feeling into the grief, and the morning of endings and transitions and people's limited capacities and feeling a lot of care, and the suffering that is inherent in all of that and holding a lot of the heaviness.

12:51:25 I wonder if you're also feeling we're you're tired or exhausted from it.

12:51:31 That's very true. Yeah.

12:51:42 And what's it like to just contact that in this moment.

12:51:46 Well,
12:51:50 I felt it before and I'm very aware of it for the past several months, um,
12:51:58 I feel like I'm in the middle of a river.
12:52:01 And part of me is I need to just kind of make up my mind where I'm going to be.
12:52:07 And let go of what needs to be let go of and.
12:52:11 So that's part of it. Anyway, so that you notice this part of you that feels like you're sort of being swept down a river and it's got its own energy and it's taking you somewhere.
12:52:19 And then another part of you is thinking I should I should make a decision and set some direction or have more agency in this flow is that it or look, or let go of them, and just do this, you know, and just let.
12:52:37 And let go of them, you know, and not worry about me being the one that needs to be the mediator.
12:52:43 So this piece of you sort of wondering Can I can I release some responsibility around something, for example, being the mediator being the one who Bridget's.
12:52:52 What happens if I drop that rope.
12:53:00 But I have not so the exhaustion before so, then that's true. I think it does get tiring.
12:53:08 So this growing awareness of the tiring this of doing all of that internal work.
12:53:14 And then this part of you that is sort of trying to decide make a decision about what could be released. So,
12:53:27 what are you noticing, in this moment in you. Right now,
12:53:35 it's useful to see the tiredness of this and kind of what it takes to continue to try and be in this role and something that maybe doesn't have the life that I want.
12:53:46 And making more room for but I want to create rather than trying to hold something together This is from the past.
12:53:56 Yeah, so this appreciation of how you've been holding things together from the past, and sort of like not letting something change and trying to keep it the same part of you that is wanting to create something new and wanting to let go and wanting to
12:54:10 move into a new way of being. Yes, wanting to give yourself permission for something, it seems. Hmm.
12:54:21 Really settling into knowing how tired you are.
12:54:30 It's interesting how we got here from, how do we feel defensiveness on Eric's behalf.
12:54:40 Yeah. It's beautiful.
12:54:43 Right, because what I just want to say to people listening is the thing we start talking about is often not the thing that we need to be talking about right.
12:54:55 How many of you have had that experience before we start talking about something, and then you realize there's something else that I need to be talking about first Yeah, but they have to be willing to talk about it.
12:55:10 I just mean yes I see what you're saying I just mean like in

the conversation between you and me today.

12:55:16 Right, you've got an idea of what you thought you were needing. And actually when we followed what was present.

12:55:35 What you're, it seems to me like what you're actually needing first is a deeper sense of self connection and clarity inside of you about where you're wanting to invest your energy.

12:55:34 And as that comes more fully online it'll change how you approach the thing we began speaking about, and maybe even how much energy you want to put into that or not.

12:55:46 Once you get really a lot more present and connected to what feels real for you.

12:55:52 Does that make sense. Yeah, very much so.

12:55:55 Yeah. Yeah. And I'm only highlighting that because it's a really beautiful example of why, in, in membership when we talk about the practice.

12:56:07 The practice of following the feelings the practice of staying in the present moment.

12:56:12 The practice of being present to the here and now.

12:56:16 And not coming in with like if Catherine said I want to talk to Eric and this is what I want to do. We could have listened to differently, we could have listened with the intention to stay on Eric and stay on scripting, and problem solving and analyzing

12:56:30 and asking about Eric and the children and you know what I mean like that conversation could have stayed at that level.

12:56:36 If we were listening, only for that agenda.

12:56:41 But when we put the attention on what's actually that's like the stimulus that era conversation is the stimulus it's the gateway into Catherine.

12:56:53 And when we can stay with Catherine and how Catherine and speaking both in the third person when we can help you Catherine.

12:57:00 Be with you first.

12:57:03 Then we actually get two different layers of material that are more important and meaningful to you. And y'all know what to do with Eric once you have more self connection online

12:57:16 to you or not. Does that feel like I've taken it somewhere that doesn't fit or does that oh no that's that's that's right there. Yes, thank you. You're welcome.

12:57:26 So where do you want to go from here do you feel like this is enough for right now do you want to go back to Eric I see that there's a comment or a question from Daisy which I'm just going to Daisy hold for a second.

12:57:36 But, where would you like to go from here Catherine, I think that's enough for now. Thanks very much. Yeah. You're welcome, you're welcome. Okay.

12:57:43 Daisy I'm taking questions right now not teaching so can you check in with yourself and just see if it's a question.

12:57:59 What kind of a question.

12:58:02 Oh wait. Okay, I'll come back to that. Okay, I'll come back and check in with you. Does anyone else have any questions about what we just modeled went through.

12:58:12 What you witnessed what happened.

12:58:19 Yes.

12:58:21 How did you stay with Catherine, in, in, in my own situations where I get defensive. I get lost, I get out of my lane k should they should.

12:58:33 I should have

12:58:37 book. How did you surface what was alive and Catherine.

12:58:42 I don't know, good listing.

12:58:46 I keep asking that.

12:58:50 Does anyone else have any ideas, anything that you experienced or noticed I mean, I think I was listening for what is alive in Catherine now.

12:59:06 So I heard you empathize with the feelings for quite a while. Uh huh. Was that part of it you asked her, she was weird.

12:59:14 Yeah. Hmm, this is this, and then it just naturally follow the flow.

12:59:20 Yeah. So, it would be interesting to go back and listen to the recording probably and find out what were the key decision points where you could say a whole you could reflect those in any given moment somebody put something in the space.

12:59:35 And you've got at least 12 options right.

12:59:39 You know what you are listening for and what they they're giving you an infinite amount of choices, but you're filtering for a particular set of them.

12:59:53 And I don't know I don't know I could go back and listen but I can tell you that generally if I'm just going to paint with a broad strokes what I'm generally doing is I'm listening for the energy underneath the words.

13:00:08 And one of the things I was hearing in Catherine's voice was distress.

13:00:15 And I don't know exactly what the distress is, but I can hear the tension and so I I kind of intuitively, invite the distress more into the room.

13:00:28 Because I, in my experience when we can contact our distress and begin to solving it. And the way we dissolve it is by having it seen and known and empathize with and expressed and discharged.

13:00:43 Very often the person has their own wisdom, right online underneath the distress and they know what to do.

13:00:52 Right, I didn't go to the, you didn't go to her head and arguments about the virus.

13:00:58 No, so I know where I'm not going I know the conversations, I'm not going to have.

13:01:02 I'm not having a content conversation I'm not having a fact conversation I'm not having a.

13:01:10 I'm not talking about the content. I'm here to help you learn how to talk about the relationship.

13:01:14 and the process so that's a lot of where I'm filtering is I'm looking for what is relational in the space not what the content is.

13:01:22 Does that help or not. It does. Thank you.

13:01:25 Okay. Yeah, yeah, Kathy Did you have a question.

13:01:31 Yes. Well,

13:01:35 I was going to answer, and which is to say I saw the shift. When you went to her sadness. And now you just explained that.

13:01:47 And to me what I learned from that in terms of dealing with the other person is what they bring up is not necessarily what they want to talk about and solving the problem that they said they want to talk about is not necessarily what needs to get done.

13:02:08 Yes, but let me pause you for a moment. Just because when I hear it back in those Thomas's one piece I want to make. I want to highlight. Okay.

13:02:17 I'm not deciding what's important to be talked about. I'm not deciding what they should be talking about and I don't know that.

13:02:26 What I'm doing is simply following where the energy is in the person and asking questions where they get to say yes or no to where they do and don't want to go and then I'm following their lead.

13:02:39 That's really different. And I'm only highlighting this because I see this with mental health professionals a lot.

13:02:47 This idea that somehow, I don't know, I don't have any magic knowledge I'm of mind reading what Catherine is really talking about should be totally there's none of that happening to me.

13:02:58 It's not a.

13:03:01 This isn't really what you want to talk about, I have an agenda for you to go here and here and here because that's what you really need to go so just in case any of you are hearing through that filter.

13:03:09 It's not that.

13:03:11 It's really about finding out what is in the space and asking it's if anything if you want to think about through NBC terms, it's about making a request, over and over again.

13:03:22 It sounds like this and this is it this is it this is it sadness. If some if I think, Oh, this person is really distressed and sad and I say, oh, it sounds you know is there some sadness and they go no no I just want to that I'm not going to be like no

13:03:37 but what you really need to talk about is the sadness know that I'm going to go wherever they lead.

13:03:43 I know that their inner system is going to say yes to whatever their next step is and no to wherever my agenda is getting in the way.

13:03:53 So I want to create a lot of spaces for them to say yes and no.

13:03:58 Because that's how I get the information I need to follow.

13:04:01 So I just wanted to just make that piece clear does that make sense Kathy the piece that I'm just tweaking out there that I sometimes hear from people.

13:04:08 Yes, I wasn't actually particularly filtering through that lens, I was putting it on my situation.

13:04:18 And I am almost my analogy is like you're following a beat.

13:04:35 And the bee says it you know let's go to this flower and you notice veering off to these bushes. and they were saying, I noticed squirrel.

13:04:35 Looks like you're headed towards the Porsches, or is that where you going, Yeah, I would do when I'm in, I'm imagining a hard conversation with fences and me, then saying, okay, some problems of what it is.

13:04:53 He said he's upset about whatever.

13:04:56 Look for the energy and check in on that.

13:05:10 Okay. He wants to solve this problem with me, he's brought it up he wants to resolution.

13:05:12 That's what he wants, in a way.

13:05:16 The only thing I would add to your, your very lovely metaphor of the be with a flower is that it's a slightly more CO creative for me it's a little bit more like I'm standing in a field of flowers.

13:05:29 And there was a be hopping around.

13:05:32 And every now and then. I shake a flower and I say, how about this one. How about this one. Do you like this one. Do you like this one. What about this one.

13:05:40 So, there is a little bit more like invite.

13:05:46 But I don't make the be go anywhere it doesn't want to go.

13:05:49 But I am suggesting some things I am playing in a co co creative way with the bees attention.

13:05:58 So is it this little sad flower is this of interest to you. no no no. Right, exactly.

13:06:04 And this is flower interested. Well as you mention it yes it is. Yeah, yeah, it's a little bit more active than just following a be around the field.

13:06:15 Does that help.

13:06:23 Yes.

13:06:24 Yes. Now I think that we're not going to come back to you. We're going to come back then in my conversation, I'm going to want to feel I have more control.

13:06:37 Yes.

13:06:39 And, and,

13:06:41 Yes, so we will want more control.

13:06:46 Let me say it like this.

13:06:47 And Yvonne and then Mary Beth.

13:06:49 I want more control, often not always to the degree, there are a few things that map onto my wanting more control.

13:06:59 The more insecure I'm feeling, and the more I want predictability, the more I'm going to want to lead the less resourced I really am and the less openness, I have to going into hard places because I'm just not up for today.

13:07:13 I'm going to be doing more leading.

13:07:16 The more that I really do not have any energy for sitting with sadness today, the more I'm going to wave a lot of cognitive flowers around you, and keep your attention away from the feelings because I do not have the resourcefulness to sit with your sadness

13:07:31 today I can't do it. I can't hold space. So there is there's going to be a chemistry and your chemistry in these conversations is going to change on a day to day basis depending upon what's happening in you.

13:07:43 There are going to be days where you're much more available and somebody else will feel it and they'll respond. And there are going to be days where you're less available, and they're going to feel it and they're going to respond.

13:07:53 So, and that's all good it's all okay.

13:07:56 Just to keep those things in mind. Thank you I was going to want to criticizing apologize for itself for wanting to control. No, no, no, it's just a strategy to meet a need and it tells you about your current state it's all good.

13:08:11 Yvonne high and then Mary Beth.

13:08:13 I yeah I was just gonna say would, in response to answer question. It was reminding me a little bit of the instructions we had when we were doing the three roles, when someone would speak for three minutes and like, so a piece of it is that observation

13:08:29 like, you know, you look a little uptight or, you know, you look kind of what a, and then the. Yeah, so gave which I found really helpful to listen, like to close your eyes and listen for feelings in people's voices.

13:08:46 And instead of just listening to specifically their words. Yeah, yeah, yeah, yeah I love that, I love those and, you know, another thing that occurs to me as you say that is listening for what is really mattering to this person in this moment.

13:09:01 You know what's really important to them right now.

13:09:03 And sometimes Listen, I mean, I could have as easily I could have talked to Catherine and she as easily.

13:09:13 It looks like Catherine has taken some time for herself.

13:09:17 She could have decided.

13:09:20 I don't want to go into my sadness, I want to stay with strategy around Eric I really want to stay with scripting so I would join her that then we're just going to stay with scripting.

13:09:29 She gets to decide, so you know, it's always co created,

13:09:34 depending on what's important to the person. Yeah, Mary Beth.

13:09:40 You're muted.

13:09:44 Okay.

13:09:46 I have a question about, you know, so when you're doing these calls.

13:09:52 You know you're not emotionally involved in the situation. I mean, In general, it's not something that's about people you know or, you know, and I'm wondering, you know, about one's own feelings that get triggered when you are in relationship and, or,

13:10:10 or an issue is being talked about that relates to you so that, how do you balance your own feelings that are maybe you could call the defensive or just like wanting to stop the person in some way.

13:10:23 Happens all the time. Yeah, what the path they're going down because it's like upsetting you. Yeah. And so balancing your own reactions with the desire to be present would like, you know, or helpful to the other person, you know like, this

13:10:45 is what I'm getting surprised sometimes.

13:10:52 Well, I guess I'm wondering about this

13:10:53 reaction of your own life looking at you like how do I deal with my own reactions if I don't want to go there or are you asking about me, Yvette What do you do when you get triggered and somebody's bringing up something you don't want to talk about.

13:11:05 Yeah, and also right that balancing like let's say if somebody that you want to be present for but now they veer off in a direction that starting to hurt your heart.

13:11:15 Okay, so then I use language like this.

13:11:20 Oh, Mary Beth when we started talking about this I felt a lot of availability, but I'm noticing in this moment there's this quite a bit of stuff coming up for me I wonder if we could take a break.

13:11:29 I don't think I can be as fully present to this in this moment as I thought I could be.

13:11:37 Do the break before you come back.

13:11:40 Do you mean like if I'm running a coal and something comes up and I find a triggering no more. I mean, well, I mean lots of situations come to mind but okay I'll just think if I'm talking to my mother and suddenly you know veers off into your father.

13:11:57 You know, dot, dot, dot, poor guy died, he's dead now he still gets your father but you know what happens, what happens in you when your mother does that What do you notice happening in you, what's your reaction to that go up in here, like, I want to

13:12:12 I want to stop it. I just, it's like, I want.

13:12:17 I want to defend him, I guess, you know, I'm playing notice that you don't want to form an alliance with mom against that and you don't want to be involved in this conversation.

13:12:27 There's a boundary that comes up in you.

13:12:30 Am I getting that right. And there's it is there's a desire to disengage from the content of the conversation in that moment.

13:12:37 Yeah. Okay. Do you give yourself permission to disengage or not.

13:12:45 Yeah, you know, I might say, Well, I mean, I might even say you know yeah that's true, you know, or whatever, I might. Yeah, I might change the subject.

13:12:55 I mean she's very flighty in her conversation so it's not that hard to like, you know, you notice that you have some strategies for deflection. And that's one of the ways that you get yourself out of it.

13:13:06 Okay, so I'm going to drill down a little, what is your question about this piece.

13:13:18 Maybe.

13:13:20 In the wake of that is sort of anger, resentment, sadness, just anger, that it's like why still.

13:13:30 Okay. I mean, and also it's been 50 years worse, like every single conversation ends up, you know, trashing him. Okay. Okay.

13:13:39 The anger is coming from the part of you that doesn't feel like she completely has choice to not be in it anymore.

13:13:50 Yeah, I mean I've tried I haven't talked to my mother, you know once for two years, recently for like a couple months and then, you know, I mean I don't, it's like, it's almost like she's just

trainable trainable that's completely.

13:14:07 See right, listen, here's, here's the dilemma that you have. If you got direct with mom. it was, it will create some.

13:14:13 Yeah, okay, and you don't want that conflict.

13:14:16 And so you're willing to keep recreating this dynamic with her in order to avoid that conflict, and you're resentful about it because you're wanting her to be different.

13:14:26 Yeah, that's fine, that's the current state.

13:14:31 And if you want to get rid of the resentment, it's going to ask a sacrifice of you, you can be free of the resentment, but you've got to sacrifice the harmony.

13:14:43 In the short term.

13:14:47 I mean I have tried so many times to directly say mom it hurts my heart, it's like, you know, Daddy's not gonna cane she's not going to change you're asking her for empathy and it doesn't sound like she can give it to you.

13:14:58 Mom I don't talk to you about that don't talk about that I leave the room. Nope.

13:15:02 Well you on the call this morning we on the Wednesday morning call yeah okay, I had a similar question this morning. This is a, you decide where your boundary is and you say no and you disengage.

13:15:14 Anything that is trying to get the other person to agree with your know to want the same know to see the good reasons why the know with serve them to buy into your no to any of that is going to keep you entrenched.

13:15:28 This is a place where you get really clear mom I we don't we don't talk about that I will not talk to you about that I don't want to hear about that.

13:15:36 Believe me, I have had this exact conversation in my family.

13:15:40 My mother was married to a man form.

13:15:59 My stepfather for maybe 30 years. And he was like a dad to me and she's obviously my mother, and when they began separating. They both wanted to talk to me about the other one.

13:15:55 And I literally looked at both of them and I said I have a role. You may not speak to me, you may not speak to me about Tom, and you may not speak to me about Linda, we're done.

13:16:04 We're not, I'm not getting it if you if you bring them up I leave, I don't need them to buy in, I don't need them to understand. I don't need them to agree.

13:16:15 I won't do it.

13:16:16 I will not be divided in that way. And the story.

13:16:20 That is the only piece and then there was all of this, I mean I literally got well you know, I want to tell you which one said this, but one of them said, Well, you know, if you're not with me then you're against me.

13:16:30 I mean if you don't understand my point of view, then you're clearly aligned allied with the other person and I go, that is not true I'm sorry you see it that way.

13:16:38 I've just made a decision that I will not speak to either you have you about each other and do what you want with that, I will not

be in the middle.

13:16:47 Let's talk about dinner. Let's talk about that walk you just talk, let's talk about we just redirect. So, there is no please care about the impact this is having on me, sometimes they can't they're they're stuck in their own worldview their own stuff

13:17:03 they're not, they don't get it.

13:17:05 But they get them up.

13:17:08 And your resentment will go away.

13:17:11 But they will they will feel very regulated in the meantime and it will, there will be an adjustment. And then the question is can you tolerate the they think you're against them, which sometimes we're willing to tolerate and sometimes we're not in this

13:17:24 case I have to literally had to there was no way that I was going to survive the three years of them uncoupling and being in the middle so how's that landing Mary Beth just as a harder line in a way.

13:17:39 I mean, my, my mind is going to the, the bigger situation that I had written into the chat insight into what to do with the ongoing feeling of hurt and bitterness doesn't seem to go away.

13:17:51 Yeah, with my I've alluded to this this thing at my father's funeral and my niece, like, have going crazy and starting with me and, yeah, I you know I just got a text a group text this morning, she found a picture online of my father she bought it, you

13:18:10 know this, and it's like, I'm just like, I'm just like, I hate you, you know like, it's I'm hurt, I don't, I don't know I take these people out of my life, my sister, or two adult daughters now but it's like every contact, because no one close you know

13:18:27 close you because we're going to get into like a mushrooming cloud dynamics know if you have time to come back to this, then we can, if not I understand.

13:18:37 Yeah. But yeah, yeah. Some.

13:18:45 It may be more complex and more detailed than we can get into on a group call. Yeah. And to the degree that I can answer some of these and archetype of ways I will do my best.

13:18:53 Okay, cool. Yeah. Yeah. thank you.

13:18:56 Let's see what they see is waiting to say an OS kz of our.

13:19:04 Well, I, when you said earlier, what I was getting the gist of it.

13:19:15 I'm not paying attention to the content but feeling a medium. Oh my question was, I found that I've been getting really good at this is my partner. So, my question was more around like when I get really activated.

13:19:26 I am able to ask for a break.

13:19:30 I'm able to, when my partner doesn't give me a break and then I do resort so yelling.

13:19:39 But usually, he'll get, he'll give me a break.

13:19:41 And then it's been really good with getting right down to like feeling he's not talking about content so a lot of stuff you're saying I'm doing my question to you is like when my system, my system, number one, get what really flooded and activated when

13:19:56 I have all those stress hormones like three days afterwards I

just kind of notice a difference.

13:20:01 So my question is more about like, have the skills and tools, enable my partners really receptive we're doing a, we're moving into the green zone from the red zone after three years.

13:20:14 My question is more like, I kind of like feel depleted, and I don't like my feeling from all the stress hormones, how do I manage more of that and when I am taking a break or when I start doing activated, how do I stop my body from completely flooding

13:20:27 and then I forgave feel it.

13:20:31 I think my, the only thing that comes to mind is make peace with the fact that you're not going to feel good when your body has been activated and goes into a stress response system and that that can be exhausting.

13:20:44 And that can take a lot out of you.

13:20:47 So I think there's something about not being in resistance to the ebbing and flowing of positive and negative emotions.

13:20:57 Don't fight it just ride the wave and be very gentle with yourself.

13:21:03 I don't know, it's about avoiding that because that's going to happen.

13:21:10 I have a question for that too, because I like what you're saying. And I've heard you say that before and you always talk about anger is being delicious and that that's something I really integrated and I really love that.

13:21:20 So, I was trying to use that with my partner. So what I called him. What does that mean with my partner, what does that mean I told them that, because when he got mad I got scared.

13:21:37 Next one he's angry Let's enjoy that anger together. Let's jump up and down and look at each other's eyes and Nora, and if we're that activated but let's enjoy it.

13:21:44 I'm not a good workout at the moment but, no, I doubt it. I doubt it, because what you're trying to do is transform anger into playfulness not really because it's the worst sometimes, like my partner was angry about something that wasn't me I wasn't listening

13:22:03 he left he was angry with with them.

13:22:06 And, and I may, I was

13:22:11 a fan must be angry and I can join his anger. It was playful and he seems to like it and that got them out. Okay, well So then the question I'm confused.

13:22:21 We're about was an example of how I was enjoying angle with him I was pumped in the air and smiling cuz he was activating me and when my system called activated.

13:22:30 And I'm like, Oh, it's so depleted being around his energy, I asked him for more positivity. And when he wasn't able to give that to me I joined him and I was like yeah I must be angry, and I started punching the wall and getting angry I felt good.

13:22:43 And I was angry I was angry because he wouldn't stop being so negative.

13:22:52 I was angry and his anger. That makes sense. But word, but I thought maybe you had more for me. So, that's kind of my angle lately.

13:23:00 I don't know that I have any tips for you.
13:23:04 I don't know that I have any tips for you.
13:23:06 Maybe I'll come up later and they'll tell us on the next call, maybe i don't know i don't i don't have a lot of tips the thing that is standing out to me the most is.
13:23:16 This is an interpretation that I have in response to some of what I'm hearing it sounds like you're perhaps wanting to do something about your partner's anger.
13:23:29 I think I was trying to trend for my response of being frustrated and angry with him. And then I remember you saying when we have different moods, we can show a mirror.
13:23:41 A moment pause for a moment. She was my only one thing and then let's, let's go back to defensiveness okay.
13:23:48 When your partner gets angry.
13:23:51 What is happening inside of you.
13:23:56 I get really scared.
13:23:59 they they have these really debilitating anxiety attack.
13:24:05 Okay, so your work, I would say this is the way I would see it I don't know if it's true for you but this is how I would think of it.
13:24:13 I would if I was working with you as a therapist, I would say, stay with that scared, stay with that anxiety, bring your attention back to yourself.
13:24:27 And let's go in and find out how young, the little girl is who's so scared and anxious and what happened to her.
13:24:36 That's where we would begin healing work.
13:24:39 It wouldn't be about managing his anger, it wouldn't be about doing anything with his and it wouldn't be about anything external.
13:24:47 It would be this is a gateway to finding out what's getting activated in me. And how do I get present to what's getting activated in me instead of deflecting from managing adapting to coping trying to transform trying to move trying to get away from.
13:25:04 I don't know if that fits you, in particular, you may have done all of that work and that may not fit for you at all the data My mind goes, Yeah, I definitely have one because I I know my power I know that I'm not hopeless logo up but I get really scared.
13:25:19 scared. So, and then I got like, I can't breathe, like I couldn't breathe for like, like what 24 to 48 hours and I get that it's an unrealistic response to the situation so it really is managing that Daisy, it's a flashback.
13:25:33 That's a flashback. And you can't get out of a highly anxious freeze oriented flashback by yourself, you need help, and it's not going to be the angry partner.
13:25:45 So all the things that you're trying to do to manage it in the relationship they sound really adaptive they sound really adaptive and really resourceful and a lot of possibilities.
13:25:53 But from a healing point of view, this is what I think I would recommend for your own healing and not with him and not in the angry relationship that on the side so that you can integrate and heal, whatever that is the get so scared and so frozen and

13:26:12 so anxious Yeah. Does that make sense.
13:26:16 Yeah I book a pilot with you you that detail company.
13:26:20 I've been meaning to do that anyway.
13:26:23 You're welcome. All right, let's go back, it is 126, how are you doing on the subject of defensiveness is anybody feeling defensive in this moment about anything that you'd like to play with.
13:26:37 Where are we at with this whole idea of defensiveness does anybody have a very defensive person and are you feeling defensive.
13:26:44 Where are we, Mary Beth, and what.
13:26:48 Okay, There were to Mary Beth and then.
13:26:53 Yeah, I guess I me, I think that situation that I just described the text and everything like that is a feeling of defensiveness.
13:27:08 You know, so I guess I'm feeling defensive still about that, about, you know, a situation where I've been. I feel hurt. No one has reached out or, like in any way.
13:27:21 Acknowledged or attended to that. But I keep being kind of just, you know, in included in the superficial kind of reminded me of what you said before, if you were playing me or you were talking about yourself saying let's talk about dinner.
13:27:39 You know, it's like, well, I basically feel like I'm on the receiving end of.
13:27:44 Let's never talk about this and let's just talk about how cute the kids are, you know, I need a little bit of a grounding context. So can you tell me, who are the two people.
13:27:59 What is happening or not happening or is being sort of isn't being said, and then your number one reaction to it. Can you give me those three pieces of information.
13:28:08 There's me. Yep. I'm going to go for the nice. Okay.
13:28:14 And what was the third question, you and your nice, yeah what is your niece, what's the stimulus What is she saying doing not saying not doing. You said something about a text I'm, I need more.
13:28:25 Okay.
13:28:27 Well, last summer, my father's funeral.
13:28:30 I said something in the before the dirt went into over the casket.
13:28:38 That was truthful to me but somehow landed really badly. What did you say, Are you willing to share what you said.
13:28:50 Yeah.
13:28:50 There's a little bit of complexity around, I don't need any story, I only need the exact words you said.
13:28:57 I think if I can remember I wanted to acknowledge my brother, who had taken care of that. Hmm, you said What did you say, I mean I don't really remember because it was like a long extemporaneous thing.
13:29:10 OK, guys.
13:29:12 Okay, get to thank john for all for having taken care of. Dad, and done things that we could never have done, change his diaper, do all of that and I just want to acknowledge the heartbreak, that, you know, that we couldn't follow through with the one
13:29:31 request that dad had that I, you know, never heard him ever

say he wanted anything other than to stay in Colorado, until he died.

13:29:39 And that we couldn't do that. And I just want to acknowledge what he did and also the heartbreak of that beautiful So you said something along those lines and then your niece sent you a text, and she said, Well, there's a lot of beats in between that

13:29:57 I won't get into that ended up, resulting in her. The Night of the funeral.

13:30:04 I have no idea and you have this didn't know they reacted negatively I didn't know that there was some drama going on. As a result, she said she started your father would be very ashamed of you or something.

13:30:23 had gone completely misconstrued. Okay, that's fine, that's fine. Then she told me to get the fuck out of the apartment I was staying in that was their corporate apartment you know and and then she sent me in the middle of the night, just a slew of really

13:30:34 like abusive to Oh, well, the other thing was that was after the next night where I say that I have to stop you again, let me stop you again. So you can see how complicated it is, I can see yes I can see it's very multi layered and there are many instances

13:30:52 of the same thing.

13:30:54 We call it so here's, Here's one sort of technique that I think will help you get an entryway into beginning to disentangle this.

13:31:03 You know how when you have a whole ball of yarn and it's all tangled up, and there's lots of different strands. And if you just begin pulling it just gets tighter and tighter and tighter.

13:31:12 You literally need to find one string that you can begin pulling out, right, if we try to cut open the entire ball of yarn at once, it will just contract and resist.

13:31:26 And that's a little bit how these family dynamic stories all because they have so much history and so many instances and they go far and deep and wide we don't often know where to even begin with a story.

13:31:39 And so we we pull in a strand and then it's like this network of lights comes up and you're like oh my god but then I have to tell you about these 12 things and if I tell you about these 12 things I have to talk about these 52 things and, and then it

13:31:48 becomes unmanageable. so one way that I think you can start finding entrance into the dynamics is the practice of finding one thing that was said, and one reaction to it.

13:32:05 And all of the 583 lights that start twinkling around that moment.

13:32:11 Begin filtering them out.

13:32:13 Begin filtering them out because they're going to overwhelm you. And they, they actually take away from the clarity.

13:32:20 So here's Let me tell you a few moments that I'm grabbing and then tell me which ones you think you want to work with. There was a moment where you made some comments at a funeral.

13:32:33 About this real desire that you had been able to honor a deep wish that your dad had had and that hadn't been able to happen and

that there was some heartbreak around that for you and maybe others.
13:32:44 Later, and niece who had been present expressed a lot of hurt and anger and attacked you for what she perceived as a criticism and an attack. And it flared up in the family.

13:32:59 So far so good or not.

13:33:03 Yeah, the only flare was in that you're not privy to was what happened to me the rest of it the wall was closed. Great, that's okay. That's okay. He was hospitalized and two days but got out really quickly.

13:33:17 That's a drama that I was just completely, no one. Yes, yes. Okay, so one of the reasons why it becomes important to be able to identify a stimulus and response.

13:33:31 Instead of writing the 750 page tome is because healing can only happen in the stimulus response interaction, it will never happen in the narrative about it.

13:33:48 The narrative about it becomes a distraction from the healing.

13:33:54 So the practice of.

13:34:00 When you sent me this text about how out of line and awful and critical and terrible I was when I said, I wish we had been able to honor dad's one request.

13:34:12 Just that.

13:34:14 When I remember that moment I felt defensive and indignant.

13:34:23 And I have a deep need for more understanding of who I am and what I meant. Or I have a need to understand what it meant to you.

13:34:31 Those are the moments that begin walking us into a new relationship.

13:34:37 But it's really about taking them one bite at a time, and because there's so much momentum in the narrative.

13:34:45 We feel we often feel an urgency to have the whole narrative understood before we can make any traction and it's actually counter intuitive because it's backwards.

13:34:56 It'll feel more manageable if you can just go for the one little interaction and the one thing you can say different thing.

13:35:03 How's that landing just as a principal.

13:35:08 Well I guess my question is I did try to do that, an offer, could we just talked, and then that was rejected, and then bringing that up again was what led to the, the huge break right now based out of the house until, you know, it's like shocking.

13:35:28 So I did my sister, my older sister the one who's the mother sheet we sat and talked my niece would not talk.

13:35:40 And I don't know I also had.

13:35:42 Yeah, so I don't know that was rejected and cases. Let's go that momentum.

13:35:49 What I'm hearing you say in this moment is, I've been making attempts to try and have a different conversation.

13:35:56 And I haven't been getting the responses from this family that's nice, in particular, I haven't been getting a response to feel satisfied.

13:36:05 So in this moment, I'm feeling helpless.

13:36:09 Maybe.

13:36:11 And in this moment I have a longing for what.

13:36:16 Another strategy, a new idea.

13:36:19 maybe what I'm really needing is a sense of acceptance of the enormity of what I'm trying to unpack, maybe what I'm looking for is some self empathy and some self compassion for how difficult it is for me to be fielding these kinds of dynamics and this

13:36:38 amount of defensiveness in our family system, you know like I think there's some work here first I'm really getting present to what is the deep. What is going on for you as you sit with all of this, it sounds exceedingly painful and overwhelming.

13:36:56 Yeah I know it has been and then it keeps popping up to like the text and pictures and things and, like, and everyone said, Oh, that's wonderful. He looks so handsome in the pit, you know, I don't think there's going to be any, any.

13:37:12 I don't think there's going to be any heartfelt meaningful conversation I think that, like whatever their personality dynamics my sister the same, it's like, it's put it there.

13:37:23 That's it. And, you know, my visa, V open hearted heartfelt conversations that need to happen, are between you and you right now Yeah.

13:37:33 But I don't I seem to keep trying, but I'm still, like, Hey, I still feel internally, you know, I don't express it but, like, you know, hateful in a sense, you know, you're feeling angry and you're feeling hurt.

13:37:45 Still, yeah. So I would probably spend the next three years.

13:37:51 Contacting all of the good reasons why you're feeling hurt and angry and really dropping into feeling the pain of interacting with particular kinds of dynamics.

13:38:03 And I would put a kibosh on trying to change anything out there for a while, you know, because one of the ways that I think you try and suit your pain is by changing them, like by trying to effect change that.

13:38:17 And I, that can sometimes work but it's backwards, there's that that's seven years away.

13:38:28 Yeah, that's okay, you'll be old anyway we'll all be older know all the three years old by then, we'll all be seven years old by them. That's not it. That's a given.

13:38:35 Yeah.

13:38:36 But in the meantime, I think this is more about you settling into your emotional experiencing and your ability to hold and get present to what it is like to be in this family system and until you like.

13:38:53 I think it's wiser right now to surrender to the fact that they'll never be any different.

13:38:59 And then have a look at assuming that none of them ever change, what does that really mean for you.

13:39:06 And then we're going to start, you know, detoxing the pain.

13:39:11 And then you'll begin getting some wisdom, and then you're going to begin changing and coming online in a new way.

13:39:18 And when that begins happening people will begin responding to you in a new way, that their responses to you will change as a side effect of you being different.

13:39:29 That's where we would begin.

13:39:31 Well, yeah, I mean I just feel like I'd like to just, like, I wish they would all just go away and I could just block them without, you can make that happen right now.

13:39:41 You can have that in this moment they can all be blocked.

13:39:45 And they can all go away right now. That's easy. That is the easiest thing in the world.

13:39:50 That is an email to everyone in my family system, dear family members. I want to let you know I'm going on a six month silence sabbatical retreat with myself.

13:40:00 I will not be reachable by email by phone by text. I will be back online March 30 2022, please do not expect to hear from me Until then, I am well I am fine if anything happens, you'll hear from Justin.

13:40:18 Great. Done space created you're done.

13:40:28 Yeah.

13:40:28 Do you mind if I just put that on hold for right now and take that in. Okay.

13:40:34 You're welcome, you're welcome Kathy and then Connor.

13:40:37 And I don't know who was first so I apologize if I, if I'm doing this in the wrong order.

13:40:44 I notice that there's a time when I characteristically come with a great deal of defensiveness, and I don't really hadn't yet know how to stop doing that.

13:41:00 So my strategy was to ask my husband to stop saying something.

13:41:10 And to give him a strategy was to try and change something in the outside world okay Kathy.

13:41:21 Um,

13:41:21 yeah I did hear that. I hope that didn't sound bitchy in any way I meant that playful. Oh, I so enjoy.

13:41:38 Bringing humor in because I have cards that can go oh god yes that's it. Now, his, his strategy is his, his, his marriage therapy strategy is when we're going to assume the best intention on each other's part.

13:41:53 And when I, if you were him, I would say, event. When I see you not acting accordance with your own intention to treat me nicely. I'm going to point that out to you that I agree to this if I said I want you to do this.

13:42:22 Well, I didn't explicitly say, Okay, I agree. Because I be like, oh no you don't. I don't you get in my lane. I want to hear a frickin word from you. Thank you very much.

13:42:25 You keep that to yourself, take that to a therapist.

13:42:28 I was just trying to Skype with you know silent. Oh my god, you know, I, I didn't have the wherewithal to say, No, Thank you.

13:42:59 Well, it's because I wanted to say, that is the stupidest thing even your therapist told you that was stupid.

13:42:49 Since he was just very clearly.
13:42:59 I knew I had been rumpy.
13:42:59 I heard him come up the stairs, I heard myself go straight into
13:43:01 and came up the stairs I saw that face. It was in full armor. He said, You spoke very grumpily to me.
13:43:13 Just now, and this morning.
13:43:15 And that's all he said, Okay, so now I know I have the presence to know I'm in the system that he thinks he's, he's connecting with me. Okay.
13:43:28 And with you. He's trying to, it sounds like he's trying to do something different. Yes.
13:43:36 I.
13:43:37 Yes, normally would. Yeah, yeah, you can make or break Can you tell me what is one thing you could celebrate about this attempt like what is one thing you could pull out of this attempt that is actually a move in the right direction.
13:43:53 That he was in touch with his feelings that he knew that what I said stung didn't feel good, and that he has made the decision to take care of himself.
13:44:08 and he's also talking to you about it directly.
13:44:28 His attorney to me directly and he's not judging me in the past it might have been you know you were so disrespectful and inconsiderate not leading with criticism.
13:44:23 No, he's trying to lead with an observation and with feedback. So is there a way that you can like celebrate that and name that the attempt
13:44:34 to him directly. yeah.
13:44:40 Uh huh. Can you reinforce what's good about what he's trying to do like maybe he's not very good at it yet maybe he's still got a lot to learn but that's not focused on that let's focus on like, hey, okay, movement in the direction of trying to do something
13:45:03 we want to celebrate and encourage and validate that
13:45:04 the
13:45:10 defensive part of us are wanting to do that.
13:45:13 The defensive part of us saying what right now what does she say
13:45:23 she's Jacqueline Tommy the jackal a fuck you did it wrong again. Now you're fucking it up again, you knew you shouldn't have said those things you knew you shouldn't have used that tone of voice you should have apologized immediately.
13:45:41 And now, you know, now you're getting what you deserve which is all of his anger and you're going to get it thrown in your face.
13:45:51 Okay, April 2, that's what you're thinking about him.
13:45:58 No, that's what I'm thinking about me. That's what you're thinking about you.
13:46:01 Yes. Wow, who spoke to you like that.
13:46:10 Well, I don't have memories. I just can, I can just dish it out. And I just know that that didn't come from my heart.
13:46:19 I must have learned that so I can only extrapolate back for

his mean and bitchy and nasty as I can be that I learned that that was modeled for me. Yeah, yeah, you internalize that some, you know, like you absorb that.

13:46:35 Yeah. And then you internalized it.

13:46:38 And now what happens is it kind of goes on auto play inside of you.

13:46:43 So step one. That's not who you are.

13:46:47 That's not you.

13:46:50 But that is a pretty loud script in you that gets activated and then begins hijacking you.

13:46:57 And it seems like it causes you a lot of internal distress, is that true or not.

13:47:04 Yes, I have a.

13:47:11 When I talk about being ready. I'm in an armored internally, when he comes up the stairs and I know he's going to talk to me about my being grumpy.

13:47:18 I am ready, and as if, because you're going to be harsh like that with yourself, if he tells you something that's how you begin speaking to yourself.

13:47:33 Well, my internally I'm going to want to attack this and analysis and subtle criticism. Yeah, and and be ready for any anger. Yeah, right. Okay, let's practice let's practice, let's practice I'm going to be your husband.

13:47:50 I'm going to come and give you some negative feedback and I want you to say, Oh yeah, thanks.

13:47:59 Okay, okay. Try it. try just saying, Oh yeah, thanks. Uh huh.

13:48:04 To say that.

13:48:07 Oh yeah, Thanks. Alright.

13:48:20 Yeah. Okay, so I'm going to give you a bunch of prompts and your job is to simply say, oh yeah okay thanks. All right, some version of that that's all I want you to press okay we're just recondition something.

13:48:23 Okay. All right, that data, you may tonight was amazing.

13:48:28 Oh yeah, thanks.

13:48:32 I love that you have on right now.

13:48:36 Oh yeah, Thanks.

13:48:40 You know, it's really lovely to come home at the end of a long day and be in a house with you.

13:48:48 Oh yeah, thanks.

13:48:50 You know, one of my favorite parts of the day is getting into bed with you at the end of a long day and just feeling the comfort of you being here.

13:49:00 Oh yeah, thanks.

13:49:04 You seem kind of grumpy today.

13:49:08 Oh yeah, thanks.

13:49:13 You seem kind of tired is something up.

13:49:16 Oh yeah.

13:49:19 Thanks.

13:49:22 Tell me what you're noticing caddy

13:49:26 a tremendous amount of tears and, and don't want this

kindness, gentleness.

13:49:32 I don't want this love No, I don't want to connect, very uncomfortable with how nice you are being to me.

13:49:46 Because he actually says a lot of those things you just said,
13:49:57 there's a part of you that is finding intimacy and love dangerous and needing to keep it at bay.

13:50:06 Yes or no.

13:50:08 Yes. Okay.

13:50:11 That's where it's not

13:50:16 just lets you know and what we can't do that here and now, but I would start off.

13:50:28 Well, where did, where did love become dangerous Where did intimacy become painful.

13:50:30 I'm laughing because that is at the top of the list with my trauma.

13:50:44 He told me have some idea of where this might be coming from. Yeah, I just wanted to, I just wanted to protect myself from him coming up the stairs and saying, Kathy.

13:51:04 I didn't like that grumpiness, and you're ignoring me. Yeah, yeah. Listen, this is the only way you respond to that 00E you don't like it when I'm grumpy and I ignore you.

13:51:06 Thanks for letting me know.

13:51:10 And I don't mean that in a patronizing way I just mean like.

13:51:21 Sometimes I ignore you. I'm not a bad person, and I appreciate you letting me know what isn't isn't working for you. And then you can follow it up with all kinds of things I kind of am kind of grumpy right now and I am going to be ignoring you for the

13:51:26 next day but it doesn't mean I don't love you but I just need a little bit of space.

13:51:36 Well, I got that piece. Good. I'd like to say what I did say was.

13:51:45 Was that really painful for you.

13:51:49 Meaning when I spoke to you really grumpy in the kitchen. Was that really painful for you and what to do so, and then I want to move over to Connor because I know Connor says, I want to wrap this up but yeah and then what did he say he said

13:52:02 something back to the subject of your behavior. So he took that as deflection.

13:52:08 Well he deflected.

13:52:11 You tried to get more emotionally.

13:52:13 You tried to go more into his emotions and he reflected back about you. He wants to talk about you you try to make it about him he made it back about you.

13:52:35 Okay, normal i guess i guess i have a decision. I want to play that game for a while or not.

13:52:29 Hmm, yeah so yes you can decide, so what happened is he tried to give you feedback about you You didn't receive it you deflected by asking him about him.

13:52:37 He didn't receive it he deflected by turning it back on you.

13:52:42 So one of you has to pick something up.

13:52:46 You comes and says I'm trying to tell you something about you.

13:52:49 Then if you want to connect the first move is to pick up what they're telling you, oh okay so you're seeing me as grumpy and you're thinking I'm ignoring you and you're really wanting Connect connection, like, pick up what they give you.

13:53:02 Or if you say oh was that painful his picking up with the yeah that was kind of painful. That's picking it up.

13:53:09 Okay, I

13:53:12 guess. That's great. Language picking it up, pick it I can I can I can put that in my pocket and use it. Okay.

13:53:22 Okay, you got playing with that report back next week.

13:53:28 Thanks Kathy.

13:53:30 Thank you Thank you caller. Hi. Thanks for your patience also what's.

13:53:36 There we are.

13:53:37 Yeah, that was very helpful picking it up because when I hear reflect back. It's to therapist for me and I really resist that. But, pick it up. I think I can handle that.

13:53:50 I'll try that. Right, right. Yes. So now for a lighter note.

13:53:56 So I don't have children but I have lots of great nieces and nephews.

13:54:02 Three of them are 10 1316.

13:54:06 This.

13:54:08 I'm sorry.

13:54:10 They have just terrible, terrible table manners. In fact, they don't have table manners because they don't eat together they just graze the mom puts a pot out in the morning and every I'd eat when they're hungry.

13:54:25 And I would love to be helpful to them, I would love to share things that I know that they might not know these 13 and 16 year olds. But I tell you if you say anything I know that defensiveness will be turned into very ugly iron door gates closed.

13:54:46 Yeah, they'll feel criticized and done. Yes. Yeah, and the mom, you know the mom with Deborah. Anyway, what do you do about that, you know, I was asking the other day, how do you correct someone without going one up.

13:55:02 And I don't want to correct them but I would like to share some knowledge with them that I might help them later in their life, you know, or now that I would say it exactly like that.

13:55:12 I would say something like, especially when it comes to things like table manners.

13:55:16 I would say something like this.

13:55:19 First of all, I'm assuming a trusting loving connected relationship because if you don't have that you're it's game over. Then I wouldn't begin with any teaching, then you have to start with a relationship.

13:55:29 But if you have a relationship you have a trusting connected relationship and other realms.

13:55:36 Then, I mean this is just what I did with my daughter.

13:55:39 It's a conversation for me about you know as you grow up, you're going to bump up against a lot of different cultures and different cultures have different ways of being around food and eating, and some, some cultures are really formal unstructured and
13:55:55 and others are really casual in different ways, it's super important if you want to be flexible and adaptable in life that you feel comfortable in all kinds of different social settings and that you understand the structures and the rules in different
13:56:08 settings. So, let's do, like, let's do a series of meals, where we learn about the cultural traditions of what different kinds of meals in different social settings and parts of the world look like and feel like, and then you create experiences.
13:56:25 Yeah. and then you're not ranking one as better or worse, you're not ranking them as the right way in the wrong way. You're equalizing the playing field and you're talking about look if we're in Japan and we're eating, here's how we sit, this is these
13:56:39 are the utensils we eat this is what is considered polite and impolite if you are going to great you know if you're going to go eat with the Queen at you know in London, then you're going to have this kind of silverware and you work from the outside in,
13:56:50 and this is what the different things are cold. If you're in such in such a culture. One of the ways that you express, you know like, appreciation of food is you book a lot, you check your mouth wide open.
13:57:01 If you do that and you know such and such a culture people are going to look at you like you're horrified so you've got to know where you are and who you're with so that you can camouflage to the degree that you want to, and you can be outrageous to the
13:57:14 degree that you want to, but you're doing it consciously.
13:57:18 Okay, got it. Now how do you build a trusting relationship.
13:57:35 Here's a quickest answer I have the way you build a trusting relationship is that you make sure that the person that you want a trusting relationship with knows that you like them.
13:57:36 Yeah. And if you don't like them, you figure that out first.
13:57:40 You can't build a trusting relationship with someone you don't like.
13:57:44 You've got to figure out what it is that's getting in the way of your liking them. If you genuinely like them, then you explicitly communicate, everything you like about them until they've received and picked up that you like them.
13:58:00 Okay, we don't do enough of that my family. Great, so your family could get a lot better at expressing what is good, what they like, what they enjoy and what do you celebrate, and you're really putting an explicit focus on that.
13:58:13 Yes, we are quick to condemn.
13:58:17 That is the quickest way to destroy trust. Yeah, yeah, there you go. I hope that was.
13:58:24 You're welcome.
13:58:26 Oh we covered a lot of ground today I love all of your questions and all of your examples and all of your willingness to be

real and out there and push back and I'm hoping that there was something useful, that you got out of today's call I'd love to hear
13:58:40 from one or two of you as we're ending. What was meaningful today what learning are you taking away with you today.

13:58:49 You put in the chat said out loud Colleen Hi. Hi. I like the part when you said when you have these complex family situations, I'm just finding one thread, just working from there and not trying to untangle the whole thing at once.

13:59:04 Yeah.

13:59:04 That is a knowledge from hard earned experience of my own.

13:59:10 Yes.

13:59:11 Yes. Anyone else Connor.

13:59:13 Did you have another thing or was that still from before I didn't put your hand down so no but I would say tell people you like them.

13:59:22 It seems so obvious when you hear it and yet it's so transformative when you do it.