

18:30:38 Yeah, it's something I've been noticing a lot of in my life lately is the light and dark of things for good. I hate to say good and bad but the light and dark.

18:30:48 Even these hard things have their good side or they're less hard side.

18:31:01 Yeah.

18:31:01 Yeah.

18:31:01 A lot of contrast going on there. Yeah, yeah and holding the tension between quite a lot of opposites.

18:31:10 Yeah, thanks for sharing Valerie glad you're here.

18:31:15 Yeah, welcome you guys I'm just we just were beginning a little bit of a check in hi Caitlin It's nice to see you on this call. Hi, I'm Sarah you are also not usually on a Monday night that's so lovely.

18:31:27 Welcome. Welcome. Welcome.

18:31:30 So we are in week four of September, which is our integration week, and of course the theme for September is overcoming defensiveness.

18:31:42 But what I'm actually going to do to get us going this evening is to get you into some small groups of three, give or take one to do a little bit of checking in with one another.

18:31:56 And a little bit of review here are the questions that I would like you to think about and choose any one of these that speaks to you and leave the rest.

18:32:05 Each one of you can just choose to answer the piece that you like but what has been useful to you this month in the content, what have you learned, and then is there any place that you're still feeling challenged those stuck.

18:32:21 When it comes to either your own defensiveness or fielding defensiveness have some discussion with one another, you can each asked as you check in, whether you would like, empathy, or freeform discussion.

18:32:36 So the way that I'm gonna have you do it is, if I check in, I'm going to say, I'd be said for those of you who haven't met me yet.

18:32:43 And I am feeling energized and inspired this evening my needs for contribution and meaning have been really well met today.

18:32:54 One of the things I've learned about overcoming defensiveness is that it is a deeply, deeply nuanced topic, and that it is really related to what Eckhart Tolle calls our pain body.

18:33:10 Because when our pain body gets activated or defensiveness gets activated as another form of like self protectiveness.

18:33:19 And one of the things I'm celebrating this month is that I've been far less defensive with my child and far more able to really bring her in and listen and receive what she's trying to say in her imperfect ways.

18:33:31 And one place that I am still challenged is earlier on today I had a situation where somebody

18:33:40 was sharing some insights with me and I could feel myself getting defensive like I wanted to like, explain myself, and I would love some chocolate chance right now, if people have ideas of what

things you might say when that happens for you.

18:33:57 That's my ask all my ask would be.

18:34:01 I guess what I just want right now is a little bit of reflection of the feelings and the needs that you here are alive in me.

18:34:08 So that's how I want you to end your check in and do check in with a deliberate question.

18:34:13 And then the group can respond to the request is the feeling and needs reflection. Is it for some scripting. Is it for some freeform discussion just be intentional when you're done with your check in about what you want.

18:34:27 take a minute or two, and then change roles.

18:34:30 Ok.

18:34:31 And I'm going to give you a good 15 minutes. So if you're three people that's a good five minutes of person do you want that to be up, go like this if you want more time, go like this if you want less time.

18:34:46 Rachel would like more time with anybody else yeah but you'd like more time. Okay, so let's take How would you, how does 20 minutes sound with 20 minutes feel a little bit more spacious to people.

18:34:57 Great, so so.

18:35:02 Okay.

18:35:02 Would anybody like to just unmute and tell me what they would prefer if there is a different request that you feel isn't 20 minutes sounds great.

18:35:11 Your job to meet with what they're asking for. Yes, who's about to say something.

18:35:17 I was just gonna say that. Not too much time but 20 minutes is perfect because I like having a little pressure because I tend to use a lot of words.

18:35:29 It's a good practice. Yes, so don't be in your group where you tend to use a lot of words are you open to people calling airtime on you here and there.

18:35:38 I would like when people like if they notice.

18:35:42 You know, I think we all know when we get nervous we use too many words.

18:35:47 And I like when people let me know like that I'm using a lot of words like to do that, what would work for you.

18:35:58 Um, maybe like an embassy guess like hey Daisy I heard you say that you wanted us to interrupt you, but Emily guess like are you having a hard time breathing right now and are you needing a moment to just pause and color, I don't know, like if I'm doing

18:36:27 words. I'm like a little extra emotionally charged today because I'm just having one of those days. Okay, so I could totally see myself using a lot of words and I think if someone just says like hey Daisy. Let's slow down and like.

18:36:31 Think about what you're really needing and feeling rather than what the story is about.

18:36:36 Okay.

18:36:38 You would really welcome a redirect like that.

18:36:42 Great, I love that so let me give you, collectively a few other redirects.

18:36:47 Would it be okay with everybody, if, if you're three people, and somebody has gone over seven minutes that somebody just goes like this. As a cue to wrap it up because we have three people and let's just read each other what would that be okay with you

18:37:07 guys.

18:37:07 I like that, and I'm one of the people that tends to take more air time, so I will go ahead and on that about myself.

18:37:16 And can I make a suggestion that you collectively sort of check track each other at about five minutes and about five minutes you can kind of go you can even go like this like we're at about five minutes, and then that person knows they have another two

18:37:26 minutes or so to start winding it down and adjusting with what they how they want to use that time would that feel good to people.

18:37:35 If there's something else you want from your group, you're going to get 20 minutes you can ask.

18:37:41 This is a good place to find out what you're needing asked for what you're needing my request is that you share air times. Equally, unless anyone posts and says, at the very beginning.

18:37:52 I only need three minutes, I'd really like to spend more time being here for you.

18:37:57 I wouldn't like I would prefer it if if nobody said I'm actually doing in because that kind of connectedness can actually be very useful and just a little bit of connectedness helps you feel like you're in it together.

18:38:10 So that's my one suggestion.

18:38:13 Anything else on this before I move you into some small groups.

18:38:20 Luckily, when you get back from small groups, I will then take and field some discussion around how you'd like to integrate for, you know, for September, right, what's remaining Are there any demos or any scripts you need are there any issues if you want

18:38:36 want us to dive into. And I do believe Connor asked that we start with stimulus and response is that right so I am going to talk a little bit about stimulus and response and how that may have to do with defensiveness when you all get back so I didn't

18:38:49 forget about that piece.

18:38:50 Oh good.

18:38:51 Okay. anything else. We're going to be three people in a, in a group, you'll get 20 minutes I'll give you a two minute countdown at the end.

18:39:07 I will add the two minutes to the end of the 20, so that you actually have 22, minutes, and that we can get into some content, please remember that in this space, we minimize unless it has asked for directly we minimize storytelling, we minimize advice

18:39:19 giving we minimize strategizing.

18:39:23 So really you're doing feeling and needs guessing, or you're asking somebody how would they, what kind of response would be useful

to them and then you follow their lead on what it is that they're needing.

18:39:35 So, okay, I'm doing seven breakout rooms with three participants around that means that there are at least two people who will not be three people. I may need to move around and you might be a pair so there we have it.

18:39:51 Okay, give me a minute. Shit. No, no, no, sorry.

18:39:56 Oh dear.

18:40:07 That piece is done. Now I'm going to just check and make sure because there's some people who are listening, that's fine, like I said, Now we have 123 good, we have one, two, that's fine for now 123 1-212-312-3123,

18:40:21 there'll be two groups of two, and everybody else is in threes and if anybody joins you know in the next few minutes.

18:40:27 Oh wait, you're going to be listening. Okay, great. Wait, let me see then, then what I'm going to do is I'm actually going to move the threes into the tunes into three so give me a second I do that so sorry guys still room to is going to need a third

18:40:40 person so we'll move you into round two. And then the other one is running or is going to need a third person. So we're going to move you into them all.

18:40:53 And you're only going to be listening, so perfect I don't need to

18:40:59 think.

18:41:01 I think I think, oh, and you're also just listening. Okay, hold on, Let me see I just read the chat.

18:41:11 Oh, oh, Oh.

18:41:14 So many of you are just listening for a while. Okay, hold on, hold on.

19:02:22 People will be coming back Hello to those of you.

19:02:27 Hi, Eric and Kathy, and who else joined Well, People were away.

19:02:36 Sorry if I missed you, Jennifer hi Jennifer.

19:02:41 Okay.

19:02:43 Can you guys hear me okay.

19:02:46 Anybody who's on screen just say nod your head if you can hear me.

19:02:49 Okay, good. Okay, good. Okay, good. Perfect.

19:02:54 So people will be back in. Goodness What 43 seconds.

19:03:00 All right.

19:03:02 Um, those of you who are back if anybody does want to begin with a check in the recording is on so people wouldn't miss it and we can certainly get going and anybody who just wants to say hi, you're welcome to do that too.

19:03:21 Only, I'll say something.

19:03:24 Yeah, I just wanted to express gratitude. It's been a while since I've been on one of the Monday night calls as feeling a little anxious and been feeling isolated lately so as just as surprised and grateful for how easy it was to dive back in a nice to

19:03:43 have you here. Thank you.

19:03:47 Hi everybody is back.

19:03:49 Alright, so this is where we get to decide how you'd like to spend the next hour, Connor did have a question about stimulus versus response.

19:04:00 I'm happy to begin with that.

19:04:02 I'm also wondering if people would put in the chat any other requests that they have for, you know, questions anything to wrap up.

19:04:12 And before I do both of those things I would love to hear from one or two of you just kind of a share with the whole group, how did your small group go How are you doing what was discussed just a little bit of a getting us caught up with what you've done

19:04:30 for the last 22 minutes. So would anybody be willing to just do a bit of sharing, in that sense, before we die.

19:04:38 Oh, hi. Yeah, I had a lovely chat with Denise and we talked about, you know how difficult this pandemic is especially for people who need people, people who are extroverted and.

19:04:57 Yo, what kinds of resources where to turn, what, what to do.

19:05:05 I just thought I'd throw that out there to see what others have to contribute.

19:05:11 I mean there's some people I think who are actually just in physical and mental pain over the isolation and separation from people.

19:05:23 And I'm, I tend to be at the other end of the spectrum I'm an introvert and I'm so happy to be left alone with the book in a corner.

19:05:34 But I really feel for friends who've expressed to me how, how they just can't stand it, you know.

19:05:43 Yeah, so I don't want to spend our time on the question is, it's nothing medically aligned, but I would love it if people want to put in the chat ways of coping resources, ideas, strategies, whatever it is empathy, whatever you want to say about that

19:06:01 let's put that in the chat. And then people can read that on their own time and get some sharing and some resourcefulness that way.

19:06:11 Perfect. Thank you. Thank you, Connor that's lovely anybody else.

19:06:15 Yes, and I was just returned from a very small retreat with four friends, and we agreed to call each other out on certain things and I got defensive but I was able to get to the laugh, particularly because of the group.

19:06:44 And I'm wondering, it just is hitting me as I'm coming off that retreat now, that if I could be a little more accepting my friends are more caring and kind to me than I am to myself, often.

19:06:48 So I'm wondering about how, how much if when I'm more resourced I'm less defense, less reactive.

19:06:58 And I can watch my defensiveness with humor and love it up kind of like you were saying.

19:07:05 Mm hmm. Yeah, I love that I just want to highlight that when we are more resource.

19:07:11 Mm hmm. Yeah, I love that I just want to highlight that when we are more resourced. We are less defensive when we, when we trust our own capacity to be able to handle what life throws us.

19:07:23 We don't feel a need to block it as often.
19:07:27 There's more willingness to ride the wave.
19:07:30 If our perception is that I don't have what it takes right now I don't have the resources, internal, external I'm too tired I'm to whatever I'm too full of pain already.
19:07:41 Then we will defend against what life is throwing at us, we will want to block it and push it away and not engage with it.
19:07:49 So I think you're, you're expressing or articulating that aspect of the experience is that am I getting that accurate do Do you want to tweak anything or add to what I said no, you're good.
19:08:01 Yeah.
19:08:02 That's a lovely insight.
19:08:05 Yeah.
19:08:07 Anything else that anybody wants to report back on before we move into content,
19:08:13 other content.
19:08:17 Kathy.
19:08:20 Um, I would just like to add to the, to the content hopefully today.
19:08:29 Preparing for conversations with people that you've been really defensive with in the past, maybe you're in a pattern with this person a co worker and they've been kind of attacking and, and you've been very defensive or could be the other way around.
19:08:47 but in particular is very difficult to come to a relationship that's been really tense. In the past, and try to prepare yourself to come and not react to all the stuff that's happened in the past and stay in the present.
19:09:08 So what's your question.
19:09:11 What are the other kinds of tools you can have there's a question in the chat about staying.
19:09:18 Okay.
19:09:19 When you're being attacked, or you're anticipating it because in the past it's been it's been like that.
19:09:30 So, let's start with that since it's in the chat and this is a question and then we'll move into stimulus and response and then we'll see where this takes us from there.
19:09:37 Okay.
19:09:42 So,
19:09:42 there is no magic bullet for doing a checklist, that's going to get you completely resource to show up in your ideal way in every situation. So that's just never going to happen and that's fine.
19:09:59 I'm going to make. I'm just going to start with the very obvious things that you all know just to remind you of what you already know.
19:10:06 Be well fed and eat well.
19:10:09 Take care of all your physical needs be in an environment that isn't full of stimulation.
19:10:16 Set up a container for the conversation that you want to have by setting up a container, we agree on a time we agree on a space, we agree on an intention.

19:10:26 We have agreements about why we're getting together and what we're talking about and why create an intentional container with this other person.

19:10:35 Begin with self responsibility.

19:10:39 Begin with whatever is most at the essence of what's in your heart and you may start with.

19:10:47 I know that when we've tried to talk about this in the past that I get activated. And I begin blocking information.

19:10:55 I know that I've done that, like it's very painful for me it's hard for me to stay present it has been my intention today is to hang in there with you a little bit longer.

19:11:05 And I'll let you know if and when I get to a place that I need to disengage again. How does that sound to you.

19:11:11 Is there something you'd like me to know about what it's like for you.

19:11:15 So, open the container with vulnerability with intentionality be clear on what it is that you want to say, and practice train for the moment, practice the words with somebody else scripted out, get really clear on what you want to reveal.

19:11:37 Check it out with some people if I say this is does any part of you get defensive if so let me, let me see what else I can do with it.

19:11:46 Make sure you speaking and observation, try to get as neutral as you can, don't lead with your interpretations your evaluations your diagnoses your analysis, do not lead with that lead with what happens.

19:12:00 What do you remember people saying, what hasn't been said that you're longing for what doesn't get done that you're longing for share your feelings.

19:12:09 Share the needs that are up for you that are important to you that you're trying to get awfully map, and have very specific doable. Present Moment relational conversational asks, not Could you be different in these ways in the future.

19:12:29 But in this moment is your hear me say this, can you tell me what's coming alive in you.

19:12:45 And you tell me if there's anything that I just said that felt critical or judgmental to you.

19:12:41 Could you tell me something right now what would help with the feedback loop that you're looking for in the conversation and track your own physiology stay connected to your body and track what's happening in your body while you're trying to have a conversation.

19:13:02 And hello it down.

19:13:06 Give me a second. I have some activation I want to get. Just give me a second to relax.

19:13:12 I just want to work with myself for a moment.

19:13:15 Okay, that was helpful. Thank you. Here's what I think is going on for me right now speak more slowly take the breath asked a lot of questions. Reveal your inner being asked a question.

19:13:31 Reveal your inner being asked a question.

19:13:34 Track your state.

19:13:36 Trust yourself to disengage, when you get flooded, or when

you've had enough.

19:13:42 Do the conversation and small bites over time if you need to.

19:13:48 These are the principles that I would recommend and staying grounded.

19:13:54 If you think somebody is beginning to judge you attack you criticize you go off to you blame you shame you check in with yourself.

19:14:07 Do I want to practice listening underneath their delivery.

19:14:14 Do I want to listen for their feelings listen for their needs.

19:14:18 Asked about their feelings asked about their needs. Do I Do I have the desire to do the translation work and to lead for more connection and to stay present, and to let the delivery go right now.

19:14:33 do I have the capacity and the desire.

19:14:36 And if I do asked fulfilling the needs, check out observations asked a lot of questions, make a lot of guesses.

19:14:45 And the moment that my desire or capacity goes offline.

19:14:51 Really reveal that learn how to say that. And then learn how to ask for what you might need in that moment that would be helpful and relational.

19:15:01 And if you get completely flooded, And it's completely beyond your capacity.

19:15:06 you have permission to exit gracefully and disengage and come back to it when you have more resourcefulness, you have permission to say, Whoa, I need to take I need some time to take that all and that was a lot of words that was a lot of stuff.

19:15:22 I need half an hour right now to just metabolize that can I come back to this in half an hour or.

19:15:29 That was a lot to take in. I need to take that to my therapist on Friday. Can I speak to you again on Monday when I feel a little bit more centered and grounded and how, what I want to do with that.

19:15:40 Okay.

19:15:42 And then you just negotiate for when you're ready and available again.

19:15:47 So I'm wondering.

19:15:53 The other question again.

19:15:53 I'm sorry, did somebody just say something.

19:15:55 They say I didn't question, what's the question. So, I was adding. Also, that not say it.

19:16:12 To not what, when, when you make the boundary cannot say it from a place which is something that I usually do. Yes, yes if you can manage that.

19:16:15 If you can manage that try and keep the punitive vengeful punishing energy out of it.

19:16:23 You know, to the degree that you can, you know, stay aware that they're doing the best that they can with the language that they have to tell you about their pain, and their habit is to tell you about their pain by telling you about you.

19:16:41 And if you can stay in a place where you know it's not about

me. It's not about me. It's not about me.

19:16:50 Because I am a stimulus for their pain, but they're showing me what is getting triggered and fight of themselves.

19:17:00 You want to get really really clear on the difference between stimulating their pain, and being the cause of their pain, and this is the piece that Connor has been asking about.

19:17:13 So, the stimulus is what somebody says doesn't say does, doesn't do

19:17:22 you have a stimulus in your environment somebody says to you You're such a selfish fucking bitch. I don't ever want to speak to you again.

19:17:31 And then swear as a bunch of more swear words that you, that's the stimulus.

19:17:36 You can take 100 people and you're going to get 100 different reactions to said stimulus.

19:17:42 Some people are going to love.

19:17:51 Some people are going to find a way to join that some people are going to fight back. Some people are going to go one up and get into a power struggle.

19:17:55 Some people are going to be compensated to shame.

19:18:00 Some people are going to get depressed and frozen and withdrawal.

19:18:04 The reaction you have to what the stimulus is.

19:18:10 That's the response.

19:18:12 And the response in you is the result of all of the years of your life experience accumulating in that moment to form a perception and to guide your meaning making system, and to kicking your particular adaptive survival responses and your particular

19:18:37 set of immune system psychological immune system defenses.

19:18:42 And you're going to have a response

19:18:46 that response is uniquely yours.

19:18:49 And you want to understand that that response is different from the stimulus that just happened.

19:18:57 And that the stimulus that just happened can result in 100 different responses.

19:19:03 You want to get very very aware of that space between the what happened. And the how I'm taking it.

19:19:12 Because you have a lot of control and empowerment and agency and learning and grounded Miss available to you, and healing. You've got a lot of healing available to you.

19:19:32 And the how I'm taking it. But when we conflate these two things and we believe that the stimulus and the response, go together and there's no other way any normal person would respond to this and clearly the stimulus is my response when these things

19:19:46 are merged. And I can't see the space between them.

19:19:51 I experienced myself as a victim.

19:19:55 Because I perceive that I have no agency over my experience, and that the only solution is to change something outside of me.

19:20:06 Instead of something inside of me.

19:20:10 And when I think that my safety and well being is dependent

on you being different.

19:20:18 We're going to have a very different relational interaction than when I'm grounded in my own responsiveness and I know that my safety and well being is absolutely deeply influenced by what's happening inside of me, not what's happening to me.

19:20:41 That's where we reclaim our power.

19:20:44 And when I feel powerful.

19:20:46 I don't feel defensive.

19:20:49 Because I know I've got this.

19:20:51 And you can continue telling me, Listen, you guys.

19:20:55 My daughter, literally said these words to me in the last week we had one massive

19:21:03 intensive volatile discussion, shall we say, and I feel that the following words.

19:21:11 Mom, I don't understand why I feel such intense hatred of you.

19:21:22 I said, I just heard you say that you don't understand why you feel intense hatred of me.

19:21:27 Wow.

19:21:33 That's what you said. Is that what you meant document.

19:21:39 And she took a step back and she was like Well no, you made it not hatred, it's kind of hatred, it's more like why are you so annoying. You're just so annoying.

19:21:51 Now, to the degree that I know I've got this to the degree that I know I'm annoying and I have made peace with the fact that I'm annoying.

19:22:00 There's nothing to defend.

19:22:02 I know I'm annoying.

19:22:05 That's fine. I'm okay with that.

19:22:07 I don't need her to see me any differently, that's fine. So we can be in conversation about that.

19:22:13 But if I as Mom, I'm attached to.

19:22:17 I have to be loved, and I have to be respected and I have to be treated in a very particular way. And I'm actually not annoying it's about how you're taking it.

19:22:26 We're gonna have a very different conversation.

19:22:28 And I'm going to be defensive because I need my identity is mom is going to need to be protected. And the way that that sometimes shows up in NVC speak, is I have a need to be seen and heard for who I really am, which really just means I need you to see

19:22:43 me the way I want to be seen.

19:22:45 Okay, So we want to like let go of that.

19:22:48 So there's a lot that can map onto this to the degree that you're pretty grounded and self accepting and you know that you're kind of shift, sometimes you're going to be less expensive.

19:23:01 And to the degree that it's okay with you. If people are angry with you, or they think you're annoying, or they're completely frustrated or they even hate you sometimes you're going to be able to stay in conversation.

19:23:14 But if you're very sensitive to that because you've got

identity stuff of your own, then it's gonna, you know like, one of the things we defend is our sense of self.

19:23:25 So one of the ways that we get less defensive is we expand our sense of self to include more things and to see that it's all good.

19:23:33 I'm going to stop there for a moment and find out how this is landing on people.

19:23:39 Rachel.

19:23:41 I just have a follow up question on that. I have a memory of having conversation with somebody a few months ago, where I thought it was showing up in a really NBC way where they told me so I was something that I was doing landed with them a certain way

19:23:56 they didn't feel like I was paying attention to them in a certain context.

19:24:01 And I acknowledge that it was true for them that they seem to really irritated that I didn't offer to stop doing it, I was like, that sounds like, you know, that sounds like how I act in that situation like and I get, how you feel.

19:24:15 And I, I just felt like I hit a brick wall. Like,

19:24:21 like it's not enough for me to say like that, that sounds accurate, and if it feels that way unpleasant to you I just, I didn't know where to go from there.

19:24:30 Well, what would you What's your intention in the conversation, what would you like next what neither of us would be up next, for me or for them for you.

19:24:40 I wanted them to feel heard, And like their feelings mattered.

19:24:45 And I mean, I would a sense was that they had an expectation that telling me that this bothered them I wouldn't wait, wait, wait, wait. If you know that you your need is actually to contribute to their well being, right, like, I might say something like,

19:24:59 you know, it's really important to me that you know that your experience matters to me and that that you feel like I really deeply heard what your experiences like Has that happened or not.

19:25:11 Are you feeling heard, and do you have the experience of mattering to me.

19:25:18 And when they say no which likely your intuition is accurate likely your intuition was isn't know.

19:25:24 They might say well no, not really, then I would ask. I'm so glad Sam so glad you're telling me that what would help right now.

19:25:33 What could I do will say right now that would help get us there.

19:25:38 Oh, yeah, I had the sense that this person

19:25:43 window just opened, and I had this sense that they just wanted me to commit not to do it anymore. Check it out just.

19:25:51 I'm wondering if the thing you're really lovely to hear from me is like me saying, I won't ever do that again is that what you're wishing for I just want to check.

19:26:00 And what's it like for you if I'm not able to do that. Does that somehow.

19:26:06 You know, feel like something between us.
19:26:10 Okay. Thank you, that was helpful. Yeah. You're welcome.
19:26:15 Yeah.
19:26:15 So it wasn't just just mirror but what we're back what I think I'm hearing them say like you really want to I really want you to feel like you're really wants you to let your feelings matter to me, and I'm not sure that you do right now.
19:26:29 No, because that's there's a very subtle nuance. Okay.
19:26:33 There's a very subtle new one. It's not I want you to feel differently, it's not I want you to think differently, it's not I want anything for you to be different.
19:26:42 It's. I'm wanting I haven't need to contribute to your well being.
19:26:47 Okay.
19:26:48 If that's really my need if I don't have that need I won't say that if my need right now is for agency and self, and freedom of choice.
19:26:59 Then I'm going to talk about that but if I need is for connection with you maybe I have a deep need for some connection with you and the experience of like an empathic connection.
19:27:09 And I feel like it's a little glitchy I don't feel like we're quite there yet. What would help get us there do you want that to first of all, and what might help get us there.
19:27:17 Then I'm going to go off to whatever my need is that my need is never for you to be different.
19:27:25 That's the strategy and if I am if I am running some script that I want you to be different than I'm going to post do some work on myself and say, if, if my daughter didn't hate me and didn't think I was annoying and you know thought that the ground that
19:27:38 I walk on is you know glittering with gold. If I got that, what need of mine would be met that I want to get to what is my need what is my name What is my need before I know what the next line to move will be.
19:27:52 But it's really about knowing what I'm needing relational Lee, and then asking for that or asking for some help getting there.
19:28:02 How's that landing Rachel. I got a little lost because I'm not, I, I think I heard you say that what I said was I wanted the other person to change us that I want you to feel hood.
19:28:22 So I'm just saying, if you want new ones, I would tweet that into talking more about me than about you I wouldn't say I want and then use the word you, I would say, I am looking for.
19:28:33 Yeah, I want to contribute to your well being. How can I do that.
19:28:37 Yeah, this, and then they, they can weigh in about whether or not they even want you to contribute their well being, like, you know, maybe they do maybe they don't.
19:28:47 Maybe they have something else up or you might say you know I really want to feel more connected or I want to contribute to your well being, what do you need from me right now.
19:28:57 I'd love to get more information about what you might be

needing and how we might get that. And here's kind of what I'm meeting, and this is what I think would help me.

19:29:05 One of the things I am hearing you say, I know you're not asking about this specifically is.

19:29:11 There's something about you know i i might reveal.

19:29:15 I wonder if you have a longing for me to like make a promise that I'll never do this again and I just want to address if that's in the space, why I don't want to do that.

19:29:24 And then I would talk about the needs that I'm meeting around that or what's going on for me around that or I might ask if that's something that would be helpful for them to hear on.

19:29:34 If I give you some directions, it's helpful. I mean, it was a complicated situation, it was, you know, this person was telling me that when I said hello to dogs or smiled at babies when we were out together but they felt neglected and I was just like,

19:29:48 Yeah, I don't, I don't see those being things I'll ever be willing or able to stop doing.

19:29:55 But now I would, another move another move is, it sounds like you're really longing for my attention.

19:30:02 And I did see that it was, it just didn't go well, and there might have been nothing that made it go well.

19:30:10 Anyway, thank you so much. You're welcome, you're welcome. These can be very nuanced situations.

19:30:22 Kelly I see your hand up I just want to see if anybody else, because I've spoken with you a little so I'm going to put you on hold for a moment and find out if there's anything anybody else wants to say or ask about this and if not then I'm going to go

19:30:28 to Kathy's question but I just want to check for more voices Harry

19:30:33 wanted to follow up a little bit on that that if,

19:30:39 let's say I'm concerned about wanting to connect with another person and their feelings.

19:30:48 And I'm doing something that they can show me or that I can understand goes sideways for them. They don't like.

19:30:58 To me it seems almost self evident that I would shift my behavior that I do something different.

19:31:05 If I really wanted and.

19:31:12 And yet I hear those words a lot hey I want to I want to connect with you.

19:31:18 It No, that's not what if I don't see that shift happening sometimes in relationships that I have. And I'm wondering what to do and I noticed that is that I would ask what's getting in the way of the behavior shifting.

19:31:33 And it might sound something like, you know, One of the ways that I really feel connected is when you wear your purple pajamas. And I asked you to wear purple pajamas and, and it's just not something you're willing to do, even though you know that this

19:31:47 is something that really meets my needs for connection.

19:31:51 And I'm wondering about that I'm wondering what's underneath that for you it would help me to have some understanding of what gets

in the way of wanting to where the purple pajamas and want to understand you more.

19:32:04 And you tell me a little bit more about the need your meeting, by saying no to this thing. And what's important about that for you.

19:32:13 That's great. That's helpful. Thank you. Yeah, wouldn't have occurred to me.

19:32:26 Mind is turning off lights like Why can't you Yeah.

19:32:31 This is something that I really love, it's something that it would mean a lot to me. You don't want to do it.

19:32:35 Is it about freedom of choice for you is it about like agency for you is this, like, about not wanting to be told what to do is any part of you feeling coerced or judged is that like what's happening.

19:32:47 let's see if we can unpack this.

19:32:50 Thank you. Yeah. You're welcome.

19:32:52 Kathy.

19:32:53 Thank you for waiting for me.

19:32:56 Of course, oh, I will take off my hand.

19:33:00 First of all, I mean I was smiling in in the initial bird because I was just cheerleading and, and jumping up and down that what you were saying was so incredibly succinct and beautiful.

19:33:13 I thought, oh my god this is perfect for her YouTube moment.

19:33:18 Thank you. I'm going to download the transcript and save it because it was so concise and findable.

19:33:27 As you, my, my comment on this is.

19:33:33 If you're using the strategy to meet your needs of not changing the other person.

19:33:39 I suddenly realized. So what would be the downside. For me, of letting go of the strategy of changing other people to get what I want.

19:33:51 And I realize that, since I will speak from the I. That that is was my understanding of where my power was.

19:34:05 If I want something I complain to you. And then you're going to change. And then if you don't and I shame you or whatever.

19:34:12 And I'm sure that was role model very well for me.

19:34:17 And I perpetuated it, and was reluctant have been reluctant to give it up. Not seeing the reason to give that up because it seemed like my only source of power.

19:34:33 So, on these calls and other work, I've come to understand.

Oh, I actually do have more power and agency than I'm used to thinking I have, I grew up.

19:34:46 I'm powerless.

19:34:49 and to help you and other people and everything.

19:34:52 So, um, I, I wanted to put that out there because it seems like it's so easy to say, just stop asking other people to change.

19:35:05 But if you grown up in this power, power over dynamic type of culture, pause for a moment posts from him yeah I want to.

19:35:16 I think the essence of what you're getting at is sometimes when we try to change other people.

19:35:23 It is an unconscious strategy for trying to find agency and

powerful illness in our lives.

19:35:32 And when you, when you identify that maybe you can find other ways that are more effective at getting agency and empowerment in your life. And it involves putting your focus inside of you instead of outside of you.

19:35:49 Is that an alignment with what you wanted to say or not.

19:35:53 Yes, yes.

19:35:56 Thank you. Yeah, thank you.

19:35:59 Thank you. I think I'm imagining quite a lot of people on the call could relate to wanting to feel empowered and having this cultural strategy of thinking that the way to feel power is by getting other people to do things differently.

19:36:17 And yet, it's actually one of the places that we lose power.

19:36:24 The place that we really get power is when we are taking responsibility for who we are. And every given moment and we drop our attachment to the outcome.

19:36:35 That's when you actually radiate power, instead of force and control

19:36:43 other comments or questions on the subject of defensiveness where you get defensive what other people get defensive any of the concepts that we've been going through

19:36:58 things in the chat.

19:37:02 Okay, yes so connoisseurs the classic is you hurt my feelings. So the way I work with that.

19:37:09 Yeah, if you think someone hurts your feelings it's for real. Yeah, of course it is. So here's how I work with that when I'm saying you hurt my feelings.

19:37:16 That's a very unconscious and difficult and deeply ingrained way of thinking and speaking.

19:37:23 It helps me to take a step back and claim my experience with more power. Speaking of power by saying, ooh.

19:37:34 There is hurt going on in my body where is the hood, what is the quality of the hood. Is it is it showing up in my stomach is it in tightness, is it an ache.

19:37:42 Is it an ache in my heart is it an ache in my gut. Is that an anxiety like what what exactly is the felt sense experience of hurt.

19:37:54 And what is it, because hood can be an umbrella term for a lot of different things.

19:37:58 And then what needs.

19:38:01 Is this hood, trying to remind me of.

19:38:04 Is it a need for emotional safety is a need for mental boundaries. Is it a need for mattering is this mass mapping onto a need for nurturing support reassurance the longing like what's actually driving this particular hood.

19:38:23 In this context, and then the next question is what would help. What would actually help soothe alleviate this particular suffering.

19:38:33 And then I get really good at, revealing the suffering and suggesting something that might help to the other person.

19:38:40 I'm feeling really hurt. I really have a deep desire to feel

a sense of belonging in this group, it would really help me if somebody would be willing to ask the question about my life or a change.

19:38:54 I'm joking. I wouldn't say it like that but right then you make an Oscar.

19:38:57 What would help.

19:38:59 That is a way of experiencing yourself as self connected mattering to yourself.

19:39:07 Being willing to speak from a subjective subjective and authentic place in you. And it's not making anybody else wrong. And it's not making you wrong.

19:39:17 And it's also not leaving you dependent on other people being different for you to have a sense of well being.

19:39:25 So that's one way I just practice, holding it differently from a more empowered place and speaking about my internal experience differently.

19:39:35 Another way you know that you may want to do it, especially with the example you gave is, you know, when, when you call me, x y z names.

19:39:46 I noticed my whole system tightening up and bracing and I get really stressed out, I really have a longing for us to, you know, for us to have emotional safety.

19:39:57 Would you be willing, we're going classical NBC right now, you know, Would you be willing to tell me find another way to tell me about what's painful for you.

19:40:05 I do want to hear about what's painful it's hard for me when it comes in this package.

19:40:10 Could you tell me more about what you're actually feeling right now can you tell me more about what matters to you about this right so you can find a way of of leading the conversation different than.

19:40:20 And it's somebody else's you hurt my feelings.

19:40:23 And I'm practicing.

19:40:25 Then I'm going to be asking for an observation. Oh, I'm not going to get all reactive around it well I don't really hurt your feelings you do that to yourself.

19:40:33 I don't need to do that, I want to get the data, I want to get the data that's going to be practical and useful to me.

19:40:39 One thing I want to know is what I did what I didn't do what I said what I didn't say I want to know what the stimulus is, I accept that I'm a stimulus, the sure and I want to know what the thing is that stimulated the hook.

19:40:50 You know, tell me more. What was it that I said, What was it that I didn't say, what was it that you're longing for.

19:40:56 Okay, so when this thing happened, or when I did this thing, when I said this thing. It sounds like you began feeling really hurt because you really want me to understand or you really want me to see or you really want more awareness demand I started

19:41:11 going for what they're needing.

19:41:14 And then I asked them is that right, am I getting it right so

I help I do a collaborative co creative move of offering is that this observation is that this feeling is this to me that's mattering.

19:41:26 Is this the thing that might help.

19:41:29 I work with them as they all.

19:41:32 So those are some moves that we can do around the. You heard me. whether I'm saying it or whether I'm feeling it.

19:41:39 We can always get the life affirming data, even if the initial package, out of my mouth or out of your mouth is less skillful of that landing on people.

19:41:52 Other questions or comments.

19:42:05 Nothing. Nobody has anything. We are all wrapped up in September.

19:42:10 Yes, yes, yes, we're totally wrapped up It sounds like you all know exactly how to field defensiveness, you have lots of skills for new ways of being and yourselves and we're good.

19:42:26 You like go for it. Yeah.

19:42:30 That thing that you just did a fielding the fielding the.

19:42:34 You're making me feel blah blah blah thing I'd like to do whenever the schedules open, have a whole month and doing stuff like that.

19:42:44 Okay, what do you want to do, do it right now.

19:42:50 It's just that, that sort of thing of.

19:42:56 I don't even know how to explain me what how would you explain what you just did.

19:43:00 I'm coming up with new options to old triggering phrases.

19:43:05 Wonderful. So cannot be a topic for a month.

19:43:08 Yes. Justin, I'm finding that over to you,

19:43:13 we kind of do that every month with a different theme but yes, and that's kind of what we do definitely in week two and definitely a week four. So if you have something that you would like to have us feel differently, we can do that right now.

19:43:25 I mean, we just did one. So one of the things I like, I like to witnessing how it was going on because it brings kind of a fresh perspective for me. Those fresh perspectives are valuable for me.

19:43:39 I'm glad I'm so glad to hear that. I'm very very glad to hear that. I will tell you something that I probably said to my poor 18 year old.

19:43:48 I don't know, 20 times last weekend in our big kerfuffle just asked for what you want.

19:43:56 I am the safest person in the world to ask for what you want. I might say no, it's not the end of the world if I say no. But ask for what you want this is one of the big big big practices that so many of us have been trained out of one we've been trained

19:44:13 out of knowing what we want to begin with.

19:44:16 So sometimes we don't even know what to ask for because we don't know what we want to begin with. So, first practices like figure out what you want.

19:44:24 And the second practices, asked me what you just did which I love.

19:44:29 So yes, and go practice that with everybody in your world

asked if I can, if I can give you a yes, it is the most delightful thing in the world. I love giving people yeses.

19:44:37 I will give no sometimes but yes it's a great.

19:44:45 Thanks. Yeah. You're welcome. Hi, Michelle.

19:44:48 Just to piggyback on that I was thinking about that just this week, and I really became aware of this mental stopper in myself. That does not feel worthy, or I automatically jump to, it's no good it's going to turn in this so I went when when I hear you

19:45:09 say it and just asked her when she was, it makes it sound like this is so easy and it should be.

19:45:16 But I was overwritten or ignored, so much, for so many times that it's almost like this learned helplessness of wine and try, or I have asked her what I wanted.

19:45:32 You know I feel safe with people like you because you are wanting to learn these skills and I know it's more safe but for somebody else without those skills, I'm like, whew, not even gonna go there.

19:45:53 I love love love that new one so let me when I say just asked what you want. I'm really talking about me.

19:45:59 I'm really talking about me and to put a finer point on what you're bringing in absolutely have the wisdom of discernment, about which people you can ask for what you want and begin to know who has the capacity to meet you there and who does not.

19:46:18 And who does not and that is really really really important knowing, because the reason it's so difficult for all of us on most of us are many of us have whatever thing.

19:46:39 The reason it is so difficult, is because we were traumatized out of it.

19:46:36 There is a reason why it is so hard to do because when you did it naturally and innocently and energetically and with enthusiasm, when you were one or two or five or eight.

19:46:53 You were met with shame scorn contempt override devaluing judgment and analysis topped out of what you want to told it wasn't what you wanted, told it doesn't matter what you want, like, Yeah, absolutely.

19:47:10 And there can be a well of healing work to do.

19:47:14 Around this journey of even making it safe for yourself to know what you want.

19:47:20 I mean, the reason I had to tell my daughter this a million times this last weekend is because she had so many disappointments early in life that she some little part of her decided that it's not safe to know what you want and if she doesn't know what

19:47:36 she wants. She can protect yourself from the feeling of disappointment.

19:47:41 So, it's so painful to feel disappointment that it's better to not know what we want.

19:47:46 And so then there's a few things in that journey, like, developing the capacity to welcome in the feeling of disappointment, and to learn how to enjoy the feeling of disappointment, and to let that feeling wash through you so that you don't have resistance

19:48:03 to disappointment.

19:48:05 And then moving through that into the experience of wanting and being willing to sit with a bitter sweetness of wanting things that sometimes we can't have.

19:48:17 And then learning how to go after the things we actually can have a lot more than we think.

19:48:23 As were, you know, grown up so thank you so much for bringing that in Michelle I appreciate that. Yeah.

19:48:28 Caitlin.

19:48:31 Okay, I'm looking for some strategy because this app. This has been said to me, often by my mother of like, it's either something like, I don't even know why I bother talking to you.

19:48:46 Yeah, or okay I won't just won't talk to you. When I practice like making request and using NBC thoroughly. I just don't know what to say.

19:49:00 So it sounds like you and your mom or having a parallel experience she doesn't know what to say and then you don't know what to say. Yeah.

19:49:07 Okay. So, when she says.

19:49:12 Tell me again the phrase I feel like I blocked it out instantly I

19:49:20 think happened with me.

19:49:22 Okay, um, it's non blocking it out to.

19:49:27 I don't know why I talked to you. Yeah, thank you. I don't know why bother even trying to talk to you or say anything.

19:49:35 Okay UB Mom, I'm going to be moms therapist.

19:49:40 I mom.

19:49:54 I'm feeling kind of stuck right now and like, you're out of options like you don't even know what to say next.

19:49:59 It will Yeah, I don't know if I'm gonna make you upset or make you upset.

19:50:07 You're trying to find a way to be that doesn't upset me is that right.

19:50:12 Well yeah, it's hard when I'm upset.

19:50:17 Yeah.

19:50:19 Thanks, Mom.

19:50:21 Yeah, I get it, I get it. It is, it's hard for me to be upset and it sounds like it's hard for you when I am upset, and it leaves us both in a place where we don't have a lot of words anymore because we don't quite know how to get out of this space is

19:50:35 that it.

19:50:37 Yeah.

19:50:39 Yeah, I can join you there I think I'm feeling something kind of similar.

19:50:44 I feel like I also don't quite know the words to use or what would help and it sounds like you also don't know the words to use them I would help but at least for both here sitting in this space together.

19:50:57 You know what's that like for you right now.

19:51:04 uncomfortable.

19:51:06 Yeah.
19:51:09 Yeah, thank you for saying that. So true for me too.
19:51:11 Yeah, we're in a really kind of uncomfortable place.
19:51:16 I know that I'm really longing to find a way to do this differently with you. Are you having a similar loving or not.
19:51:25 I think so but I feel like I'm so used to fighting.
19:51:31 I can't think of a different way.
19:51:34 Yeah, I feel a lot of relief when I hear you saying
19:51:41 it's, it feels really good to just start saying the things that feel true and and that's so true like that resonates with my experience to. Yeah.
19:51:53 It's hard to think of a way when we've been fighting for so long to not keep going back into the fight.
19:52:04 Yeah.
19:52:08 What would happen next. Do you think,
19:52:12 Asking mom or Caitlyn Caitlyn Caitlyn.
19:52:21 What happened next.
19:52:25 I think there'd be more, more coherence between us.
19:52:33 What would that be like for you,
19:52:37 more freedom to just be honest with what I'm feeling
19:52:44 really beautiful thing to tell mom.
19:52:46 Yeah. And, you know, I'm enjoying the coherence in this moment and I feel like it creates for me more freedom to just be with who and what I am and I'm actually, this thing we're doing in this moment is actually working well for me, even though it's uncomfortable.
19:53:02 What's it like for you.
19:53:10 Are you doing right now Caitlin.
19:53:16 I mean I feel really, like, well it's intense but also thankful because I.
19:53:25 This like tears and the feelings are coming up for me they're so deep that need to come out so I know that relief is going to come by acknowledging them and I feel blessed to not be doing it alone right now.
19:53:44 It feels very profound in which to me. So, thank you.
19:53:58 It's.
19:53:58 What would you like now with you Caitlin.
19:54:02 Hold on a minute Carrie.
19:54:05 What would you like now from me or the group.
19:54:13 Just support, in which I'm feeling it right now.
19:54:22 Um, I guess I'd like more people to consider that actually doing exercises like this it's really interesting to me that you decided to role play, because I've done that a lot and that seems to be the direction I keep getting pushed into in life
19:54:39 that I think role playing is very can be very powerful can be a really creative way to jump into what the other person's feeling and never ceases to amaze me when I do it so thankful for that strategy really is awesome.
19:54:59 And I just feel happy if more people knew about it and practiced it. Yeah. Yeah, like really wanting to invite people to step

into the role playing space small even though it might be scary for people.

19:55:11 Yes, definitely. Yeah, yeah, and appreciating the kind of richness of the experience in you. Yeah, yeah, yeah, I think it's rich for the whole group when somebody comes forward with something that feels real and role in this way and is willing to like

19:55:27 just drop in so I'm feeling a lot of gratitude to you for that. Thank you.

19:55:33 Thank you. Thank you, Karen, let me move back to you. You wanted to share something.

19:55:43 Does it still feel alive you're muted right now so I just wanted to check.

19:55:48 Thank you.

19:55:50 My heart just goes out to Kaitlyn and her journey and her willingness to be so open with us. And I just wanted her to know.

19:55:58 We are learning from her us, I, I am learning from the Excel my own learning.

19:56:07 And how are you how are you impacted.

19:56:10 Can you say a little more about like a feeling and a need maybe that was not by the sharing.

19:56:19 Good question.

19:56:25 You want some guesses.

19:56:28 Yeah, I hope, I'd appreciate that. yeah so maybe now I'm just projecting my stuff so it only pick up what works for you but maybe you're feeling tender or move, or grateful, or some of these young tender and moved.

19:56:48 And I wonder definitely needs for community over long or learning or growth or together now.

19:56:57 Any of those

19:57:00 meet my needs for learning and understanding more about the journey.

19:57:06 Beautiful.

19:57:08 Thanks. Thank you.

19:57:11 All right.

19:57:13 Anybody else would anybody else like to share how that impacted them or what they've been taking away from this evening's call.

19:57:23 As we got close enough to the night.

19:57:27 It's kind of the checkout How are you doing in this moment.

19:57:35 Yes, for me I'm feeling more hopeful.

19:57:39 Just these different sharing things and now honestly really the call and hearing that there's possibilities that if I had not been on the call they wouldn't occur to me.

19:57:54 Very grateful for that.

19:57:56 Thanks.

19:57:58 Yeah, anybody else.

19:58:03 Lori.

19:58:06 I just really appreciate hearing what is

19:58:12 alive in your heart.

19:58:16 And just the practice that you were able to do is have that

was just, it just felt so I would say healing and revealing and hopeful.

19:58:31 So, thank you for sharing that was very inspiring

19:58:39 way to stay in there.

19:58:41 Yeah.

19:58:43 Yeah.

19:58:51 Anyone else.

19:59:12 It is, isn't it, it is very small adjustments it's definitely in a lot of the nuances that we begin making some of the big paradigm shift. It's interesting how that how that works sometimes so well October's theme is boundaries, loving boundaries.

19:59:35 How do we set boundaries, how do we receive boundaries how to be expressed boundaries.

19:59:41 We're going to deep dive into boundaries and October.

19:59:44 Wednesday we will do another integration and wrap up of overcoming defensiveness so if any situations come up for you between now and Wednesday and you want to bring them for Wednesday's call please do that.

19:59:55 Otherwise, for those of you don't join us on Wednesday afternoon.