

18:52:06 There you go. Those are on anything else.

18:52:21 Oh, my question was brought up by my friends and my group breakout group.

18:52:27 And both of my friends kind of brought up the same thing. So maybe you could talk a little bit about boundaries in the sense of maybe how do we present to others like if we're faced with the situation where we feel like someone might be giving us the

18:52:59 And they really mean no, and they're not giving us their boundaries, like how do we, like, let them, how do we like let them know. Yeah, yeah. okay so number one always get your attention back into yourself and not into the other person right that's one

18:53:05 of the main principles like I'm going to start making a document of like guiding principles that we always come back to. One is, When my attention is on what they are doing.

18:53:18 I reclaim my attention I pull it back, internal.

18:53:21 And then I reveal what's happening internally and here's some things that you could say, you know, when I, when I asked you to go and pick flowers with me in the woods and I hear you saying yes, I'm noticing a little bit of hesitation in me around the

18:53:39 whole heartedness.

18:53:41 And I want to be able to trust that you feel like you could say no.

18:53:45 And I want to check in with you. Do you feel like you could say no to me right now if it was a no.

18:53:51 Or is there some tentativeness in the yes and if so it would help me to know what the tentativeness is about, or you know it sounds like you're really willing to do this for me but maybe not super enthusiastic about doing this for me.

18:54:05 Am I tracking that accurately or not.

18:54:09 So you just make explicit what's happening in you.

18:54:13 And then you give it to them and you asked for information.

18:54:17 And you let them know what you're guessing or what you're picking up on and you check out the veracity of it the accuracy of it.

18:54:27 And then depending on the situation and the person, you know, other things that you may want to have on hand to say hello to people and things like you know I really, I would love to do this with you, it's exciting and it would meet your needs as well.

18:54:42 If it wouldn't, I'm really okay with us not doing it.

18:54:48 You know, or I've just learned over time that often people will say they'll do something, and then sometimes feel a bit of resentment afterwards because they didn't quite know how to say no to me and I just want to double check and, and make like full

18:55:01 easy permission if it's that for you to tell me no like my feelings won't get hurt I won't be upset.

18:55:08 So there's a lot of like reassuring that you can do to make it easy for people to tell you the truth.

18:55:16 Do you see how all of the focus is really on you revealing you not on trying to teach them to be different,

18:55:24 any follow up questions on that piece that address it enough I see some nodding heads and. Okay.

18:55:30 Yeah.

18:55:33 If I put my phone down here can you still hear me, or do they get quiet.

18:55:38 It's good, it's still good. Okay.

18:55:41 Okay, great.

18:55:42 Let me just double check here.

18:55:44 Yeah, great question, baby I agree. Okay. Anything else that feels important or quick and of course we'll, we'll do more q&a as we go.

18:55:53 But before I start running into jumping into the situations people have put in the chat.

18:56:04 Okay, it looks like we are good to go so I'm going to stop.

18:56:08 Yvonne.

18:56:09 Would you like me are you available to chat a little bit about your situation or you want me to just answer it without your input tonight.

18:56:19 You're muted.

18:56:21 I am available to talk.

18:56:24 So, go ahead.

18:56:27 How can I help. Yeah, so my situation is.

18:56:31 So my husband and I are in.

18:56:37 We're in couples counseling and we're just working through a lot of things in our relationship so they're going through a long bumpy path here.

18:56:49 And, you know, I've talked a lot with my closest friend, and you know about some of what what I'm learning what's going on, and occasionally, she will say things like.

18:57:05 Would it be okay with you if I shared some of my observations, or, you know, share things like her experiences.

18:57:19 And so I think my little bit about even like figuring out for myself on the fly. What am I okay with.

18:57:29 And then, how to handle it. Once it starts like happening and I'm feeling kind of overwhelmed with information. So, is that clear enough.

18:57:47 So, I don't know let me tell you what I'm picking up and kind of what I'm thinking and then you redirect me if you feel like I'm going somewhere that isn't helpful.

18:57:55 Okay.

18:58:02 It sounds like you want to be able to say, I feel mixed. On the one hand, you know, I would love to hear some input and I feel like I'm open to something.

18:58:08 And there's, there are moments where I feel like I'm getting overwhelmed with information and I want to be able to like, slow down the rate of it.

18:58:18 Is that is that what it is for you or is it that what she's sharing feels misaligned or do you get the fence is a judgmental like I don't know what the quality of the information.

18:58:30 Yeah, so for me it's like sometimes it kicks up.

18:58:35 I find myself starting to

18:58:39 sound like.

18:58:42 I want it I want here and hold her and put witness.  
18:58:53 This  
18:58:53 is kind of nice to.  
18:58:59 Yeah, then the station's personally Sundays like she, I feel like what she's saying is accurate, and I don't, I don't want to be like defensive and say well that's not accurate.  
18:59:10 So I just find myself pretty.  
18:59:21 Can I ask the question is, is it glitchy only on my end for the audio is everybody here.  
18:59:30 Okay, very very it's very glitchy I'm not hearing every word, either. I'm wondering.  
18:59:37 Can you hear me okay.  
18:59:40 Yeah, you're right.  
18:59:56 Yvonne.  
18:59:54 Could you turn off your video please. I think she might have dropped out. I think she dropped off Yeah, yeah, it got it got stuck. Let's give her a minute to come back I'm sure she's going to try and log back on again.  
19:00:00 For those of you who believe in, or find astrology amusing.  
19:00:07 I am I am I am noncommittal in my views on any of that.  
19:00:14 Mercury is in retrograde right now.  
19:00:17 And for those of you who care about that communication it gets very glitchy and technology gets very glitchy they tell me when this is in the planets, and I find it an amusing way to playfully explain what might be going on today.  
19:00:39 until October 18 I had a very unexpected argument with a friend yesterday so I'm quite irritated to find a can't resolve it until next Monday.  
19:00:49 Yes, exactly as another week of this is another week of this craziness. In this dog or whatever you want to use to explain it is fine with me.  
19:01:00 So I am a little mixed right now I sort of want to wait for Yvonne to get back so I can finish with her and I also don't want to spend a lot of time just waiting around and I'm not sure what her situation is right now with internet.  
19:01:14 And so I'm, I'm seeing myself in this sort of stole dogma.  
19:01:19 If she comes. No, this is Kathy coming Okay good. It's kind of stood out moment of like, I don't want to move ahead but I do and I don't want to lose.  
19:01:27 whatever we were.  
19:01:30 So, let me think for a moment.  
19:01:32 What would feel good to me to do right now.  
19:01:37 Let's talk in general, and see if she gets back about.  
19:01:42 Here you are, you, you have a friend who wants to weigh in a little bit on your marriage.  
19:01:48 And on the dynamics that she's observing and you're feeling a little mixed on the one hand, you would like her input, you. She's a friend and you would like to hear what she has to say and some of the fields valuable.  
19:02:01 And on the other hand, some of this with she's sharing.

19:02:06 Don't feel that aligned. So how do you manage that conversation how you've on your back.

19:02:16 Dude, go ahead and unmute yourself again No worries. Sorry apparently my internet is.

19:02:20 Okay.

19:02:21 I'm not the only one.

19:02:24 We can all be gracious and table with one another in the space I was just saying, you know, here you are with a friend.

19:02:31 On the one hand, you'd like to have some input and hear what they have to say. On the other hand, Some of the things are saying don't feel that aligned and you find yourself getting a little bit defensive and sort of wondering, you know, How do you want

19:02:43 to manage that situation, and I kind of getting that right. Yes. Okay. Okay. So, i.

19:02:52 It occurs to me that just talking to your friend about that dilemma would probably be where I would begin.

19:02:57 Like if you are my friend I would say Yvonne I have this like I have these mixed feelings sometimes on the one hand I really want to hear what you have to say about my relationship.

19:03:06 And then there are moments where I find myself feeling defensive and noticing myself actually feeling like a bracing and a cringing inside of me like you don't quite get it.

19:03:15 And I don't know what to do in those moments.

19:03:18 What would be, what would you want to know how could we handle those moments What's it like to hear that that happens to me sometimes, and then see what she says.

19:03:28 Yeah.

19:03:30 How does it, how does it run any sort of imagine doing that peaceful.

19:03:35 Yeah, that that lands really well. We, we talked a little bit on Saturday, because it. And so I said a little bit of that.

19:03:45 And so then the next piece, I think is like when that happens, again, I think, then I think so part of the battle feels like it's inside of me like am I being like, you know, too rigid like you know I don't want to hear things I don't want to hear.

19:04:06 Wake up for a moment. Stop right there.

19:04:08 Okay, so you what you're doing there is you're turning on yourself, Am I being too rigid is what's wrong for me is that I don't want to hear things that I don't want to hear on my end denial Am I resistance like there's some of that.

19:04:21 So one piece of work there is.

19:04:25 I'm allowed to not hear the things I don't want to hear.

19:04:29 And I'm allowed to set a boundary if something is beginning to feel a little bit on welcome, and I get to know when I'm not feeling welcoming of something and I get to get curious about that.

19:04:45 But before I turn on myself to quickly.

19:04:48 I want to slow that piece down and find out.

19:04:53 Where is my resistance coming from, what am I bracing again. What is feeling unwelcome is this actually useful Camille not they take those feelings seriously as an invitation to get more data about

what's happening to you.

19:05:11 What do you really need it because sometimes maybe what you're needing is empathy and understanding, and what you're getting.

19:05:21 Is analysis and strategy.

19:05:23 Right, yeah.

19:05:27 And if you're wanting analysis and strategy and what you're getting is some to see.

19:05:32 You might have a similar thing.

19:05:34 Right. So first step is figuring out what are you needing, and that conversation.

19:05:40 And what is being offered.

19:05:43 That is misaligned to what you're needing, and how do you have a gentle non correcting conversation to update those people on, here's what I'd really find helpful actually, it seems like you want to help you want to contribute.

19:05:56 I think this is where I'm actually at all.

19:05:58 You know sometimes we find these things out as we go. I thought I wanted to hear your analysis of my marriage but I'm actually finding it super painful.

19:06:07 I think what I actually want is a little more help getting at my own needs, or, you know, make a request for a redirect that you think might be more aligned.

19:06:18 Yeah, how's that feeling to you.

19:06:23 Yeah, that because I know that's really, really helpful because I think that's what yeah cuz I think I started off like yeah I want to hear and then I think it got into bit like for me overwhelm and then, and then I felt like well I opened the door so

19:06:36 so now I kind of just have to keep the door open, versus being able to say, Okay, here now, where I'm at is this and, like, yeah, if we could cause and, yeah, yeah, thank you some phrases that all of us can use in any stage of a relationship here are

19:06:56 some phrases.

19:06:59 Initially, I thought that I really wanted to hear blah blah blah blah blah.

19:07:04 And what I'm realizing in this moment is blah blah blah blah blah.

19:07:11 You know, when we last talked, I was really open to blah blah blah blah blah, but I'm finding this evening, that what I'm really wanting is x y z.

19:07:24 So that you've got a way to shift gears.

19:07:28 If you've got this thing like I said yes and now I'm kind of beholden to this yes forever. It's a way of just getting status updates into the conversation, if anybody else has some good phrases that you use to do those kinds of tidbits go ahead and put

19:07:42 them into chat.

19:07:44 We can crowdsource a few others you know everybody will have a different way of language in Mac and it's nice to have a variety of those kinds of phrases of how you just change gears.

19:07:56 Kelly Yeah, I just have a question if when she asked that initially if you could say, you know, I think I want to hear but can

we have a like safe word like I'm feeling tender, to let you know that i i it's this is harder than I thought or something like

19:08:11 that.

19:08:15 Yeah. That's another great strategy to give a tentative Yes, let's try, I don't know yet, I don't know, I don't know what you're gonna say yet but I'll let me know how I feel as we go.

19:08:25 You know.

19:08:31 Yeah.

19:08:31 Good.

19:08:30 Thank you. The way you're welcome the way that I want to just tie this really directly to boundaries, because we're talking about boundaries.

19:08:42 Is that your boundaries make themselves known through the places where you have resistance is much.

19:08:50 And did you notice how beautifully Yvonne was like, Am I being too rigid Am I being unwelcoming is this just like we have all of these spheres of the bad part about ourselves, that actually encourages us to not take the not take the internal cues, as

19:09:05 a wisdom that is emerging.

19:09:07 So we have this default way of seeing those cues of a wrongness about ourselves.

19:09:13 And if you don't do the wrongness about yourself you'll be doing the broadness about the other.

19:09:17 And these are the things that we're sort of catching all of these assumptions and these unconscious programs that we've absorbed. And we're just gently untangling them.

19:09:28 All I'm feeling some resistance is tell me about something valid is a message that I want to pay attention to.

19:09:43 Nothing wrong with my resistance, nothing wrong with what my friend is trying to offer, and how can we get more in alignment with what is needed and what is being offered.

19:09:53 Yeah. Any other comments or questions on this piece.

19:10:02 Okay.

19:10:04 All right.

19:10:06 One of the reasons why boundary setting becomes challenging for us, is because we override the information that we're getting from our own system so often.

19:10:19 And so, we are overriding that data and not taking it seriously.

19:10:24 And then when that builds up long enough, then we think that other people are doing things to us.

19:10:30 cues, and then we start sort of reinterpreting them in a formal positive light and if you ever have trouble with that you can call me because I'm really good at.

19:10:48 I'm really good at finding the good and all the shitty stuff you do.

19:10:52 And me and me are good at doing that just takes a bit more time. Okay, clean.

19:10:58 Shall we lift your example next.

19:11:01 It says let me just see what it says agreed to be financially

responsible for a dog had a falling out with the owner a year and a half ago but continued, who doesn't know he died on Friday, would have chosen for dog down the person sent \$1,000 without

19:11:14 asking for my input. Okay, what else do I need to know.

19:11:20 And so, she hasn't directly asked me for the money, but I know her income monthly is like \$1,000 and she made a point of saying how much it cost.

19:11:38 And my conscience is saying I should be direct and just say I'm not going to pay that because actually I can't afford it either.

19:11:42 And the dog, she did tell me that the upcoming costs for keeping the stock alive with a severe lifelong illness is upwards of three to \$400 a month.

19:11:55 And clearly, she can't afford that. And she also the falling out was over her resume drinking she had been sober and she resumed drinking and she wasn't the dog has pre existing cardiac issues.

19:12:08 She wasn't giving the medicine when she was drunk. and so if she misses one of these new daily medications the dog will die anyway in a painful way.

19:12:19 So I don't know if my, my gut tells me just ignore it go away never talked to her and get out of it but that doesn't seem in keeping with my value of integrity, either.

19:12:32 I did say that I would be financially responsible for the dog.

19:12:37 But I would not have spent upwards of \$1,000 for something

19:12:47 new and something by you, and then we'll play from here Okay dear friend.

19:12:53 You and I both love this dog.

19:12:56 And we both care a lot about this stuff well being.

19:13:00 And a year and a half ago.

19:13:03 I felt really moved to be supportive and to help out with the care of the dog and a year and a half later, so many medical conditions, don't have deteriorated in XYZ ways.

19:13:17 We've given him a really, really good life.

19:13:21 And I'm finding myself in a place where as I look at the financial investment and keeping this dollar live.

19:13:29 I'm noticing and unwillingness to continue.

19:13:34 And I know that you're finding a lot of financial stress as well and it looks like you and I have a dilemma.

19:13:42 And that I'm ready to let go and find a peaceful ending for this doc life.

19:13:49 And the impression that I'm getting is that you would like to keep investing money in keeping the dog alive. Am I reading this right or not.

19:13:59 And then let your friend weigh in.

19:14:02 And then such with.

19:14:05 Well, what would you like to do.

19:14:08 I know that I have no more financial resources that I'm going to be investing.

19:14:13 So what do you suggest we do.

19:14:18 And then stop speaking,

19:14:38 afraid what my fear is, is that show because of the past. She was like, You gave me this dog you know I'm not mentally stable and 19:14:36 then I would emphasize.

19:14:38 Yeah, it sounds like it sounds like this is a very painful situation, and those, and you're really wishing that they were more resources available in the system right now than they're all.

19:14:49 And it's painful and it's challenging to have a look at some of the limitations that we both have here.

19:15:01 just something online so you're not trustworthy you say one thing and then you don't follow through on and you're abandoning me.

19:15:11 Yeah, so that is there a way that you can imagine how you might empathize with that. Yeah, you're really wishing, you're really wishing that I would contribute more money and that I would be, you know, following through in the ways that you are longing

19:15:26 for, and you're feeling really angry that I'm choosing to do something different.

19:15:37 Yeah.

19:15:38 And then Colleen what I would tell you on the side is.

19:15:42 It's fine if she thinks you're untrustworthy and it's fine if she's angry about the change and it's fine if she's angry with you for not being able to do everything she wants you to do.

19:15:56 That doesn't mean you're doing anything wrong.

19:16:00 It means that she's kind of raging at the limitations of the world and avoiding a lot of grief and it's painful, I don't know the relationship with the dog, but it's a significant relationship for a lot of people.

19:16:14 Yeah, right. So if we just think about the stages of grief, you know, anger and bargaining and negotiating and avoiding something is part of it.

19:16:27 So we just stay present and we ride those waves together.

19:16:44 But it doesn't mean that just because she's angry or upset that you don't get to honor your limits, and express them with a lot of care.

19:16:42 Yeah, I'm guess my fear is in the past what she does is start your this and your that and I'm not sure I can stay present for that I just stopped talking to set a boundary with that and you can say this and I get that you're angry, I get that you're angry

19:17:02 and upset, I get that you wish that I would be different in this moment.

19:17:02 If you're going to keep attacking me I'm going to get off the phone and we can continue the conversation another time.

19:17:20 Okay.

19:17:10 But I'm noticing myself getting super triggered and it hurts to hear you say these things I, I am I am also wanting some care and consideration for what this is like for me.

19:17:20 And it seems like that's not present right now which I completely understand but I will need to get a full phone if we can't find a way to keep up the conversation.

19:17:30 And I'm happy to check in with you later I'm happy to give you some time with this but I'm not available for continued attacks.



19:17:38 You know I'm breathing to whatever it is like, you know, as long as it's the thing that I want you to hear mostly is the energy and the tone of voice.

19:17:49 More than the specifics of the exact words.

19:17:55 And the energy you want to come from as I care about me, and I care about you. And this really sucks.

19:18:14 This really sucks.

19:18:06 There's no way that I'm going to make this suck any less.

19:18:11 I have limited financial resources, I've got to be careful about where I'm investing then you have limited financial resources and you're going to need to be truthful about what you're investing them.

19:18:21 If you want to continue keeping this dog alive and having a relationship, I'm going to need to give that responsibility back to you.

19:18:28 I've reached the end of what I'm willing and able to do that sucks.

19:18:35 And it's okay.

19:18:37 You're allowed to know when you're finished.

19:18:45 How's that landing.

19:18:47 Very well, it that's basically it it just sucks.

19:18:53 And, you know, then you can check in with yourself and find out how much availability and it can be tiny none. It can be none. It can be a tiny amount it can be a lot.

19:19:03 Do I have full being empathic while she's having her own her own process of sort of railing against a situation that she, she wants it to be different.

19:19:17 And her strategy for helping her with what's painful for her that she doesn't want to go through if it is going to be by trying to make you be different.

19:19:26 And I think you're probably anticipating the pressure that you will feel that you need to be different, so that she doesn't have to go through the loss of the stock.

19:19:37 And we can be super empathic about that because none of us want to lose, loved ones, none of us want.

19:19:49 It's painful.

19:19:52 But that doesn't. Yeah, I think I've said, I'm repeating myself

19:19:59 around that is there another layer oh that's enough right now know that that that's good that's very helpful. Thank you.

19:20:06 Okay.

19:20:08 I'm opening up to everybody else.

19:20:11 Questions, comments. Again, if you have other things you might do go ahead and put those in the chat,

19:20:21 where people ask this stuff.

19:20:29 Oh, no one has anything to say right now.

19:20:34 You're feeling complete.

19:20:36 Okay.

19:20:37 Okay, great, great. Okay, so next situation Kalki.

19:20:43 I have a situation, he wrote in the invitation.

19:20:47 We will be off the trail by five and home by 6pm.  
19:20:51 I separated from the group I got back to the car by 5pm.  
19:20:55 Can the group showed up one hour and 45 minutes late. I said, We agreed to leave at 5pm. I said, I'm irritated that I had to wait one hour and 45 minutes, he said, I wasn't even watching the time.  
19:21:09 Others spoke up and we quickly got into the call because one person had a babysitter, I want acknowledgement that he didn't keep his word and let him know that it is a habit of his and I won't be working with him.  
19:21:19 Where are you, Kathy. Hi. there you are.  
19:21:22 Okay, what else you want us to know about that situation.  
19:21:29 Well,  
19:21:33 that it's really a pattern.  
19:21:38 And the other person there the one that had the babysitter was my daughter, and his habit of not showing up or ending whatever his treatment of time doesn't work for her.  
19:21:55 And  
19:21:55 it's the blowback is even hitting me, including her husband saying I'm sorry I've been so short and mistreating you but I'm really upset with your husband because he doesn't keep this word about times.  
19:22:12 Okay.  
19:22:13 I'm not fully tracking, let me tell you what I'm getting and then just fill in the blanks of what I'm not quite getting, okay.  
19:22:20 So, your is your husband. Yeah.  
19:22:24 Okay, so your husband has a pattern of, how would you put it What is his pattern, not keeping to the times that he says he will either show up, or something will be over.  
19:22:40 Okay, got it. So you're late, and he'll, he'll commit to things and he won't follow through on the commitments. This is the beta pattern for now. Okay, now.  
19:22:58 First, I want you to assume that this is never going to change. He's never going to be different.  
19:23:02 Next  
19:23:03 you are going to live with it for the rest of your life he will always do this, he will never change it there is no amount of conversation that is going to change this that is the first assumption.  
19:23:13 Okay.  
19:23:14 I've been taking notes on the other one and I just wrote down, he's allowed to treat time that way. And I will.  
19:23:23 Okay, yeah.  
19:23:25 Number one, we operate from that assumption, he may change but we let go of that we let go of any attachment.  
19:23:32 given that he's going to be this way forever.  
19:23:35 What is the conversation you want to have with him.  
19:23:39 And what is the intention of that conversation.  
19:23:45 Are you asking me.  
19:23:48 Okay.  
19:23:50 You know I'm just tell me what you do know you know. Well,  
19:23:57 I came to the,

19:24:03 to the resolve that he isn't going to change.  
19:24:07 And I just won't get involved with projects with him anymore and I didn't think it was going to happen on this hike I thought, because other people were there and he knew my daughter had was paying a babysitter etc.  
19:24:21 that he would honor his word.  
19:24:25 And I just sort of kicked myself that.  
19:24:30 And so, I just don't know he says how you want to do this project together and I go, you know, this week or whatever and I go No thanks, so I just say no.  
19:24:45 And I guess.  
19:24:51 Kathy let me pause you for a moment, because you for a second and want to take it a little more slowly unintentionally.  
19:24:56 If, if he never changes.  
19:24:59 My guess is that you would want to have a conversation where you experience some care for the impact it's having on you, even if it can't ever do it differently.  
19:25:13 Yeah, would it be different if you would, if you felt like he cared about the impact.  
19:25:20 Yeah.  
19:25:21 Okay, So let's just know that that even if he could never change the thing about him that the experience of him caring about how it impacts you  
19:25:35 would go some distance in softening Fernando, so far so good on.  
19:25:43 Yep.  
19:25:44 This.  
19:25:45 Yeah. Okay, so I just want to know that you care.  
19:25:49 And if it's a question of caring about the impact and empathizing with impact.  
19:25:58 Then the way we might have that conversation, some things we want to be very careful around is not having any criticism of his way of being in that conversation.  
19:26:16 But then there's a lot of background work needed to get all the judgment and criticism out.  
19:26:23 And, and before I could do that if I was in your shoes, I was first need, where I think part of you is going.  
19:26:31 I would need to feel sad and green, that the kind of intuitive consideration that I long for is not going to happen here.  
19:26:41 And then where you were going in, in strategy was so what does that mean for me and the decisions that I make.  
19:26:56 Now, our tendency, and the, what is it, what, what does that mean for me is where you were going, which is one of avoidance and disconnection.  
19:26:59 I won't include him, I just want to do stuff with him, I just like.  
19:27:03 Very often we think.  
19:27:05 One of the ways I protect myself from disappointment and unpredictability in this dynamic is to simply not do something with him, which is super legitimate like that is absolutely an option that

you have.

19:27:17 I just want to see if we can find a few others. In addition to that.

19:27:24 Yeah.

19:27:24 Where are you at this hearing those pieces I'm sort of pulling from a few random places right now, I'm.

19:27:33 You're right.

19:27:34 I, I had to go from my anger to self empathy for and sad and grieving that he doesn't have an intuitive consideration, or radar for the impact.

19:27:50 And I could spend some more time and sadness and grief.

19:27:55 And my only strategy, honestly, is just don't mess with this person. I only know that one strategy is just, if it ain't gonna work, and you're okay the way you are.

19:28:08 And I'm not going to fix your change you.

19:28:13 And I can't live this way.

19:28:26 The only way, the only choice I know is just cut you out, or cut this part of the relationship out.

19:28:27 That is a really reasonable and very common way for this to go.

19:28:34 I have this part of me that really wants to go to bat for relational conversations in this context.

19:28:43 I would like one to because I would like an amicable would be no agreement to disagree. Okay. Your, your way and I my way and we'll just understand that about each other and I'll do.

19:29:02 So give me. Let me just play for a second and I'd like everybody on the call to play along with me like not imagining what you might say or how you might approach this.

19:29:11 but if you're willing Kathy.

19:29:13 I wonder if you could be your husband, and just show us the rest of the group, what it is you're often fielding, so just give us like what his like normal response might be.

19:29:26 And what I'd like us to do as a large group is practice empathizing with him for a little while and let's just see where that gets us, let's just see what information emerges from that, it may be nothing but let's play without the okay.

19:29:41 It will be I can just kill it. Is it okay to draw on other situations that I brought up to him, you know him so you know what typical responses might be so you just draw on everything you know about him because none of us know him.

19:29:56 So we're going to kind of rely on you to show us what it is that you're fielding.

19:30:02 Okay, make sense.

19:30:04 Okay, so I'm going to I'm going to open the conversation but then I'm going to turn it over to the group. So you guys get on your mute button because you're going to unmute yourself and try some things out.

19:30:14 Okay, so get on video and start listening and take some notes and get ready to just try some things, but I'm going to start a call.

19:30:24 And I'm just going to say, you know, dear husband.

19:30:28 And I'm going to start with the situation Kathy but it can go wherever you want it to go. Okay.

19:30:34 You know I just, I wanted to let you know.

19:30:39 I don't know what I would say.

19:30:41 Funny My mind was completely went blank with that I probably would have thought that I wanted to let you know what would I, who has an idea how would you who would like to open this conversation that's an idea that they'd like to try Rachel.

19:30:52 Rachel going to try.

19:30:54 Okay so much I was Kathy.

19:30:57 Kathy what's your husband's name. Ken.

19:31:01 Okay, so, Ken.

19:31:04 Um, I noticed you know we talked a little bit about it already, but I heard you say yesterday the time what time it was just wasn't present for you yesterday and I'm finding myself just really curious about what that's like for you, would you be open

19:31:20 to talking about it.

19:31:24 I don't know what I know what it is you want, or know what you're talking about.

19:31:29 Okay conversation, we have it.

19:31:33 So yesterday I heard you say you just didn't realize what time it is, though, are we remembering that the same way. Are you talking about the trail.

19:31:41 Yeah, we came off the trail.

19:31:44 So am I remembering it right when I said, Okay.

19:31:49 Does it sound accurate that when you're hiking, time is not keeping track of time isn't something that that's present for you.

19:32:01 I keep track of time on the, on the trail, all the time.

19:32:05 Okay, so yesterday, leaving harden.

19:32:10 Yesterday we wound up leaving later than what we had agreed to. So that was, you know, I'm just working off.

19:32:20 What you said that maybe that's the way it was light.

19:32:24 And there, there was no no rush.

19:32:27 was, we were all having a good time, Erica didn't say anything me.

19:32:32 Okay, so you were having a great time. And there was no rush.

19:32:39 Yeah, it sounds like rushing and having a good time. don't go together for you.

19:32:50 I don't really don't know what you're trying to get it.

19:32:53 What's your point.

19:32:55 Yeah.

19:32:58 I'm sorry I couldn't hear you both.

19:33:04 I'm

19:33:12 very delayed.

19:33:14 Is there a delay, I don't know.

19:33:13 Kathy hold for a second, Rachel I love what you're doing.

19:33:14 And then you said it sounds like rushing and having a good time don't go together.

19:33:20 And I can hear the question in your voice.

19:33:25 Because there was such a silence on the other end, I would

ask a quick follow up question like, something like that. Is that true, because you want to keep them, she was she got stuck so Kathy you go ahead and just respond to what he was gonna say,

19:33:43 I don't, I don't, I don't know what you're, I don't know what you want, what is your point.

19:33:51 I right now, I'm not making any point, I'm really just wanting to know more about what comes up for you I want to know you better I want to understand better.

19:34:04 I want to be present for who you are.

19:34:08 So I'm really hearing you say, when you're having fun on the trail you don't want to rush. Is that accurate Is that true.

19:34:18 So I'm really hearing you say, when you're having fun on the trail you don't want to rush. Is that accurate Is that true, that doesn't really sound to me like that's what you're getting at, it sounds like you're trying to get around to the fact that you

19:34:26 said you were irritated that we didn't get off trail of tribes.

19:34:31 Are you trying to.

19:34:32 Okay. Beautiful.

19:34:40 Post post post post. I want to point out to me what just happened. At the beginning, which will try to pin him down on what we're talking about, and he was super easy so did you notice that.

19:34:47 Okay, you wouldn't get even like I don't know I don't know what you're doing by boat Supra basis. So Rachel went in with empathy and went in with is this it is this, and then he got a little agitated, and he wants to point.

19:34:59 And then when she said a relational thing.

19:35:03 Key now located the conversation on his own.

19:35:07 We finally have the conversation located when he said, No, this is about yesterday when you blah blah blah blah.

19:35:14 We now have a location.

19:35:17 Do you get what I mean when I say that.

19:35:20 And he's the one who located it.

19:35:24 And so you now have something to build on.

19:35:27 OK, so now you can build on. Okay.

19:35:34 So, do you think this is about yesterday when XYZ happened on the trail when I said this and you said that. And now Rachel has a place to go where you've got a concrete moment that he's offered for you to build on.

19:35:47 Otherwise, everything else is still like what are we doing what are we doing now we have it.

19:35:53 So I just want you to notice that moment so that that doesn't get missed because it's not a, it's a place to stand Okay, do you want to keep going, Rachel or do you want to have a great, great.

19:36:06 So could you just repeat the last thing you said Cathy about this isn't about that

19:36:18 I can't remember exactly what I said. But, um, I guess I asked question is, is, Is this about

19:36:34 is getting off the trail.

19:36:36 And at 645.

19:36:42 Yes, and it's more about wanting to be a more harmony with you yesterday. I.

19:36:50 We were not in harmony with each other and to be in harmony with you. I feel like I need to understand better what you're, you want what you need. And yesterday that didn't happen so I totally understand why you would think I'm just trying to make a point

19:37:06 about yesterday that makes total sense to me.

19:37:10 Truly, If you're willing, and you don't have to.

19:37:14 I would love to have a conversation where I just learned more about what it was like to be you yesterday.

19:37:23 Okay pause for a moment, chassis as can what's happening inside what are you noticing happening inside of you in this moment.

19:37:30 Well first of all I'm expecting that this is another one of Kathy's wheeling away around to getting what she wants, she's, she said she was pissed that we got off.

19:37:42 and I, you know, I didn't apologize or acknowledge that and now she's trying to get back at at it, and she's coming at it with this weird way. But the point is, he wants to get back to, I didn't get off the trail when I said I did was going to and tick.

19:38:04 So, as Ken, in this moment.

19:38:07 What is can wanting to hear.

19:38:24 I think he wants to know if I still.

19:38:28 This is really weird but I guess that I don't reject him out right that he's I still love him, even though I was really irritated, that

19:38:42 he

19:38:47 got off the trail an hour, 45 minutes late.

19:38:52 And what is this word.

19:38:54 Pardon, what's happening in you as you realize that.

19:39:21 realization that the just facing that

19:39:29 I can't say that.

19:39:34 You don't love him. Anyway,

19:39:43 it's up to me

19:39:48 is a big part of me that doesn't want to stay that I've been trying to find a comparison in my heart, and find a way to see not see him into me and mention what he did and how we, and everything and just for me, when there's a break in a relationship

19:40:10 that's it it's broken to the core.

19:40:14 Once somebody disrespects you.

19:40:19 And he, to me it's acting as if nothing ever happened to say, Oh, well, I still love you will still, you know, do everything breakfast together will act like this ever happened.

19:40:33 Yeah, yeah, yeah. So you get in touch with.

19:40:37 It sounds like two things. One, you're getting in touch with how much he's needing to know that he's loved and accepted even when he does things that annoy you.

19:40:47 And you're learning that you're carrying so much pain and disappointment of your own, and such a longing to know that your own needs matter and that you matter that you don't have that have that that reassurance available for him right now.

19:41:04 Am I getting that right or not.  
19:41:07 Mostly No, I found a little bit this morning, a little bit of softening the two of us are both wanting the same thing. I want to know I matter and we're still okay i wanted to i matter and will still okay.  
19:41:26 What if you said exactly what you just said now what if you started the conversation that  
19:41:38 he made if I said, I just want to know.  
19:41:44 With regard to the, getting off the trail late, I just want to know that I matter.  
19:41:54 And we're still okay.  
19:41:56 And I wonder if you want to know that even when you are late or don't you know do blah blah blah.  
19:42:03 That you matter in the first. Okay.  
19:42:05 Is that happening for you to  
19:42:19 could try that that's a bit of a stretch, it's very relational language, and we don't  
19:42:27 take it in small bite sized.  
19:42:32 I'm sorry I talked over you.  
19:42:35 I'm doing the same thing.  
19:42:37 It's that you can do it in small bite sized amounts that feel aligned with the relationship, but it sounds like you're imagining starting the conversation there from your end.  
19:42:52 One of the things I'm picking up on today is, there's a lot that it sounds like you're needing from him.  
19:42:59 Before you can find a lessening in order to offer him something.  
19:43:02 Does that feel true to you or not.  
19:43:30 I'm having trouble with that word need from him as.  
19:43:37 Okay, let me say it a little differently,  
19:43:42 the impression that I'm getting and I want to check it out with you. You know, I don't know if I'm on the right track, is that there's been so much pain and disappointment.  
19:43:51 And so many moments where things did not go as you were imagining or wishing or wanting or he would say one thing and do another thing or something like this I'm, I don't know the all the details, but there's this builder of pain and disappointment that  
19:44:07 is forming in you and little bit of a shield.  
19:44:12 That is saying maybe it has a voice that is something like until I get more of my own needs.  
19:44:20 I have this wall up to attend, like I need to keep him at a distance and have him be a little bit out there, because it's not safe to bring him in closer.  
19:44:31 Is any of that resonating on I'm way on the wrong track right now.  
19:44:38 No, it's resonating, I guess it's just that, for me, I don't know how much to ascribe to his behavior.  
19:44:48 Those feelings, and I know a lot of it is, you just have his baggage claim.  
19:44:58 It's both.



19:45:00 So there's these situations where there is a follow through a disconnect.

19:45:08 Yeah.

19:45:10 So it's both.

19:45:13 And you're going to just keep putting your attention on the piece that you have agency over and you're going to keep letting go of the pieces that you don't have control over.

19:45:23 But he, he has patterns and ways of being that stimulate disappointment and pain in you.

19:45:34 And it's not him it's going to be some other people in your life they're going to bring the same pattern and we're all going to deal with this reaction to a particular pattern.

19:45:43 The piece that you can work on is what are you going to do with the disappointment in the pain.

19:45:49 How are you going to get empathy and it's not only self empathy I know you talked about it earlier, but it is also getting empathy deep empathy from other people in your community.

19:46:00 Who can be with you and it is disappointing it does feel frustrating when somebody says they're going to do something, and then you're sitting and waiting for my for an hour and a half an hour and 45 minutes wondering what's going on.

19:46:14 Yeah, that's disturbing that it just is.

19:46:19 We don't have to create an enemy of him. and we don't have to create an enemy of you.

19:46:24 We can look at that, that is, again, that's, that's going to have an impact.

19:46:30 That's going to have an impact. The part that you can pick up if you want to and I don't know enough I'm going to speak really generally here is what does the situation reminds me of in my past when has this happened before with him with other people.

19:46:44 When I was younger, how is this a recurring theme in my life.

19:46:51 And what memories are carrying to charge the emotion around us, but also would like to be seen and heard and witness and walked through, so that I can, in some ways, begin like detoxing, the accumulated history of it.

19:47:09 So that I have more access to present moment awareness. This pattern keeps continuing in my life.

19:47:16 Because what happens right now is the pattern continues but it's carried so much towards from the history that it's difficult for us to stay open hearted in the face of this pattern.

19:47:30 Does that feel true to not know it feels it feels true, and it, and it is part of what keeps me from speaking up and saying anything is is.

19:47:43 But I do long for relational repair for small things, and don't don't know how to do that.

19:47:53 So what I'm going I'm going to give you a smaller goal relational repair is an outcome of a lot of ways of being so I think if you can redirect your attention to.

19:48:06 I want to be able to speak in a soft way about my pain.

19:48:12 And that's what I'm going to practice.

19:48:15 That's one step.

19:48:17 Don't set a goal that involves another person being able to join you in time the goals that are really about your way of showing up only and relational repair might be an outcome.

19:48:31 And it might not be, but because that involves how somebody else needs to also be and a willingness to show up and want the same thing. We're not going to set that as a goal right now.

19:48:42 A new goal would be to say, Hey, you know, I remember, I thought there was I assumed perhaps I don't know the details, I assume that we have a meeting at five.

19:48:53 It was really hard for me when I was waiting for an hour and 45 minutes.

19:48:57 All I need from you in this moment is some expression that you care about the fact that I was sitting here waiting.

19:49:04 Can you tell me right now that you care about the fact that I was sitting here waiting and give me a hug.

19:49:12 Can I begin doing that, instead of the old competition.

19:49:17 How can I bring my pain and my disappointment differently into the moment to make it possible for a new reaction, even if I never get any reaction.

19:49:31 Does that make sense, Kathy what I'm what I'm pointing that is. Yeah, that, that, that is perfect to point me to to speak about my pain with. How did you put it gently to speak softly, about my pain and that I have struggled to do that and knowing that

19:49:51 if I came and spoke the same way I'd get the same defensiveness and, and the dynamic would continue so I think that when I was thinking, how do you do that.

19:50:05 I said okay first start with getting empathy for myself.

19:50:09 And then, practice, practice, asking for what you want.

19:50:18 In that moment, and instead of getting hijacked by everything you don't want.

19:50:26 And try this alone.

19:50:28 I just, just want to have a conversation that solves a problem that instead is white, and my strategy is gonna set a boundary for myself for him going to solve this problem of pain getting activated.

19:50:43 Yeah.

19:50:44 Yeah, it sounds like there's a part of you that is sort of wishing that boundary setting will somehow alleviate pain.

19:50:51 And for anybody who might be holding that it doesn't work that way.

19:50:56 When we said it's not living living non violently is not about avoiding pain.

19:51:04 It is about being in pain and being kind anyway

19:51:09 to ourselves and to others, and then taking that positioning.

19:51:19 We begin with building.

19:51:19 But, anything that is designed to chase a feeling or avoid feeling is not nonviolent

19:51:30 non violence is about feeling, everything it is a willingness to feel what is present in the moment, without making the other person

wrong, and without making ourselves wrong.

19:51:43 It's really, really a radical practice

19:51:50 and boundaries are in the way that we're going to be working with them this month, are a way of honoring your dignity that they're not going to protect you from pain.

19:52:03 Life is painful, but they are about treating yourself with dignity and helping others do the same, so that they can get to know who you are and what you're needing

19:52:20 Daisy you have a question or comment.

19:52:23 I really love what what you were saying, I want to see if I could remember exactly the piece because there's a lot of stuff that you said but kind of how you were saying like to feel it, non violence is feeling it not avoiding feelings.

19:52:38 And then I was thinking about like how when we set boundaries, it's a little like.

19:52:44 I think that by feeling it too and being really super authentic.

19:52:49 People will also be in tune with what feels life enriching to us and what doesn't.

19:52:55 And a little light. Like for me I had a recent like like integration of skills, where there's this moment where I'm not available, sarcasm I just don't like it.

19:53:08 And rather than like telling people what's wrong with them and why sarcasm is bad like there's this moment where someone was sarcastic and I just allowed myself to feel the impact of what they said I let my eyes well up and I just kind of took a breath

19:53:22 and I didn't even make it about what they said I was just like, Oh, just give me a minute sarcasm it just kind of kind of disorient me. And it was just really authentic I remember afterwards like I didn't make him wrong, I don't know but there was everything

19:53:56 you're saying, just kind of as clicking with other stuff I have going on from other stuff that I've learned from here. So thank you.

19:53:52 So read this month has been. Yay, yay.

19:53:54 Rachel, it looks like you have a follow up question Yes, why don't I just saw your chat thing I want to come back to you.

19:54:01 So I just saw you, tapping, I want to come back to you. Go ahead. So, I heard you say at the beginning that Cathy's husband's relationship with time is never going to change, and I feel like I inherited this belief that

19:54:18 if we tell someone we're in relationship with that something they do offends us bothers us hurts us, and they continue to do it.

19:54:30 And it's unacceptable. And I've really learning as an adult that's that's not how the world works there, they're just people in my life. This is how they're made up.

19:54:40 They're going.

19:54:42 My mother's never going to respect the boundary I have about giving me feedback.

19:54:48 She's always going to ask me and I'm always gonna have to say no thanks mom and I can live with that.

19:54:54 But how do you make peace with that like how do you stay in, you know, my mother's been married four times, I was nobody modeled for me, how to stay in relationship.

19:55:06 When needs can't when one person can't meet the other's needs or one person just does things in a way the other person doesn't understand or doesn't like, yeah, yeah, yeah.

19:55:20 It's such a rich and profound question and I have little time to do it justice but I'm going to try with just a few nuggets and then maybe we can continue the conversation on Wednesday and next Monday.

19:55:30 Okay.

19:55:32 One point of clarification.

19:55:34 When I said, assume that your husband will never change and this will never be different.

19:55:41 I really didn't mean like make that assumption, but I don't mean to imply that he never will.

19:55:46 I think people change all the time. Right. And what do we do.

19:55:52 Yep, when we show up differently, it creates a very wide range of opportunities for people to find new moves of their own so I just wanted to make sure that I was being clear about that point.

19:56:03 The point of assuming that they're not going to change is that it helps us stay us personally. Stay recognize where our change agenda is to the other person and release it, so that our intention as we're having the conversation is not to subtly change

19:56:18 them so that I just wanted to clarify that.

19:56:21 The second piece is

19:56:24 really it's more of a spiritual answer for me and all of you can have your own on to do whatever you like with it but for me.

19:56:33 The purpose of this work is for me to become a more loving human, not to make all of you more loving human so that I can finally get the love that I need.

19:56:46 So the journey for me is about being love.

19:56:51 What does it mean to be the loving as loving as I am able to be in any given moment, because that move when I do the loving thing for you.

19:57:05 My mother who also is never going to frickin change my father who is never going to, like, When I find a way of offering.

19:57:14 In those situations.

19:57:17 It goes both ways.

19:57:18 Even if they keep doing the thing that they have always done, I actually benefit.

19:57:25 So, the other piece the other like one little tiny piece that I'll say is my mattering my needs getting met my desire for empathy my desire to be seen to be known to be treated in particular ways.

19:57:44 When I if I look at all of the people in my life.

19:57:49 Someone is meeting that need at every time.

19:57:52 But it doesn't mean that everybody in my life can meet that need.

19:57:56 There are some people in my life who don't, they couldn't care less. Whether I live or die.

19:58:01 I don't matter to them at all my need for mattering is not

going to get met by those people that can I find five people to who might being alive does matter.

19:58:12 Absolutely.

19:58:13 So some of that has to do with where I'm placing my attention, and which people and using as which strategy for the need.

19:58:22 And it gets more complicated when it's a family member or a partner or somebody who is sort of assigned a prescribed role, and in that role they are supposed to meet me.

19:58:33 This is actually where a lot of that suffering gets kicked up because I feel like you're though, you're supposed to be the strategy to meet this particular need, and you are not fulfilling your job requirement.

19:58:43 And then I need to give you feedback, a performance evaluation on how shitty have a husband or a wife or a partner or a spouse you all, because I need you to up your performance so I can get my needs met because you are now the agreed upon strategy for

19:58:55 life. Right.

19:58:57 And then we have parents and there were all these things are supposed to get from our parents and our parents are normal fallible imperfect human beings who just can't do it all.

19:59:05 And if they can be very disappointing, and especially if they've had a lot of their own unhealed trauma they're even more disappointing. And so the child parts of us, you know feel some indignant, and that's fine.

19:59:18 But in this journey. We learned that we are no longer dependent on our parents to be different for our well being, we were at some point. And we want to work through those stages, and we're not actually dependent on any one person, we, we, our needs are

19:59:34 actually really well met when we begin to train our attention on looking for how well they're actually being met.

19:59:54 And a lot of our suffering. Not all of it but a lot of it comes from attaching to one person in one space time moment. and one action, and then noticing the lack of that and then we then we, you know, on those spirals and that's part of what I think we

20:00:02 come together on Monday nights and Wednesday afternoons, to help one another way.

20:00:08 Does that feel like an okay place just as a stock, Rachel I know it's probably not the most satisfying answer but how is that landing is a

20:00:18 layer of paint.