

12:30:47 There we go transcript is working Hi, who would like to check in. Since we're 567 people.

12:31:07 And I feel like I've been invited to the after party. And I just came from the bigger call and here we are again. Yes.

12:31:16 We should call this the after party call, maybe we want people to sign up for the membership, Tim join us in the after party.

12:31:26 Yeah, yeah, yeah it was a big hole this morning, wasn't it also wanted to thank you I love learning from you and the interaction with people and their questions.

12:31:39 I never know what's going to touch me or speak loudly, and I love, I just love love love that I can take the moment to just take it in knowing I've got the transcript if I want to go try to figure things out later.

12:31:54 So, that I appreciate that. Thanks.

12:31:58 I'm glad it works. Yeah, I'm glad it works. I will say this morning there was some. There was one question that has been on my mind for the entire hour between the two calls.

12:32:08 I went for a quick walk and I have been rewriting what I would say, over and over and over again I don't know if that ever happens to any of you will you respond to something on the spot and then you're thinking about it, you know for hours afterwards

12:32:22 and you're like, I wish I had said this, and I wish I had also said that and maybe I should have highlighted this or that or you know like there was one really just complex question that had to do with physical abuse, and, you know, I mean I have my own

12:32:36 history with physical abuse my father was violent my husband was violent I left my first marriage because my husband was violent you know so I was like, there's so much I could say about this subject that, you know, and I think I said like five minutes

12:32:52 of stuff which is not enough to get at it. So, anyway, that's where I was, for the last hour yeah go ahead and I have my own history in that field and I have to say that something rocked my world with that, and I got it about my, My responsibility as

12:33:12 a child, and what was going on. Else, there was a clarity there I haven't had before. It was freeing here.

12:33:22 It was so freeing and you kept saying it was complex I knew there was scads more stuff and I've done therapy around it. So, but the choices made. And, and the integrity of my response at the time was the best I could do I, there was just a huge self forgiveness

12:33:47 piece there so thank you thank you thank you. I'm so glad I'm so glad

12:34:03 Do you ever have that Do any of you have that in your mind argues with you. Okay, good. So we can just be together.

12:34:11 Well it's pie so here we are on our Wednesday afternoon call with this is our integration call it's the very last one for September.

12:34:24 How would you like to spend your time today I'm open to suggestions I'm open to questions.

12:34:25 We can work on scripts or situations, we're just going to sort of wrap up the whole subject of overcoming defensiveness. And

then we're getting ready to move into boundaries the loving boundaries setting boundaries struggles with boundaries, receiving

12:34:42 other people's boundaries, that's going to start on Monday.

12:34:44 So as you settle in today for the wrap up of defensiveness what feels alive for people who would like to, let's do this why don't I ask you, like, what are you learning what have you learned what where are you at in the subject of defensiveness.

12:35:03 And what do you think is your stretch so around defensiveness Where is your personal stretch stone. And I think what I'm going to do is I'm going to pair you off and give you a little bit of time to go think together and check in with one other person

12:35:17 and just sort of think out loud.

12:35:19 And if you prefer to do that through journaling, you can just join also is every other people who are here Is there anybody. Are you willing to go into a pair, and I can just pair you off with those questions and then you can go think together a little

12:35:29 bit and talk about that.

12:35:31 What are you learning what do you feel like you've got down. Where do you think your stretch zone is and then when you come back maybe we'll have a little more clarity on how we want to use our space today so I'm going to go ahead and assign everybody

12:35:54 into a breakout room for that high, and we're just getting into, into pairs to talk about two things.

12:35:55 What are you learning about overcoming defensiveness What do you feel like you've learned this month. And where's your personal stretch with it.

12:36:03 And so you can go and think out loud together, and the rest I'm going to give you 10 minutes. Does that feel lucky that's five minutes apiece.

12:45:19 And I've spent the whole drugging, how does one handle that, you know, I am so hold a moment, because like, wait, I'm going to ask you to say more about it when everybody is back.

12:45:34 Okay. Yeah, yeah. So I'm going to put you on hold only because I think it would be useful for everybody to hear this example and I think it would be a lovely one for us to unpack together today.

12:45:44 Yes. Prepare yourself, sorry that happened to you, and people are coming back. So yes, Colleen, I also have a dog themed question I'm taking care of a friend post stop, and I made arrangements for dogs.

12:45:59 My husband always gets bitten by animals because he's afraid of them.

12:46:03 And then the person I kept asking you know for a meet and greet and to set things up and they didn't set anything up till a half hour before surgery so they got the dog and then the dog was terrified of the man and she called me up and said, Come take

12:46:16 the dog last night well I can't drive in the dark and.

12:46:21 Anyway, it was just all my feelings around that so great.

Okay, that's two examples that we will dive into. Excellent.

12:46:29 When everybody gets back I'm going to go around because we're small group and I'm going to ask everyone here they come here as

everybody was just saying, welcome back.

12:46:39 One, welcome back to.

12:46:42 I am now going to call on every single one of you and asked you to tell us, what have you been learning.

12:46:49 And what's a stretch zone.

12:46:51 And it is perfectly legitimate to just shake your head at me and be like, I'm not playing this game. I have nothing to say and I will move on from you, but I will call on each of you to give you an opportunity to decline, which then you can practice your

12:47:05 nose, which will bring us into boundary setting it will be your pre work for next week.

12:47:12 The receiving or staging of a know, but otherwise it would be lovely to just get a little check in and the large group because we are such a small group today which is, I want to take the opportunity.

12:47:21 So I'm going to go around and I'm literally just going to ask you to check in in the order in which you are randomly on my screen.

So, that means we're going to start with Patty.

12:47:35 You're muted just so you know so you just need to unmute.

12:47:40 Oh good.

12:47:40 I'll be willing to share. Great.

12:47:44 Lovely.

12:47:49 So you want a scenario of what happened or.

12:48:12 Nope, I just want a what I, what I've learned about over whatever I called it overcoming defensiveness haha working with defensiveness, and then my stretch song.

12:48:07 It's just a possible reveal. And we're just going to do a quick like personal reveal and then I'm going to go into situations.

Got it. Okay. My personal review reveal is that I can physically feel a sensation of rage in my body.

12:48:26 When I want to get defensive and fight back.

12:48:30 And, and my stretch zone is my habit is to go silent and and bury a deep and then go on with life, and realizing the value of going back and having conversations when I'm a little bit more

12:48:51 equipped to handle a conversation.

12:48:54 I love it.

12:48:56 Awesome. Lovely, and in New Zealand.

12:49:02 I noticing how defensive I am around authority figures, and one situation I was describing where we're celebrating fathers day here in New Zealand a couple of weeks ago on a Sunday afternoon and I was in a park where police approached me because I was

12:49:23 not behaving was like in a group of people.

12:49:27 We were two meters apart, but it looks like an organized gathering and someone dumped me and so they approached me and I'm still writing about that and I'm also defensive.

12:49:41 I'm noticing recently around in competence, I'm, I'm hearing from a distance from my parents and Michigan.

12:49:50 And from, I'm just so grateful about what I can achieve being this far away, advocating and supporting for them. Yet, the excuses from peer organizations the just incompetence of, like, a nurse to say that she's been to see someone and haven't actually

12:50:09 seen them like they've been in the house, but they haven't actually talked to my father, it just, I just can't believe that people can sleep at night when they're like, I don't know, so I have these hang ups around all sorts of things and I feel like

12:50:32 I'm a pretty beginner, noticing these things.

12:50:31 Lovely, lovely I celebrate and welcome your hangups your hangups. I don't see them as signups but I know what you mean. Yeah, yeah. Lovely. Thank you.

12:50:42 Carolyn, and then Mary Beth and then Angie, just so you have a sense of who's coming.

12:50:46 Okay well Hi everyone, I am in, I wouldn't say in the thick of it because it's too early for that. I feel that I'm much better able to hear something I don't want to hear so I'm learning that.

12:51:06 And what what it is the gift of listening, but I'm still very defended, and I want to I'm still very protective and guarded of what I let in and I'm not, I don't think that that's a bad thing still, because if if I feel the need, then there must be a

12:51:29 reason.

12:51:30 I moved from forward.

12:51:30 So what I've got down is I really got the theory down, and I believe this and I can see the vision and the value and I want it and I sure struggle with the living of it.

12:51:46 I have become aware of just how much I depend on written word to provide me with that buffer. After a large exchange with a family member, and even to the point of asking my husband to pre read one of her replies because I was afraid of being attacked

12:52:06 and feeling defensive.

12:52:09 But for now I guess that's okay. Overall, I'm learning to go forward with less defensiveness and thank you.

12:52:19 Thank you.

12:52:24 Mary Beth and Daisy, then Connor than to Lima Kathy, in case people want predictability. That's how you show up and.

12:52:34 Yeah, I'm terms of, you know what I'm what I've taken or learned, I almost felt, I mean I talked about this in my breakout group I almost feel like I'd love to have a recap.

12:52:48 It's almost as if I don't know what I'd learned, you know, like the calls sort of on them and then I don't, I don't know what I'd like I didn't learn, I didn't.

12:53:00 Sometimes I have to like stop and memorize a principle almost, so that then I could take that principle and apply it in the situations in life when all I am is confused or upset, and I don't know that I got that, or, you know.

12:53:17 So, at this and then also I think where my edges right now is in in groups where somebody, where you're not feeling safe.

12:53:26 Well, especially when you're the sort of facilitate source.

12:53:30 But in groups where there's this an individual that is coming more from a like objecting in a way that makes me feel unsafe, and whether my reaction is just like I gotta get out of this is defensive like not sure whether the, then fight saying no, maybe

12:53:55 can find a way to work with this is that a rationalization to

protect me from having to like actually tell people I don't want to that I'm going to step back and disappoint them, or is that a good way of continuing to try to learn, or I'm a continuing

12:54:12 to try to learn in a situation that I should actually get out of. So that's a little bit of my confusion at the moment.

12:54:18 Yeah, I love that. I love that do you want. I want to I want to say something to it but I'm going to hold myself because we're doing checked in, we're doing check in, but I can come back to that if you'd like, oh sure I would like that.

12:54:31 Thank you. Angie then Daisy Connor Colleen Kathy.

12:54:36 I'm like, Mary Beth.

12:54:39 I go, I mentioned that I would like a sort of cliff notes version of what you started out with the first session.

12:54:48 Just kind of.

12:54:50 This is what I said. And this is what you just heard kind of thing.

12:54:54 My stretching is learning to treat defensiveness and myself and other people is sort of like a yellow like of like caution something's coming but sort of like pause, open up that my defensiveness

12:55:21 approach it with more curiosity and compassion so for example I was really honest with you, a moment ago about my background and I'm having physical anxiety symptoms about it, it's safe. I chose to do it. I'm okay.

12:55:24 But I'm watching this defensive reaction going, Oh, that's my history playing out.

12:55:30 And I'll go take a walk after class, you know, so I'd like to do that more often rather than get into my head and spin and try to figure things out.

12:55:40 This is a physical, emotional reaction happening in the mail Can I ask a question. Sure.

12:55:46 Is that a vulnerability and or a fear, or something different.

12:55:53 vulnerability.

12:55:55 My, my vision is starting to go which is a symptom of.

12:56:01 How dare I say something. Yeah, like it's, it's, it's forbidden.

12:56:08 You're having a physical fear response and in response to having said out loud in a public space something that's supposed to be secret.

12:56:18 And that you're not really allowed to talk about.

12:56:21 One of the things, this just because it's salient it's happening to you right now I would encourage you to start shaking off your body like a dog that's getting out of trying so hard to be still but yeah My hands are going to move your camera if you like

12:56:34 and I mean I can't even do it with you Like literally shake it and shake your legs and you know people might be vicariously experiencing this with you shake the large muscle groups in your legs, let your body, literally, show that feels good, yet yes

12:56:51 this is a fear. And what will happen is if you don't move,

it'll turn into a freeze response. So we just want to let it discharge
I let your body discharge the fear you're aware of it, you're
conscious of it you can see the trigger.

12:57:05 You can notice it happening. And so now we just move with
this wave we amplify the wave.

12:57:13 She can have.

12:57:13 You just what I do on my own, but statistically, it feels
good, but the whole body.

12:57:17 Yes, get it through your entire system especially any large
muscle groups.

12:57:23 That's how you are releasing stored fear.

12:57:27 You're just discharging the fear that comes up, instead of
converting it like Mary Beth was talking about this like a
rationalization would be frees up the body and go into your mind and
think about it.

12:57:41 So instead of doing that.

12:57:43 Turn off your mind for a little bit can enter your body and
discharge it.

12:57:49 So, let's go off camera and do it. Thank you, hopefully,
welcome. Thank you for checking in with that and that also address
something that Mary Beth was somewhat bringing up that I really wanted
to save it this segues nice.

12:58:00 Okay, Daisy, you're up.

12:58:03 Hi.

12:58:03 Hi. Oh, I'm, I, I, like, I'm just gonna say the things that I
in integrated and I'm working with. When you said

12:58:14 that if we were the stimulus with our reaction we become a
victim.

12:58:22 And so my, my practice and kind of what I've been working
with is kind of separate the stimulus from my reaction and know that
my reactions.

12:58:35 And then my stress.

12:58:39 I would say, self compassion.

12:58:42 After I messed up.

12:58:44 The rumination that follows.

12:58:48 Love it, love it. Just as a point of clarity.

12:58:52 I think I would use the words, if we move stimulus and
response, we're likely to experience thing, as if we are a victim of
circumstances. I think that's what you were saying.

12:59:08 Yeah.

12:59:09 Yeah. It just puts us into victim consciousness because we
think the world is coming at us and all we can do is field it is
bringing our responsiveness and choice from the back online.

12:59:22 Yeah I think so highlighting that piece. I like resetting
into it.

12:59:41 They finding the unmute button, it looks like you froze a
moment that

12:59:51 they need to unmute. Okay, here i am i back. Yay.

12:59:55 I'm sorry.

13:00:03 The first thing. Hi, I'm sorry the first, the first thing

that came to my mind was pause. That for me, that can be problematic because it can look like I'm pouting or stonewalling or giving treatment on the three of which family skills.

13:00:17 All three of which families skills. And then I did remember that without stimulus and response and

13:00:23 thinking through the stimulus is not the cause of my reaction.

13:00:32 It's just a thing that happened, and the reaction that I have is whatever is based on my prior thinking or variance, or the things I carry with me.

13:00:46 That's very helpful.

13:00:49 Thank you.

13:00:50 Thank you.

13:00:56 Lean.

13:00:56 So, for me, the thing that I've learned the most is that when I'm feeling defensive it's got to do with the past and nine times out of 10 has nothing to do with what's currently going on.

13:01:05 And I've gotten good at being honest and saying oh I'm feeling this and I know this has to do with something else. But I find I still have a tinge of blame blaming that person for bumping into my sore spot.

13:01:18 And I'm trying to let go of that but it sneaks in there right still speaking in there, on it. That's a great, great stretch stone right there that I, I can see that in me as well when you name it.

13:01:31 Yeah, yeah. Kathy.

13:01:39 Um,

13:01:42 I think the topic of brought it to mind so I was more noticing oh this is defensiveness arising.

13:01:50 And I was surprised sometimes that how it arose, before I even had any real thoughts about the job.

13:02:03 I am noticing how it works in my relationships. I have been really apparently much more defensive than the past so my husband said to me, I have a very delicate question to ask you, and I since this kind of tenseness in him, and he asked me the question

13:02:28 And I'm thinking, I suppose in the past, they would have reacted very defensively around that. And so, I find that he treated me differently anticipating that I'm going to be defensive.

13:02:42 And I noticed that I am also very reluctant in some ways to speak to someone else.

13:02:50 Because I fear their defensiveness.

13:02:59 And

13:02:59 my edge is trying to figure out when I want to talk to someone and I fear their defensiveness.

13:03:05 What is really the right thing to say. All the relationships are a little bit different so just coming forward with hey I'm feeling a little nervous that you might be defensive.

13:03:15 And that way, you know, isn't appropriate for all.

13:03:19 So

13:03:21 that's where my mind is exploring is is watching and arise in my relationships in myself and others.

13:03:33 Thank you.

13:03:35 Thank you, Kathy.

13:03:37 Panda and Jennifer you joined us a little bit. Often we did breakout sessions and I want to give you an opportunity to wait and if you want to and you certainly don't have to.

13:03:46 We're just checking in around what we've learned about defensiveness where we're at with defensiveness in this month exploration and what you see as your current stretch stone.

13:03:56 So if either of you would like to weigh in, you can and if you don't want to be on the spot you certainly don't have to.

13:04:03 I can I, yeah. So I'm still getting used to being a member so I went to the call this morning, and then I said, Wait, I'm a member I get this very special much more intimate.

13:04:17 But then I got distracted so I'm trying to balance the need to, like, I'm thinking maybe I'll get some for a wonderful learning by just kind of having this in the background like I do my work I hope that's not.

13:04:32 No, it's fine. Listen, I mean just to remind everybody you show up whenever you want to. You leave whenever you want to, you participate as much as little as you like.

13:04:40 If you need to be you know cleaning your call while you're just listening in from the background just deal with Cameron it's totally cool.

13:04:46 So yeah, whatever best meets your needs. I'm delighted that you're here.

13:04:50 Thank you. I did enjoy this morning. Okay, great. Yay. All right, and Jennifer I'm going to assume no because you are often driving and multitasking but I trust you will unmute yourself if and when you want to.

13:05:03 Okay, so I'm hearing a request for a little bit of a recap.

13:05:09 And so I'm going to just begin with a little bit of a recap on defensiveness.

13:05:16 First of all, what is the number one, would you can replace the word defensiveness with what is the synonym that I recommend you use who remembers.

13:05:28 We're going to start doing quizzes, you're going to start getting tests in the membership and the person with the highest score gets a free month of membership and request.

13:05:38 Oh,

13:05:38 Yes, that's right, that's right.

13:05:41 So, what self protection. Oh, and it is your right and responsibility to protect yourself.

13:05:53 So let's begin with. There's nothing bad about defensiveness.

13:06:00 That's one of the main things that I want you to take away from this month.

13:06:04 You need to be defensive defensive is wonderful. It is part of yourself protection system. You are allowed to defend yourself.

13:06:19 That's fine.

13:06:20 Nothing wrong with it.

13:06:23 So let's start with that any reactions to just that piece I'm

just going to ask everyone to make sure they're muted so that if there's one person on muted I know who's speaking that would be helpful, any reactions to that piece like self protectiveness

13:06:35 is good. Yes, Cathy.

13:06:40 Well, I guess I have a problem because it sounds like a blanket statement and the challenge I get into is my defensiveness comes from my belief I'm being attacked, or something about me isn't being attacked, and I and you.

13:06:58 The question is, so what is it I'm defending will truly some people are trying to take away.

13:07:05 You know, the way things were made, but other times I've just made this up in my head what their, their mean.

13:07:12 Great. So pause for a second because now the next step. Exactly. The next step, first of all you're allowed to protect yourself.

13:07:22 Second thing, you want to become as Kathy is pointing out you want to become aware of what exactly you're protecting and who exactly you're protecting and there might be a richness of exploration for you around that.

13:07:42 There are things worth protecting.

13:07:46 And there are some things that you might realize you need habitually think you're protecting that don't even need it, or want it.

13:07:55 So that's the question you want to start asking who and what am i protecting.

13:08:10 So for example, if my answer to that question is I'm protecting my sense of well being and integrity and emotional safety and relationship. I might be like yeah, I'm going to, I am going to bed for that I get to protect that.

13:08:17 Absolutely. that's what I'm protecting.

13:08:19 If my answer is, I am protecting my ego and my image against you thinking that I might sometimes in small ways, ever show up as selfish.

13:08:33 And I'm protecting this image that I have that I want to project out there that nobody ever sees me a selfish.

13:08:39 That's the thing that's that I'm trying to protect is this image.

13:08:53 Then I might want to ask a question about that. I might want to relax around that I might want to give myself permission to be a more whole human being than that. If I'm protecting myself against what you might think.

13:08:58 I might want to slow down and think about that is what you're thinking in your head dangerous to me how, why.

13:09:08 I mean if what you're thinking in your head is I'm going to pull up my gun and shoot her then that would be thinking in your head that I might want to protect myself from right.

13:09:15 But if you're thinking in your head oh I don't like her very much.

13:09:19 Is that really something to protect myself from.

13:09:22 So the reason I asked the question, is to invite you to be

more thoughtful, that's all.

13:09:38 Then there's this added piece of.

13:09:41 When it comes to self protection and defensiveness. It is deeply correlated to your sense of self connection.

13:09:50 Your sense of self trust, and your assessment of your capacity to keep yourself safe and intact. And in a state of well being.

13:10:06 In whatever particular context you're finding yourself and, and some relational context, you're going to find it easy.

13:10:15 You have a lot of trust that no one here is going to hurt you and your defensiveness one come up.

13:10:21 When you perceive, or predict rightly or wrongly accurately, or inaccurately. If you have the perception and the prediction that this is that this relational context could cause me harm.

13:10:38 Then you're more likely to have your self protective mechanisms coming up.

13:10:44 And remember a self protective mechanism is designed to keep you a little bit less connected with somebody that you're perceiving as dangerous or some influence that you're seeing is dangerous.

13:11:00 Okay.

13:11:01 So there's a both end here.

13:11:04 One.

13:11:06 There's nothing wrong with defending yourself against the perception of home.

13:11:12 Who you will often perceive harm weather isn't actually any better. that's something for us to keep looking.

13:11:21 Read your perception of the potential for harm is directly related to your ability to trust your own strength and capacity to keep yourself safe.

13:11:39 So as you build your discernment, your skill fullness, your emotional strength, your mental insight, your awareness your ability to track your responses your choice fullness as you develop those muscles.

13:11:54 Newer and fewer things will trigger your defenses.

13:12:02 You will simply have a less soft protective response because your safety. Increasingly, will be residing in you, not in your conditions.

13:12:17 If you think that your safety is dependent upon your conditions, you're more likely to be more self protective and more defensive and more fear based in a wider variety of situations.

13:12:32 And that's all fine.

13:12:37 Not that he is landing and people for now what comes up in you and you're here just those pieces for now

13:12:53 married, and then clean.

13:12:56 Well, I just think, I'm so glad you just did that because I felt every single thing that you just said was so valuable to me.

13:13:06 And, I forgot.

13:13:09 I really had forgotten, like those concepts, especially, yeah, that if the more you have an internal sense of safety, that the less you, you just don't feel defensive.

13:13:23 But if you feel defensive.

13:13:25 Then there is something to be attended to either externally or internally.

13:13:30 Beautiful. And the trick is looking both externally and internally. Is there really check the outside, am I actually in danger is something actually coming at me and how am I interpreting it and how am I taking it and taking it personally, am I, you know,

13:13:45 And am I, you know, one of the things I sometimes do with myself is. Oh, is this my three year old my five year old my seven year old my 15 year old, my present moment self which part of me is having this reaction, especially if it's really charged and

13:14:01 reactive it's often a clue to me that it's a young apart.

13:14:09 You know, completely amazing and wonderful present day posts and would not get it would not get affected by this, but some part of me is getting very affected by this.

13:14:17 And so then I want to turn in with first and work with her and find out what she's remembering and find out what she's scared off and be a dialogue with that younger part of me and sort of bring her into the present moment and show her that we can do

13:14:31 this so differently now.

13:14:35 The more dependent, you feel the more defensive you will get, the more your self protection will kick in, the less dependent you feel on another person or a particular circumstance for you to be your well being, your well being is more grounded inside

13:14:57 of you.

13:14:58 And let's not take this to a logical extreme because we're interdependent and part of an ecosystem so we're never just like isolated beings I don't mean it in that way.

13:15:09 But the more that you have internal strength and capacity and freedom and choice, the less reactive you're going to be to the circumstances, you're in.

13:15:18 The more you feel like a child who really does need the world to be nicer and Kinder before she or he can be okay, the more likely you're going to lead with an activated stress response system that it's ready for a fight, flight, the phone.

13:15:36 And that's just, you know like, the reason we go through this isn't to make anything bad it's just to understand the roadmap, so that you can have a range of choices, and hopefully so that you can have a lot of self compassion, about wherever you find

13:15:48 yourself.

13:15:50 So there are times when what just happened recently.

13:15:56 Okay, I'll tell you a story I was, I was hanging out with a close friend of mine who is also a psychologist and she's very insightful we love.

13:16:06 We have very similar ways of working, and I appreciate her mind in her insight very much.

13:16:11 And we were talking about something going on in my life.

13:16:14 Something that I feel a lot of freedom and playfulness around.

13:16:21 And I was sharing this, you know, aspect of my life with her.

13:16:25 And she responded by saying I feel very upset and unsettled when I hear that.

13:16:32 And instantly, I felt this like wash of like, what, like, really like it surprised me I wasn't expecting that reaction I was expecting coaches that have joined me in that world and I said, Tell me more about that I'm surprised on settled on.

13:16:50 And then she began making some interpretations of me sharing with me some interpretation she had of me.

13:16:59 And then I felt shame.

13:17:02 Okay.

13:17:04 And what's different now is I can track that I could feel the defensiveness coming up I could feel the shields coming. I could also notice myself, reaching for more connection and understanding.

13:17:16 And then as I heard what is going on for her. I could feel all of this. This shame, feeling coming up in me.

13:17:25 And when I stopped with that I realized.

13:17:28 Two things were happening.

13:17:30 I don't disagree with what she's pointing to.

13:17:33 I think she's naming something that I absolutely see as well and I'm very aware of and I and I said to her, I was like well I don't disagree with anything you're saying, And my way of orienting in the world.

13:17:51 In some ways a fundamentally different than hers.

13:17:54 I like diving in and experiencing lots of things and figuring it out from the inside out.

13:18:01 Post style is much more, check out all of the parameters and if anything in there looks like it might be, you know, disturbing stay away from it.

13:18:13 And so she couldn't understand my desire to jump into something and figure something out from the inside.

13:18:20 And I felt shame when she began, in a sense, suggesting that my style might be wrong, and might be self destructive and might be you know and and so as we began talking.

13:18:35 The moment she revealed to me that she was actually just feeling really protective everything softened.

13:18:44 Everything softened. Because when I could hear that the tension coming up in her wasn't one of being judgmental and disapproving and rejecting, but was her tragic way.

13:18:58 I use that lightly, of trying to express that I mattered to her that she was caring about my well being and that she was feeling protective and wanted to prevent me from home.

13:19:08 We had a very, very different conversation about that.

13:19:12 Now I forget what my point wasn't sharing that with you.

13:19:19 I think it was something along the lines of 10 years ago.

13:19:23 I would probably not have told her how it was impacting me and had a much harder time staying in that conversation, and it would have been weeks before we got to an understanding of what was actually going on.

13:19:38 Right. And also, there's this thing that happens in our relationships where we sometimes see somebody else doing something

that we wouldn't do, or that we think is not for us.

13:19:51 And then we insert that into somebody else always sort of impose it upon them in a well meaning way, but in a way that feels a little bit like this is my lane not yours.

13:20:05 And I'm actually not asking you to weigh in on your assessment of the goodness or badness of my decisions like there was a tiny little bit of a boundary piece that was coming up for me around.

13:20:18 I'm not sharing this with you to get your psychological analysis and insight into what I'm doing wrong, you know. And so all of those alerts are useful information.

13:20:30 If I can take them as an alert and stay in an aware conversation with a really dear friend who I love very deeply and and work with it.

13:20:42 useful point something shelf salient but maybe it wasn't.

13:20:55 I'd love to hear from two people what you're taking from that, if anything,

13:21:04 and I got the sense of like people literally of the two of you, spinning around and sending each other's chairs, to see how

13:21:14 the same experience can be experienced so differently from different backgrounds and from different experiences. Yeah, and somehow and the connection was made I loved your word.

13:21:25 The other piece was something about soften.

13:21:27 Yeah, you didn't have to argue with what was real in the space because it shifted. Yes, absolutely. Absolutely. And one of the styles between her and I that a very, very different is I will look at something and say, I'll give you, I'll give you an example

13:21:43 like I'm taking a road trip with my child.

13:21:46 There is a part of me that is rolling my eyes like I really don't want to take this road trip, it is so inconvenient, it is going to be expensive and time and energy and money it's complicated, like, Oh, I don't do the road trip, and another part of me

13:21:59 is like, Yes, I get to do a 14 day road trip with this child she's asked for it. what am I going to get a chance to do this again, we're going to go and see all these states, we're going to get all this time to bond it is going to be I am seeing this

13:22:11 opportunity. Like I'm absolutely going to take it it's a huge hassle. It is a huge hassle but I'm going to take this opportunity, it's not going to come again in this time of her life.

13:22:21 I'm grabbing it. And if that means I need to rearrange a few things in my life to make it happen.

13:22:26 Being a good mom is coming first. Okay, so that's a little bit so there's an example.

13:22:32 And so this dear friend of mine would look at this and say, Well, you know if it's a hassle and it's a waste of energy I don't know why you're agreeing to do something.

13:22:42 You do it I'm saying like, why would you do that, I mean, you might hate it, it's going to be. You don't even know if like she's got more risk management parts, who will look at, like, this isn't really logical to do, why don't you just pick two like

13:22:56 she's got other strategies that would be better for her.

Whereas, I'm like, Yeah, I might hate it, it might be terrible we might get nothing good out of it, but I'm happy to jump in and find out like I'm okay with it not going great, you know, we might
13:23:08 fight the whole time but I'm, I'm up for the adventure.
13:23:12 And so, this is a style difference.
13:23:16 And so here's my dear dear friend, expressing care and protectiveness and nurturing and I'm getting all defensive because I'm like wait, you're not seeing me, you're not, you know, and so these are the kinds.
13:23:31 This is such a tiny an easy example to just talk about, because these are the places where we practice figuring out what what's happening for you and this is what's happening for me and this is what I'm aware of happening in my system what's happening
13:23:41 in your system and what led you to say that and I'm interpreting it as a thought I haven't like, get out of my space, I didn't ask for your judgments and, and, you know, just be happy for me What is wrong with you like that's the old conversation right.
13:23:55 So, the defensiveness still arises, perhaps is one of the points that I want to make the defensiveness still came up.
13:24:03 But when we are really practicing the first key distinction in nonviolent communication of observe, observe, observe notice. Notice, notice.
13:24:14 Oh, this is going on in me what's happening and what's happening in me what's happening in her, and then where's your attention.
13:24:29 Is it on, at what am I going to amplify up into my head what's wrong with me what's wrong with her, not we're not doing that anymore. We're not doing that anymore.
13:24:32 We dropped down we don't go up and out we dropped down right. Oh, good. Tension shields tightness. Fear moving away a little bit of curiosity surprise confusion, what are the needs to be known for celebration to be joined for understanding for clarity
13:24:52 for information for feedback for connection.
13:24:55 Okay now that I know my needs. What question.
13:24:59 What question what invite serves those intention, that's the fundamental paradigm shift. And it doesn't mean that defensiveness doesn't come up.
13:25:10 It just means that we started learning how to work with it.
13:25:13 And the times when I am unable to do that are the times when I have when I'm like saturated with pain and fear.
13:25:22 And if I'm saturated with pain and fear, then that's often a cue that I need to first do some inner resourcing and some healing and some awareness work, and some self compassion work before I'm really ready to take it on in the dialogue space that we
13:25:42 prepare for the dialogue space and I would invite you to drop any part of you that has the demand that you are always ready and available for any and every dialogue, we aren't.
13:25:55 That's fine. You don't have to be.
13:26:01 Oh, are you doing that was a lot of words. I'm hoping this gives a little bit of an overview and a summary I'm hoping it was

useful.

13:26:08 Yes, Daisy Hi.

13:26:12 When I heard you. I was thinking how the red, everything was and how I love that the transition of boundaries after defensiveness.

13:26:27 It's not about. I'm not getting defensive it's about working with it differently. So I really like that, and then while you were speaking.

13:26:32 I was thinking about like anger management classes and like nothing if we had like emotional outcome warm bed like you're not gonna like manager and not Don't get angry.

13:26:43 Let's lean into it. Let's get creative and conscious so when defensiveness and angers you show up.

13:26:49 It's just, It's a different form. So I love that piece.

13:26:54 And then I love that we're transitioning the boundaries because I really wanted more boundaries for you and your fans like I'm kind of a risk taker to when I unsolicited advice, like just tightens everything and I'm excited for boundaries.

13:27:11 Lovely.

13:27:12 Lovely. Lovely. Yeah, Mary Beth.

13:27:17 Um, yeah I wrote something in the chat but as I was listening to you speak I'll say what I wrote.

13:27:24 I was, I'm, I guess what I often struggle with is when like something like that happens between you and your friend, you're feeling you know the defensiveness come up but you don't have the intimate relationship that you have with your friend, where you're

13:27:39 both psychologists you've known each other long time and you could say I noticed and have some trust that it wouldn't go off the rails and turn into something really weird.

13:27:48 So like, how when you're having these feelings around people either family or in this other case I was in a group that I'm kind of in.

13:28:00 You know how to manage it. When you what you want to do is say, you know, like, I don't like that you just said that to me.

13:28:06 I don't you know whatever you mean, that's your defensiveness speaking but it's like you know I'm not here for you to listen to you judge me.

13:28:16 But you don't feel like you could be released for me I you I don't you know feel like it's somehow would be go, that that would just maybe make everything just go totally off the rails.

13:28:26 If you were that real about the way you felt. Yes.

13:28:31 So sometimes having everything go off the rails is lovely.

13:28:36 I would recommend making outrageous statements sometimes and watching everything go off the rails sometimes those rails need to be gotten off of so let's just acknowledge that is a very valid choice sometimes your other point of.

13:28:53 I'm not that intimate and close, I don't really want everything to go off the rails. And I also wanted to find a way of saying a little bit more than I might normally say in terms of revealing my internal experience what are some options for that.

13:29:09 The things that I often default to is just revealing my

internal experience in a very small thing with no analysis.

13:29:16 It might sound something like this.

13:29:19 Well, I just noticed my system get really tight and I took a deep breath. When I heard you say that. Give me a minute. I want to figure out what's happening for me.

13:29:31 I noticed that I'm having a bit of a negative reaction, let me just give me a second. I'm going to figure out where that's coming from and what that's about.

13:29:40 Sometimes that's enough.

13:29:43 Especially if somebody doesn't really want to know everything and they don't want to get into it the fact that you've just even named that can be enough for somebody to like back the way away like they don't want to get into it.

13:29:53 Right. They have their own like that. Coming up, and you get to say something non blaming non analytical non interpretive non accusatory. That is really just owning.

13:30:06 Here's what's happening to me.

13:30:09 And whatever they want to do with that they're going to do with that and that's going to be about whatever happened in their past when people got real.

13:30:18 And then you can choose to reveal another thing if you want to, that would be a connection response or you can choose to disconnect with grace, by saying, Hey, I really appreciate the minute of silence you just gave me I think I'm going to take some time

13:30:33 to think about what that's about. Thank you for the space so where did you want to go next, what did you want to say next. Or I'd love to just change the subject and talk about something else right now, as to what you want

13:30:47 that, how's that landing Mary Beth.

13:30:49 Yeah, deep. I mean, you know, it going, just a different way from what you normally do, but one normally does, there's some Zen saying go a different way, like when you notice something's habitual just, I just go a different way.

13:31:06 Yes. Anything, anything that breaks up a habit is going to bring you learning and more choice and more possibility. And let's to the degree that you can let go you collectively we all of us can let go of the idea that there is a right way to do it.

13:31:23 There is no right way to do it, not in my world in my world, everything is trial and error. You try something, you get feedback you adjust, you try something new, you get feedback you adjust.

13:31:33 That's it.

13:31:34 There is only learning.

13:31:38 There is no performing.

13:31:42 Draw drop you know like if you want to perform like this is the contract I'm going to get on stage, you're going to come and watch. I'm going to perform, beautiful this is a form of play.

13:31:50 That's great.

13:31:52 But when we're talking about human relationships and negotiating relational fields, there is no performing performing blocks connection.

13:32:03 There's just trial and error those just reveal a tune to impact reveal ask the tune to impact reveal ask the tune to impact.

13:32:19 There's the thing I need to memorize, have it ready when I'm like, whoa.

13:32:26 And you know what makes it hottest I'm not going to reveal anything to you that I feel shame about others shame work right.

13:32:35 If I'm shooting myself or judging myself. These are the things I'm likely going to be more self protective about and more reactive to.

13:32:45 But when I'm no longer judging myself for being, you know, completely living my life with wild abandon and putting myself into the jaws of crocodiles all the time if I'm not judging myself.

13:32:55 Then when you have a terrible judgment of that it's not, it's just interesting to me, and I can take the care from it, but I don't need to have the shame of course in this moment and all the shame come up and I you know I was like wow I had no idea and

13:33:08 all the shame about this, and I realized it mapped on to a younger experience of a parent, telling me, you shouldn't do that.

13:33:17 That's, and that wasn't even what my friend was saying, but that's how I was taking it because that's what it reminded me of so I had the memory feeling come up.

13:33:27 Not only the present moment feeling which actually I really deeply trust our connection.

13:33:33 And that's part of what enabled us to sort of stay in it because I'm like, Oh, this is old.

13:33:40 I would love if some months you did a month on shame work.

13:33:44 Have we

13:33:47 missed it maybe.

13:33:49 I bet if you go through the archives, you will find a month on shame and I'm happy to revisit shame, there are some themes that we will loop back to over and over, but if you're looking for something in the interim.

13:33:58 I'm almost certain that there's a because I, as you said that I'm like, oh god I need, I need, I need to memorize a few things about that to how to work with that shame work.

13:34:08 Thank you all your story to an empathic other. That's it.

13:34:12 That's what I'm using all of you for right now by the way.

13:34:19 So, did we get everybody I think we've got everybody and then you had asked for summary that I began doing a summary of concepts.

13:34:29 And then there are at least two situations in the room today that people would not mind having some time on packing. So, with it being 135 almost we have a couple of options we can divide the time into the two situations and do that.

13:34:42 We can go into breakout sessions and do some processing and talking, or some of you I can open some rooms and some of you who want to do more talking could join each other there.

13:34:57 Or we can continue freeform conversation, where are you at what, what would you like to do

13:35:00 I'd really like to break the time into for the two people that wanted to do some process situation or something that was Connor

and Colleen Am I getting that right.

13:35:14 Okay, Great, great. So let's do that. Let's do 10 minutes or 10 minutes clean and then a wrap up. Does that feel good so everyone.

13:35:22 Fabulous. And

13:35:26 I have a comment. Yes. If you could leave a little bit of time for a summary. You said you might go over a summary of the concepts, I should like that as well.

13:35:36 Well I just did that.

13:35:38 I didn't think of that as a summary back. Okay, thanks.

13:35:43 I will also feel your request and I will look at ways that I might install some key points as we get to the end, hopefully, yeah.

13:35:51 Okay. You're welcome. Yes, Mary Beth, I know that you were running out of time so that's I know you had said you wanted to come back to when I, whatever, I said in the beginning with the check and you said oh you wanted to say more about that, whatever

13:36:05 that was so I have time, that's fine. If not, that's fine.

13:36:10 Just wanted to put that in there, because you seem to have something you wanted to say so. I felt like I kind of covered it once I combined it with what was happening for and then like it was enough or did you have a more specific.

13:36:23 I have to go back I only remember what's happening in the moment.

13:36:28 Five minutes before.

13:36:30 Okay. Okay, listen, it's going to come up again will continue to.

13:36:34 Yes. Alright.

13:36:38 Connor. Tell us the situation and we will see what we can do to unpack and get some movement in it.

13:36:43 All right, thank you so much. so I'm driving home from having spent three days with my niece on Long Island.

13:36:51 And as I'm driving home I looked at my phone and she sent a photo of dog poop on white carpet with the caption a gift from Winnie and tech, who are my dog, a parting gift.

13:37:07 And,

13:37:10 you know, my first reaction was not good.

13:37:14 And I thought to myself, the second reaction of the mature, I'll thank her for letting me know. And then I noticed that she had put it on the whole family threat.

13:37:24 It wasn't sent directly to me.

13:37:27 So then I felt, you know, humiliated. And I said no, that's a false feeling. So I said I feel sad and I feel embarrassed, and what, how should I respond to that.

13:37:44 You know it's a family member calling me out and they're singing in front of others.

13:37:49 And that is a sore spot.

13:37:53 So it's an hour or two later Now I'm able to laugh at the concept but not as a photo.

13:38:01 And I would just love your input on that.

13:38:06 If, if it were my sister or my family member, and that happened to me.

13:38:13 I might call them up.

13:38:16 And I might say, Hey, I noticed you posted that picture of my dog's poop on the thread that went to everybody.

13:38:28 And I felt a lot of shame when I saw that.

13:38:34 And I am wondering, I'm guessing you didn't imagine that that might happen for me, I'm going to throw them a bone, I'm going to find some way to help them save face, right.

13:38:43 I'm just going to guess that maybe it was funny or you didn't imagine, so I wanted to just let you know it actually brings up a lot of shame and embarrassment in me and I would really love it if you could send me that kind of information or feedback privately.

13:38:59 How does it feel hearing me say that, what's coming up in you when I tell you that.

13:39:05 And then what do you imagine a defensive response, typically defensive response might be

13:39:15 thinking about your person.

13:39:26 What my response defensively would have been. Oh, I just gonna go ahead. I mean like if you were to say that to the person what you would field.

13:39:33 I'm confused.

13:39:35 Tell me once again. Yep.

13:39:37 Okay, let me back up one. Can you imagine saying that to this person.

13:39:45 Yeah.

13:39:48 Tell me.

13:39:49 Tell me the hesitation which piece Do you like which piece Don't you like what works, what doesn't work.

13:39:54 I know my well my first inclination would be to write back, not default. And

13:40:02 go ahead with the writing, let's imagine you that the first, first time I thought the most immediate response was to ask her to please you know to write to her privately and say please.

13:40:14 I'm glad you let me know. Please share that kind of information.

13:40:20 Privately because there's no reason to cause a lot of anger, with other people.

13:40:26 You would be upset by that.

13:40:29 And then I thought no that's just making her feel bad.

13:40:32 And then I was going to say, I'll pop a check in the mail for carpet cleaning. And that would be the real, that would be a wonderful singer, because not only would I make her feel bad that I make her feel guilty.

13:40:46 And

13:40:46 so, I couldn't have that conversation tell her I felt a lot of shame other i don't think i i guess it is shame that I feel it's just been there, and hurt and humiliation, use the words that are right for you use them, embarrassment heard and humiliation

13:41:08 I want to check something out. How confident are you that your interpretation that she did that to embarrass you tell you something. What are you telling yourself her motivation was for

posting that on the family thread.

13:41:30 And

13:41:30 well she knows it's a soft spot, and I would think that she knows all the restaurants here, Justin.

13:41:41 I don't know, I guess I could take it as embarrassing me.

13:41:46 But I want to, or I could just laugh it off you know I could just laughed it off again funny.

13:41:56 Quit I want to pose you in slow it down because we're jumping right now we're jumping on lots of different places we could stand right we're jumping on what's her intention how might I respond, how would she take it What does it mean to other people,

13:42:09 like, let's slow it down for a second and do them one by one.

13:42:13 So the one that I want to the one that I want to first circle around on is, you will have a story about what she why she did that.

13:42:25 Maybe she marries you maybe it was funny. Maybe she was trying to create humor in the family. Maybe she was trying to call you out in front of others.

13:42:36 Maybe she was feeling really irritated and wanted to post it so that it was a negative conditioning and like maybe it's an indirect way of being hostile.

13:42:47 Maybe it's an indirect way of trying to bond and love about the pets in the family. Do you see what i'm saying like there's a lot that might be happening.

13:42:54 So I'm asking, what do you think is happening like you will have a theory.

13:43:00 And then how confident are you that it's true,

13:43:09 because sometimes we have a theory and we're pretty confident it's true and it probably is true. And that's different than I have this theory but I don't really know if that was going on for her, and that's the piece I'm just trying to sort out like where

13:43:21 are you at with that piece.

13:43:23 You know the net net was I felt it was unconscious.

13:43:30 And, you know, five to six things that you suggested were unkind, and then there was humor, but it's it's more like they did it again. Right. Okay, so I don't have control over my desk.

13:43:46 Okay, so pause for a second.

13:43:49 So the evaluation that she is unkind yes that this was that that particular app.

13:44:00 I see is unkind so let's unpack that underneath and kind is, I would like to be held with care.

13:44:06 I would like there to be an awareness of the impact that it might have on me and I would like the impact the intended impact I want some cross that at least the intended impact is one of Karen kindness.

13:44:21 Yes. Okay. So if that's the conversation you want to have like to increase more Karen kindness, and an awareness of the desire for Karen kindness.

13:44:34 but know that for a moment that's what you're looking for.

13:44:38 What am I, you asked for and how might you show up to things, how do you show up in a way that is caring and kind.

13:44:46 And how do you ask for the same back.
13:44:51 Well, that way I was grateful that she let me know I could thank her for letting me know I do appreciate that.
13:45:01 And then like, as you said, you know, just asked her to please
13:45:08 share that over, you know directly.
13:45:12 I love that.
13:45:13 I can't imagine anybody legitimately having anything, any issue with, listen, like it let's imagine it's you, you did this and I'm going to talk to you and I said to you Hey Connor.
13:45:25 Thanks for letting me know what my dogs did. I was mortified when I saw that picture I was like oh no I don't have control of the dogs and they did it again, and a part of me is really glad that you're letting me know, there's another part of me that
13:45:38 would really love it if you could just tell me that alone and privately because I felt really uncomfortable with it being in front of the whole family.
13:45:46 I would love to keep it as simple as possible just between you and I, is that something you'd be willing to do or not.
13:45:54 How does it feel hearing it that way do you feel any defensiveness in you as you hear that way.
13:45:59 No.
13:46:05 So that way to try.
13:46:06 Yeah.
13:46:08 And then there's a lot of other executives right back and say,
13:46:14 go ahead. You could Yes, right. I can see
13:46:19 with.
13:46:22 I would never ever do that, but you could you could, if we want to do it.
13:46:35 Totally. That would be a very that would be a fight response and no universe would I post pictures of your dogs putting poop on my content to the whole fucking family. What are you thinking.
13:46:40 You got defensiveness like you're going to get defensiveness if you do that and maybe you want to have that experience which you get to have.
13:46:48 So everything is a strategy that strategy would meet needs for self expression what might meet needs for some catharsis might meet some needs for self trust, like there anything that by that approach, and then you want to think about what needs my
13:47:02 sacrificing if I take that approach.
13:47:07 Yeah.
13:47:07 Yeah. Is that a good, take the high road.
13:47:10 Okay.
13:47:12 We're going to close with just that piece for right now we'll come back to it. Good luck. Good luck.
13:47:18 Thank you Thank you Thank you, Colleen, also a dog.
13:47:22 Yeah, another dog story. So I'm the head of the Karen committee and we had a congregant who was going to have surgery, but the date hadn't been set, and I was looking for potential places where

her Doc, stay at my house I'm a nurse and caring for a post
13:47:38 for a post op, but my husband doesn't get along with animals
they always bite him because he's afraid of them, and blame him for
them biting him.

13:47:54 No, he is he's afraid of them and then they get afraid and it
just it doesn't work. I get it I get, I get that connection I just, it
sounds funny every time you say it, they scared of it he's scared.

13:48:09 That's what's wrong he's scared of them and so they bite him,
his fault. Anyway, go on. So, anyway, so the clerk at the church that
will I'll take the dog and I said great, and then they called and they
said, you're going to that this person is going

13:48:31 Yeah.

13:48:31 So I called her I emailed the person I said here's all the
things about the dog her needs and whatever is this still going to
work for you, and didn't respond didn't respond.

13:48:43 And so then I

13:48:47 colder.

13:48:50 Her phone like three times less messages she didn't respond
to it all the time I was trying to find someone else couldn't find
anybody else.

13:48:58 And she finally called pat the person who had the surgery and
said oh yeah it'll work out fine. It'll be fine. You'll be fine.

13:49:07 And but she didn't set up a time to transfer the dog or do
any of that and the person having the surgery is disabled and unable
to do that I was going to have to handle it.

13:49:16 And I couldn't ask my husband to do it because of the whole
dog interaction thing, right, and I cannot drive in the dark.

13:49:24 So I kept leaving messages for this person said she would
take care of the dog and it wasn't till 20 minutes before surgery that
she responded and said oh you could drop the dog off now and I'm like,
Well, no, because I've taken her to the hospital, but

13:49:42 once I get her settled, I'll bring the dog to you So I did
that left the instructions, whatever.

13:49:47 So that night she calls me and she's like, does this dog in
the history of trauma with men. And I'm like she was a rescue.

13:49:56 And the person who rescued her is female, so I don't know she
hates my husband, but every kids my husband so I don't.

13:50:05 She goes well she is brawling and chasing my husband around
and you have to come get the dog but it was 730 at night and I said, I
was getting really defensive because I wanted to work things out with
her do a meet and greets at a time and all that beforehand

13:50:18 and she hadn't responded.

13:50:23 And I'm like well I can't, I can't drive in the dark and I
can't send my husband so I said, How early in the morning. Would you
like me to be there. So anyway, it's this whole defensive thing that I
was feeling.

13:50:38 And I'm blaming her for not for being for just wanting to be
spontaneous like yeah you. Okay, so let's because we don't have a ton
of time.

13:50:51 Since hindsight is 2020, knowing what you know now.

13:50:57 Where do you see the choice points where you might have with the information you now have that you didn't have them. What would you have done differently.

13:51:05 I, I don't think I would, I would have in terms of dropping off the dog because I couldn't find anybody else I didn't have another choice our backup plan was to leave the dog alone in the apartment and for me to go twice a day later outfielder, which

13:51:19 which is what we're going to do now.

13:51:21 Okay.

13:51:26 I guess what I want is to process, my

13:51:33 feeling defensive and ashamed about not getting the dog right then and taking her but I.

13:51:44 Okay. Yeah, I don't. So I don't know if we're going to be able to get into all the processing but I have some thoughts so let me just throw out some responses and then see how they land and let's go create from there.

13:51:59 Okay. Um, the way you are telling the story, the one of the things that flags in my mind is, how can I help you see preventative options for future situations like this.

13:52:13 And one thing that comes up for me is,

13:52:18 Dear friend,

13:52:21 there is a surgery available. I need to know within the next two hours, whether or not you can blah blah blah.

13:52:30 And I need to have a plan for drop off because my life is exceedingly busy and I can't be spontaneous at the last minute.

13:52:38 You may not notice, is there any way you could within the next two hours get back to me, and also make a plan to drop off and socialization, because I want to make sure that this is taken care of and that we don't you know I don't have room for emergent

13:52:54 things going wrong because it's high stakes.

13:53:00 I think bringing more fully online what you're needing allowing yourself to know what you're really wanting and needing and giving people that inflammation of asking very specifically for exactly what you want, by when and how.

13:53:17 And then you can work with the know if they can't do it.

13:53:20 Then you can work with it but one place where you're going to feel a bit more in control, the empowerment of what agency is if you can give yourself permission to be more explicit and helping other people help you.

13:53:33 Uh huh.

13:53:35 Landing as one point. I think that's an excellent point is, give a time for feedback because that's what I really need, I really do. And yet that. Yeah.

13:53:46 Because one of the things that I'm hearing was frustrating was all of the waiting for a response, and the waiting period that is included, I would find it frustrating to one of the ways you can manage that is give people a deadline and tell them why it's

13:53:57 important.

13:54:00 You know, I mean, Justin sends me things all the time and I don't ever look at them like I just, there's so much stuff just joking

a little bit, but when Justin says he sends me an email and it says, here's what I need and I needed by today at noon because

13:54:12 I'm doing this, I'm all over it, like that is very helpful to me. And when he's like hey I'm just sending you this thing to look at me it's like oh great I'll look at it one day and then I, it's out of my mind like I don't look at drives purchase the

13:54:25 max I'm sure you know that and speak for himself, but I know from my own experience when somebody lets me know, here's what I need. Here's what I need to buy and can you, it's very easy for me to get that knocked off my to do list.

13:54:41 So, it's easier I should say, then when it's this, it's the same thing like I signed up you guys I sign up for a million online courses I know none of us had I signed up for a million online courses.

13:54:51 The courses and I'm going to be changing this by the way in all of my work, you'll see this starting in January, but the courses that say you've got a month to get through this and then you lose access, you've got two months to watch this and then you're

13:55:01 going to lose access, I am all over those courses, the amount of courses that I have where I bought like archives of lifelong material that I'm going to get to one day, I never get to it.

13:55:11 So that's one of the things that I'm thinking of when I hear what was frustrating.

13:55:17 And there's probably more what where would you like to go next with the two minutes we have like what what's the next piece that emerges that would be helpful.

13:55:27 I guess what I would have liked is to have something, I just responded really cold lead to her when she says, you know this isn't working out and I'm like, I'm sorry I can't drive in the dark.

13:55:39 Oh, okay. That's Emily said it.

13:55:53 You just got some woman more relational. Yeah. Um, oh that's so disappointing to hear yeah I mean I can imagine if a dog is running around doing unusual things blah blah blah. I didn't know that that would happen I really believe that my husband is the only one in the world that elicits this kind

13:56:00 only one in the world that elicits this kind of material from dogs and so I thought it was personal to him I didn't imagine being a little bit playful right.

13:56:11 I didn't imagine, it didn't occur to me that this might be an issue I wish we had thought about it. Unfortunately I'm not going to be able to pick him up this evening. Can you hold on it to him in the morning. I can be there at blah blah blah, time will

13:56:18 that work.

13:56:21 Yeah, okay. Yeah.

13:56:25 You can still have the boundary and you can still Express care for the impact and you don't have to say all the playful stuff I said in there I'm playing with it a little bit but, yeah, that's not feeling that feels much better.

13:56:37 Yeah, yeah.

13:56:42 It's helpful to start just imagining, right, all of the

things we're doing and I'm and as we're wrapping up I just want to highlight a comment that Mary Beth wrote in the chat if you didn't see it.

13:56:48 I feel it did enjoy how happy the thought of taking the low road had on Connor, the joy and the loft and I did to cut out I saw you completely lighten up and feel some relief at the idea of just being able to say what you really want to say.

13:57:02 And so I'm going to end on that, that, that this is something we want to give ourselves permission to do. And sometimes we don't need to do it with the person we're actually having an issue with, there was something that came up earlier where I was going

13:57:13 to say to someone I can't remember who it was.

13:57:18 For example, I go for dinner with my mother. There's a lot of shit that comes up for me around dinner with my mother, do I say any of that to her directly, no no no I do not.

13:57:26 Was there a period in my life where I said everything to her directly oh yes and did it end up in a horrible disgusting fights that never ever got resolved yes I have I been well trained and just do.

13:57:35 Absolutely. I don't say shut about my mother but you know what, I went to my mother, father should about my, my mother who I love very dearly, when I am done at a dinner at my mother's house, I call my best friend and the whole way home.

13:57:50 I have the kind of conversation that I was suggesting Connor had, they're like, oh my god you won't believe what happened tonight. And then she said this and then I felt that and then she said this and then I said that and I find a way to debrief with

13:58:03 someone else. And the intention is not to create an enemy image of my mother, it is not to make her bad and wrong, it is to discharge the stress that I feel around the things that I need to contain and soften myself and release what is stressful and find

13:58:19 new options, so that the next time I get together with her I still feel grounded and open and self trusting, and also so that I have some things online that maybe next time I will say something.

13:58:30 I'm just not ready yet.

13:58:31 And so, that's part of the process of doing our own metabolism and staying up to date with ourselves so I wanted to just share a piece. You guys, overcoming defensiveness has been a really fun month to have with you thank you for your questions and your

13:58:46 comments.

13:58:48 You do have the recordings, if anybody would like to go and make a summary of key points and share them as a gift to the group, you are more than welcome to do that and I will post them and we will send them out to people, I will not have the time to

13:59:00 do that Justin will not have the time to do that but that is, you know, a random offer that occurs to me if anybody feels like doing something like that.

13:59:08 Otherwise, close the book on defensiveness and begin opening the book on loving boundaries, which we're going to dive into on Monday, and I will probably be talking to you from Colorado on Monday so be prepared.

13:59:21 Have a wonderful, wonderful week thank you for being here.
13:59:24 Happy birthday. Oh,
13:59:28 thank you thank you thank you I'm having a very fun birthday
today it's a very fun day so
13:59:35 thank you thank you as my mother put it, you are now entering
your 50th year.