Speaker 1 ([00:00:00](https://www.temi.com/editor/t/_83CVw7LDTuybZ-gRx2XbDfTY7uWs-6wacHdhyM0hBQ5wHWHFUik8gNsx8Zgfdg4LZZayMqTkUk0aVTYtzCodtyhFLw?loadFrom=DocumentDeeplink&ts=0.21)):

The ID of the covert is really, really important because in covert narcissism, you've often learned to deal in this covert way to get your needs met. That's what covert narcissism is about. Like you, we all have needs need for attention, need for validation. The grandiose narcissist gets caught in the need for overt validation. Constantly. Covert has a hard time identifying. I even have a need. And first is to start with a compassion that likely you developed all these covert ways to get your own value and attention met. And so the most important part is to recognize what is the need that you're trying to covertly get.

Speaker 2 ([00:00:49](https://www.temi.com/editor/t/_83CVw7LDTuybZ-gRx2XbDfTY7uWs-6wacHdhyM0hBQ5wHWHFUik8gNsx8Zgfdg4LZZayMqTkUk0aVTYtzCodtyhFLw?loadFrom=DocumentDeeplink&ts=49.34)):

This is holding your own a series from therapist uncensored, the names to deepen and broaden security when faced with challenging personalities. Now, here are your cohost, Dr. Ann Kelly and Sue Marriott. Hey Anne Kelly. Hey, Sue Marriott,

Speaker 3 ([00:01:07](https://www.temi.com/editor/t/_83CVw7LDTuybZ-gRx2XbDfTY7uWs-6wacHdhyM0hBQ5wHWHFUik8gNsx8Zgfdg4LZZayMqTkUk0aVTYtzCodtyhFLw?loadFrom=DocumentDeeplink&ts=67.45)):

A person diagnosed with narcissistic personality disorder comes into the first session and says, you know, it's been really bugging me. I don't like to do things for other people. If it's a inconvenience for me, I'm not interested. And I suspect that it's because I'm kind of super sensitive and that's why I take it out on my partner and kind of blame and externalize. And, you know, I'd really like some help getting a little bit more empathically aware and being able to do that in a reliable way, because in reality, I'm pretty selfish. What do you think?

Speaker 1 ([00:01:45](https://www.temi.com/editor/t/_83CVw7LDTuybZ-gRx2XbDfTY7uWs-6wacHdhyM0hBQ5wHWHFUik8gNsx8Zgfdg4LZZayMqTkUk0aVTYtzCodtyhFLw?loadFrom=DocumentDeeplink&ts=105.26)):

I think my heart rate would go up and I'd go, Oh my God, this is awesome. But I was,

Speaker 3 ([00:01:50](https://www.temi.com/editor/t/_83CVw7LDTuybZ-gRx2XbDfTY7uWs-6wacHdhyM0hBQ5wHWHFUik8gNsx8Zgfdg4LZZayMqTkUk0aVTYtzCodtyhFLw?loadFrom=DocumentDeeplink&ts=110.75)):

Well, I think [inaudible], I would say what's the catch. I think

Speaker 1 ([00:01:56](https://www.temi.com/editor/t/_83CVw7LDTuybZ-gRx2XbDfTY7uWs-6wacHdhyM0hBQ5wHWHFUik8gNsx8Zgfdg4LZZayMqTkUk0aVTYtzCodtyhFLw?loadFrom=DocumentDeeplink&ts=116.09)):

This does not feel real. I would say that is a rare to never occasion

Speaker 3 ([00:02:01](https://www.temi.com/editor/t/_83CVw7LDTuybZ-gRx2XbDfTY7uWs-6wacHdhyM0hBQ5wHWHFUik8gNsx8Zgfdg4LZZayMqTkUk0aVTYtzCodtyhFLw?loadFrom=DocumentDeeplink&ts=121.28)):

That has never happened in the history of the human race. However, this is super cool. Many of our listeners have contacted us. We've gotten a lot of feedback about the course. Thank you. And one of the themes of the feedback is what I identify as a covert nurses. I identify as borderline. I do advise grandiose, like people very much have an ear for what if it's me, that's the difficult person. And I love that. And I want to compliment everyone for that. I think it's wonderful. Our wrap-up session today. This is the sixth in a series of six. We're going to try to do the takeaways and really pull things together, but we'll have it kind of in the context of if it's you now, if it's not you and if it's still your partner and that's what you're listening, it's easy translation.

Speaker 1 ([00:02:46](https://www.temi.com/editor/t/_83CVw7LDTuybZ-gRx2XbDfTY7uWs-6wacHdhyM0hBQ5wHWHFUik8gNsx8Zgfdg4LZZayMqTkUk0aVTYtzCodtyhFLw?loadFrom=DocumentDeeplink&ts=166.13)):

First of all, for those that have reached out, if we just have an amazing listener base and said, you know what, I can recognize myself in this. What do I do if I do like just the fact that one can ask that question basically also means that there's so much great going on in you, because the reason why that doesn't happen, especially if you have a really deep seated narcissistic tendency is it's very threatening sometimes to slow down and take a look at ourselves. That's why we have these great things called defenses that come up and they protect us from self-reflection, but they also get in the way of so much. So if you have the ability to walk in and go, I think I'm self centered. I think I, I see people in a way of what they can do for me rather than what I can give to them. And you can really recognize that in yourself. There's so much self-reflection going on.

Speaker 3 ([00:03:38](https://www.temi.com/editor/t/_83CVw7LDTuybZ-gRx2XbDfTY7uWs-6wacHdhyM0hBQ5wHWHFUik8gNsx8Zgfdg4LZZayMqTkUk0aVTYtzCodtyhFLw?loadFrom=DocumentDeeplink&ts=218.88)):

I mean, by definition, it means you're not that narcissistic. Well, that is true. You're probably any of you that are struggling with this and seeing yourself in this and asking for help with it, like reaching out. And that way you're more secure than you think. Right? And like, and saying, this is great because that's one of the big things is like first even being aware that there's a problem. Remember on some of the other episodes we talked about, where's the hope, and it has to do with first. You have to even be aware. It's a problem too. You've got to want to change it. And three, you've got to actively be working on actually making that change and not just kind of saying, yeah, I kind of wish that was different. But so we mentioned our community and how much we love our community and how smart and awesome they are in particular for this episode, we want to dedicate it to all of our patrons, our neuro nerd community that goes above and beyond by supporting us through patrion.com, backslash therapist, uncensored, you guys are awesome. And we'll say more about that at the end, but this is specifically dedicated to you guys.

Speaker 1 ([00:04:39](https://www.temi.com/editor/t/_83CVw7LDTuybZ-gRx2XbDfTY7uWs-6wacHdhyM0hBQ5wHWHFUik8gNsx8Zgfdg4LZZayMqTkUk0aVTYtzCodtyhFLw?loadFrom=DocumentDeeplink&ts=279.99)):

So in the example that we started with, right, somebody walking in and going, I think I'm struggling with narcissistic traits,

Speaker 3 ([00:04:47](https://www.temi.com/editor/t/_83CVw7LDTuybZ-gRx2XbDfTY7uWs-6wacHdhyM0hBQ5wHWHFUik8gNsx8Zgfdg4LZZayMqTkUk0aVTYtzCodtyhFLw?loadFrom=DocumentDeeplink&ts=287.13)):

Which by the way, people don't ever come in and say, well, that's not true. That's true. Right. People will come in and say like, I diagnosed myself as borderline or right, right. Like I think people do it. And I think not with this,

Speaker 1 ([00:04:59](https://www.temi.com/editor/t/_83CVw7LDTuybZ-gRx2XbDfTY7uWs-6wacHdhyM0hBQ5wHWHFUik8gNsx8Zgfdg4LZZayMqTkUk0aVTYtzCodtyhFLw?loadFrom=DocumentDeeplink&ts=299.19)):

And I'll tell you, it doesn't start there though. Really, really, sometimes it's we get there through the process of therapy. People will go. Actually, I do think I struggle with that.

Speaker 3 ([00:05:08](https://www.temi.com/editor/t/_83CVw7LDTuybZ-gRx2XbDfTY7uWs-6wacHdhyM0hBQ5wHWHFUik8gNsx8Zgfdg4LZZayMqTkUk0aVTYtzCodtyhFLw?loadFrom=DocumentDeeplink&ts=308.19)):

Yeah. The more typical scenario is that someone drags someone by the ear into therapy to work on the relationship, which is good because it's through distress. If you're narcissistic you're, there's not a lot of distress or pretty happy typically, and you're not aware of other people's distress around you. So by causing distress, relational distress, you know, that's where you can get some hope of like, Oh, now they're motivated to make their marriage a little better. So regardless of the kind of narcissism that you have, there are some key features, not very well-developed that if we could just do those things, your relationship would probably improve your relationships in general. And we've got the series. And if you haven't yet heard of them, feel free to go back and catch up. This might be more meaningful to you with that. But one of the things we do know that empathy is present.

Speaker 3 ([00:05:59](https://www.temi.com/editor/t/_83CVw7LDTuybZ-gRx2XbDfTY7uWs-6wacHdhyM0hBQ5wHWHFUik8gNsx8Zgfdg4LZZayMqTkUk0aVTYtzCodtyhFLw?loadFrom=DocumentDeeplink&ts=359.39)):

There's a new study out that really looks at empathy and listening skills and things like that are very weak and narcissists people with high narcissism. So the question is, can they be learned? And this new study is very hopeful about that. And we will reference that, of course, in our show notes. But the gist of it was that if you give empathic prompts to people who score high on not necessarily that are diagnosed with narcissism, but kind of subclinical, or that they, you know, have a more self-oriented low empathy characteristics that simply by giving prompts, like take the other person's perspective in this video, in this example, and they were really able to up their empathy and it was genuine because this was also measuring heart rate. So that's really cool. So what do you say and about this muscle that is not very well developed related to people that struggle with narcissism.

Speaker 1 ([00:06:52](https://www.temi.com/editor/t/_83CVw7LDTuybZ-gRx2XbDfTY7uWs-6wacHdhyM0hBQ5wHWHFUik8gNsx8Zgfdg4LZZayMqTkUk0aVTYtzCodtyhFLw?loadFrom=DocumentDeeplink&ts=412.63)):

I love the research that you're talking about because it's so often believed that you can't actually, if you don't have empathy and you're narcissistic, there's nothing you can do. And that actually isn't true. And that learning the steps of empathy is the start to actually integrating it inside you, right? You can't just all of a sudden turn an empathy button on, but by going through certain steps and the biggest one is slowing down and wanting to develop empathy. That is something that I think individuals that come to the office that recognize traits in themselves will say that they really can struggle with empathy. I think that's the first one that I feel like people identify in themselves is the really hard time getting to know what other people are feeling and thinking

Speaker 3 ([00:07:36](https://www.temi.com/editor/t/_83CVw7LDTuybZ-gRx2XbDfTY7uWs-6wacHdhyM0hBQ5wHWHFUik8gNsx8Zgfdg4LZZayMqTkUk0aVTYtzCodtyhFLw?loadFrom=DocumentDeeplink&ts=456.19)):

Techniques on that is that you've got to make it useful for the person who is low on it. Like it has to be a win-win, but you can't just be like, you're not a very nice person. You really need to be a more empathetic and that's not going to work, but your boss is giving you a really hard time with feedback around your peers. And I think the part that's missing is empathy. So if I could teach you a few of these things, it's going to really help you at your job and help you progress. That's an example of the win-win. So you have to go in their open door of what they want to get them to begin to take the other person's perspective, which again, depending on the severity they're able to do when directed,

Speaker 1 ([00:08:13](https://www.temi.com/editor/t/_83CVw7LDTuybZ-gRx2XbDfTY7uWs-6wacHdhyM0hBQ5wHWHFUik8gNsx8Zgfdg4LZZayMqTkUk0aVTYtzCodtyhFLw?loadFrom=DocumentDeeplink&ts=493.31)):

Right. And actually knowing how important it is, the one of the hardest things to the desire for empathy that somebody with narcissistic straight struggles with is the belief that the other person is being ridiculous. Or the other person, the reason you can't empathize is because they're so far off, or they're a little inferior to you. And so why am I going to slow down and develop empathy? When really what I feel is eye-roll because whatever feelings are happening over there are just ridiculous because one of the difficulties with narcissism is actually tolerating emotions and other people. And so to teach empathy, you actually have to first start with recognizing in yourself that slowing down and having emotions is actually a really viable, positive thing.

Speaker 3 ([00:09:00](https://www.temi.com/editor/t/_83CVw7LDTuybZ-gRx2XbDfTY7uWs-6wacHdhyM0hBQ5wHWHFUik8gNsx8Zgfdg4LZZayMqTkUk0aVTYtzCodtyhFLw?loadFrom=DocumentDeeplink&ts=540.71)):

What is empathy? I liked Judith Jordan's definition out of the stone center, roughly it's about them. This is a total paraphrase, but it's the experience of being able to take in another person verbally and non-verbally and understand what they're feeling and kind of be in their shoes while at the same time, hanging onto yourself and being aware of what you're thinking and feeling too. And we can make either of those mistakes of losing ourselves in merging into the other person, or like you're saying not being interested in the other person's experience, even diminishing it because unconsciously it's threatening to me to let you have your feelings.

Speaker 1 ([00:09:39](https://www.temi.com/editor/t/_83CVw7LDTuybZ-gRx2XbDfTY7uWs-6wacHdhyM0hBQ5wHWHFUik8gNsx8Zgfdg4LZZayMqTkUk0aVTYtzCodtyhFLw?loadFrom=DocumentDeeplink&ts=579.38)):

Yeah. I love what you're saying. The unconscious part, we have to recognize the unconscious. So somebody struggling with narcissism might have a hard time listening to other people because one of the biggest fears in narcissism is loss of self and exposure of self in exposure. So, so if I slow down to listen, if I'm in my narcissistic experience and I'm slowing down to actually listen to somebody's feelings, I actually might feel some anxiety in that. Because if I really listen to you, I'm going to lose myself in my sense of self-importance and that some of the biggest struggle. And if you slow down enough, you're gonna actually feel anxiety. But because if we're struggling with narcissism, that's so uncomfortable, what happens is we increase the pace and what that comes out as impatience dismissing eye-rolling. So if you recognize when you were listening to these episodes that you tend to eye-roll, didn't feel impatient, tend to rush people, finish their sentences.

Speaker 1 ([00:10:32](https://www.temi.com/editor/t/_83CVw7LDTuybZ-gRx2XbDfTY7uWs-6wacHdhyM0hBQ5wHWHFUik8gNsx8Zgfdg4LZZayMqTkUk0aVTYtzCodtyhFLw?loadFrom=DocumentDeeplink&ts=632.66)):

Part of that is because it's your discomfort. But what we do is we say is that person being ridiculous. So I'm not going to learn empathy skills. I'm not even going to slow down this podcast and think I need to listen about learning empathy. If I stay in the state that says the other person is having unnecessarily feelings that are wasting my time. So let's start with that. If you're struggling, await that other person's perspective is the most valuable thing that you can take in. And I love what you were saying earlier. It's valuing that other person's feelings while remembering you don't lose yourself to that experience.

Speaker 3 ([00:11:08](https://www.temi.com/editor/t/_83CVw7LDTuybZ-gRx2XbDfTY7uWs-6wacHdhyM0hBQ5wHWHFUik8gNsx8Zgfdg4LZZayMqTkUk0aVTYtzCodtyhFLw?loadFrom=DocumentDeeplink&ts=668.78)):

When you were talking about losing yourself, actually practicing empathy as a way to differentiate. It's not to get them to merge or fuse. So again, if you're nervous about like, wait a minute, if I slow down and understand, then I'm not going to get a chance to speak, or my perspective goes away. The fact is that empathy actually really helps the person who's having more trouble with it, differentiate and like, notice that there's another person and another perspective, which is really great because that's part of the problem. They can become aware of their self involvement. And it's like, Oh, there is another perspective. And if I don't diminish it, if I don't say it's stupid, if I see it as, and this is we're talking to you directly, if this is you that we're talking to other people have legitimate and you're wiser to slow down and get those points, not to lose your perspective, but actually it's a smarter, like let's say you're going to be a leader is way smarter to figure out what's going on in other, what other people are seeing then to just run off on your own and

Speaker 1 ([00:12:11](https://www.temi.com/editor/t/_83CVw7LDTuybZ-gRx2XbDfTY7uWs-6wacHdhyM0hBQ5wHWHFUik8gNsx8Zgfdg4LZZayMqTkUk0aVTYtzCodtyhFLw?loadFrom=DocumentDeeplink&ts=731.28)):

We'll follow you. That's a great point in one of the reasons why it can be threatening to actually listen to other people's perspective when you'd struggle with narcissism is that that perspective may involve some air of feeling like you've done something wrong or that they have a feeling about you. That is negative. And if that is a really hard thing to tolerate in you, there's a loss of self. I like to be able to say, you are worthy enough to screw up and to have other people be upset with you. If you can't tolerate that, there's this part of you, that's actually fearing your own worthiness and not recognizing it

Speaker 3 ([00:12:50](https://www.temi.com/editor/t/_83CVw7LDTuybZ-gRx2XbDfTY7uWs-6wacHdhyM0hBQ5wHWHFUik8gNsx8Zgfdg4LZZayMqTkUk0aVTYtzCodtyhFLw?loadFrom=DocumentDeeplink&ts=770.19)):

Valued, not for what you produce. Not because you're the smartest or you're the best looking person in the room. Like you just have inherent value period. Again, one of the ways is that we want to increase safety around everybody involved because then everybody's defenses can come down a little bit and maybe in one way to do that is let's go through the four steps really of what listening and empathy looks like. If that's okay. I know it'll sound basic on one level.

Speaker 1 ([00:13:18](https://www.temi.com/editor/t/_83CVw7LDTuybZ-gRx2XbDfTY7uWs-6wacHdhyM0hBQ5wHWHFUik8gNsx8Zgfdg4LZZayMqTkUk0aVTYtzCodtyhFLw?loadFrom=DocumentDeeplink&ts=798.27)):

Well, actually, before we do that, it does sound basic, but this is for all of us, right? We're talking about if you're struggling with narcissism, which we are all can struggle with elements of it, but we all can struggle with listening. And sometimes like you can be right in the middle of something and realize somebody has been speaking and you haven't slowed down enough. You can repeat back the words, but that doesn't mean you're listening. So as we go through these steps, remember this is good for all of us.

Speaker 3 ([00:13:44](https://www.temi.com/editor/t/_83CVw7LDTuybZ-gRx2XbDfTY7uWs-6wacHdhyM0hBQ5wHWHFUik8gNsx8Zgfdg4LZZayMqTkUk0aVTYtzCodtyhFLw?loadFrom=DocumentDeeplink&ts=824.55)):

Oh, totally. Like, you know, the first step, this is going to sound silly, but it's listen. So but why that that's funniest because I can literally sometimes when I'm in my own self centerdness like, it really is a emotional shift change to go from, like I have stuff to say or, you know, being in self-involved in my own thoughts to, Oh, I'm going to actually tune into you. So first just making that shift state to, okay, I'm going to receive and so much so that I want to be able to say back to you what you said accurately. So I don't manipulate it and I don't twist it around and I don't shut it down.

Speaker 1 ([00:14:25](https://www.temi.com/editor/t/_83CVw7LDTuybZ-gRx2XbDfTY7uWs-6wacHdhyM0hBQ5wHWHFUik8gNsx8Zgfdg4LZZayMqTkUk0aVTYtzCodtyhFLw?loadFrom=DocumentDeeplink&ts=865.71)):

Making the decision to listen is the most important step. And that is an act of decisions. I wait, wait, wait, I'm going to slow my brain down and start with eye contact and go. I'm actually really going to listen. That is right.

Speaker 3 ([00:14:38](https://www.temi.com/editor/t/_83CVw7LDTuybZ-gRx2XbDfTY7uWs-6wacHdhyM0hBQ5wHWHFUik8gNsx8Zgfdg4LZZayMqTkUk0aVTYtzCodtyhFLw?loadFrom=DocumentDeeplink&ts=878.37)):

And the recap. So like, let's say you began to complain about my mother coming or something like that. And you have a legitimate complaints. Like she stays for six months or whatever the thing is. Right. So if I'm recapping to you saying like, you're complaining about my mother again, that's not listening.

Speaker 1 ([00:14:55](https://www.temi.com/editor/t/_83CVw7LDTuybZ-gRx2XbDfTY7uWs-6wacHdhyM0hBQ5wHWHFUik8gNsx8Zgfdg4LZZayMqTkUk0aVTYtzCodtyhFLw?loadFrom=DocumentDeeplink&ts=895.42)):

I feel so heard. So your mother has stayed. It's really hard on me. You'd really is when your mom comes, she stays for so long. That is so hard. All right.

Speaker 3 ([00:15:07](https://www.temi.com/editor/t/_83CVw7LDTuybZ-gRx2XbDfTY7uWs-6wacHdhyM0hBQ5wHWHFUik8gNsx8Zgfdg4LZZayMqTkUk0aVTYtzCodtyhFLw?loadFrom=DocumentDeeplink&ts=907.75)):

So take a deep breath. That is the most important step here. What she's actually saying. She's not saying that my mother is horrible. She's not saying that I'm insensitive because you know, all the things that I might feel, this, this really gets into the covert nurses. I'm too.

Speaker 1 ([00:15:23](https://www.temi.com/editor/t/_83CVw7LDTuybZ-gRx2XbDfTY7uWs-6wacHdhyM0hBQ5wHWHFUik8gNsx8Zgfdg4LZZayMqTkUk0aVTYtzCodtyhFLw?loadFrom=DocumentDeeplink&ts=923.11)):

So you've had to recognize you. You notice you, she took a breath. If you could see her, just even in this play, acting this, you know, she can feel the tension building and just that moment's breath for most of us would change our relationships to not react, but respond. So to take a breath and go, okay, what is she actually saying? Yeah.

Speaker 3 ([00:15:44](https://www.temi.com/editor/t/_83CVw7LDTuybZ-gRx2XbDfTY7uWs-6wacHdhyM0hBQ5wHWHFUik8gNsx8Zgfdg4LZZayMqTkUk0aVTYtzCodtyhFLw?loadFrom=DocumentDeeplink&ts=944.53)):

And you know, just to add a layer of complexity, that's a bad example because I've lost my mom in the last year or so. So that part of my pause was like, Oh, but so say your complaint again. I'm sorry. Now we've said so much. Oh, actually that's actually a, another listening skill is you ask clarifying questions and you get them to say more. So can you say it again?

Speaker 1 ([00:16:06](https://www.temi.com/editor/t/_83CVw7LDTuybZ-gRx2XbDfTY7uWs-6wacHdhyM0hBQ5wHWHFUik8gNsx8Zgfdg4LZZayMqTkUk0aVTYtzCodtyhFLw?loadFrom=DocumentDeeplink&ts=966.28)):

I'm so anxious. Cause you're when your mom comes. It's really hard. It's not that it don't love her. It's just that she stays for six weeks, six months. It's really hard.

Speaker 3 ([00:16:16](https://www.temi.com/editor/t/_83CVw7LDTuybZ-gRx2XbDfTY7uWs-6wacHdhyM0hBQ5wHWHFUik8gNsx8Zgfdg4LZZayMqTkUk0aVTYtzCodtyhFLw?loadFrom=DocumentDeeplink&ts=976.09)):

You're not upset with my mom. And it's not that you don't like her, but it's hard on you when she comes and stays for so long. Like what, what's the worst part for you? What's hard for you.

Speaker 1 ([00:16:24](https://www.temi.com/editor/t/_83CVw7LDTuybZ-gRx2XbDfTY7uWs-6wacHdhyM0hBQ5wHWHFUik8gNsx8Zgfdg4LZZayMqTkUk0aVTYtzCodtyhFLw?loadFrom=DocumentDeeplink&ts=984.91)):

I have to feel on like, I have to feel like I can't just relax. Cause I fear she's going to, like, I have to be on all the time and that's really hard cause it's your mom, not mine. And so, you know, that's, I'm worried about what she thinks and feels all the time.

Speaker 3 ([00:16:39](https://www.temi.com/editor/t/_83CVw7LDTuybZ-gRx2XbDfTY7uWs-6wacHdhyM0hBQ5wHWHFUik8gNsx8Zgfdg4LZZayMqTkUk0aVTYtzCodtyhFLw?loadFrom=DocumentDeeplink&ts=999.88)):

We've done the listening actively. We've captured it. We've asked questions. That's the second part so that we understand. So I'm going to say back to her. So for you, it's more about, you know, cause I know you're super social and you're such a good caretaker that when she's around, that's really hard for you to relax and you just always have to be on and you know, it's true. She's not very, she doesn't do a lot. She didn't carry a lot of that emotional weight or conversation and stuff. So I could see really sucks energy that's I can really see that to be true.

Speaker 1 ([00:17:11](https://www.temi.com/editor/t/_83CVw7LDTuybZ-gRx2XbDfTY7uWs-6wacHdhyM0hBQ5wHWHFUik8gNsx8Zgfdg4LZZayMqTkUk0aVTYtzCodtyhFLw?loadFrom=DocumentDeeplink&ts=1031.77)):

Okay. So out of the rural play for a second, that was perfect. And I can feel my body relax and now my temptation would make it harder gut because that's going to be more real. It's like, yeah. Not only that, but you just disappear. Like, you know what I mean? Like I'm the one totally responsible for her. Not you you're over there working in your office. You're not paying any attention. Cause y'all need to bring some criticism out otherwise it's, you know, so you're, you're just, you don't do your share. I feel like I completely lose you.

Speaker 3 ([00:17:42](https://www.temi.com/editor/t/_83CVw7LDTuybZ-gRx2XbDfTY7uWs-6wacHdhyM0hBQ5wHWHFUik8gNsx8Zgfdg4LZZayMqTkUk0aVTYtzCodtyhFLw?loadFrom=DocumentDeeplink&ts=1062.28)):

All right. So everybody just take your breath, see, see what you think, see what you feel. What would you say?

Speaker 4 ([00:17:49](https://www.temi.com/editor/t/_83CVw7LDTuybZ-gRx2XbDfTY7uWs-6wacHdhyM0hBQ5wHWHFUik8gNsx8Zgfdg4LZZayMqTkUk0aVTYtzCodtyhFLw?loadFrom=DocumentDeeplink&ts=1069.08)):

So you're afraid that

Speaker 3 ([00:17:50](https://www.temi.com/editor/t/_83CVw7LDTuybZ-gRx2XbDfTY7uWs-6wacHdhyM0hBQ5wHWHFUik8gNsx8Zgfdg4LZZayMqTkUk0aVTYtzCodtyhFLw?loadFrom=DocumentDeeplink&ts=1070.01)):

When my mom comes and what you're really concerned about is one that you have to always be on, but then also not only do you have to be on, but you're going to lose me because I'm going to disappear.

Speaker 1 ([00:18:02](https://www.temi.com/editor/t/_83CVw7LDTuybZ-gRx2XbDfTY7uWs-6wacHdhyM0hBQ5wHWHFUik8gNsx8Zgfdg4LZZayMqTkUk0aVTYtzCodtyhFLw?loadFrom=DocumentDeeplink&ts=1082.18)):

Absolutely. Yeah. In the temptation of course, for most of us receiving that is what we feel and that's defensive, right? We have to contain the fact that what starts is, are you kidding me? You know, like the defense, because I've just thrown one into listen first and repeat it back. And like, this is what you're upset. You notice that Sue didn't actually defend herself yet. That doesn't mean that she actually believes everything I'm saying, right? She doesn't believe she only disappears into work. It just, but by hearing me in that my heart rate's already gone down. Right. And the thing that's really important. And especially for when we are in our traits of narcissism is the first thing that comes to our mind. What is the first word that we want to say once we empathetically, listen and that's but, and if we can invite you to take any one word out of your vocabulary, it's the, but don't but me, you might and to me, but don't, but me and that's a real difficult part, especially if we struggle with covert or grandiose narcissism is we want to defend self-defense self-defense so we've recapped,

Speaker 3 ([00:19:12](https://www.temi.com/editor/t/_83CVw7LDTuybZ-gRx2XbDfTY7uWs-6wacHdhyM0hBQ5wHWHFUik8gNsx8Zgfdg4LZZayMqTkUk0aVTYtzCodtyhFLw?loadFrom=DocumentDeeplink&ts=1152.44)):

You said in a way that you agreed with, we asked more, right? So now like responding with empathy would look like and validation. There's another acronym actually, that might be easier to hear it's called we made this up, but it's kava a Ava, which I think means wine. Does it not, I don't know. Which is perfect if it does, but that we want to do clarifying questions. So clarify what the message is. We want to affirm what the messages we want to validate their perspective. And then perhaps if it's appropriate, then we to do a genuine apology. So kava is clarify, affirm, validate, apologize for those of you that like that sort of stuff. So right now, so we're empathizing. We want to empathize and express compassion.

Speaker 1 ([00:19:57](https://www.temi.com/editor/t/_83CVw7LDTuybZ-gRx2XbDfTY7uWs-6wacHdhyM0hBQ5wHWHFUik8gNsx8Zgfdg4LZZayMqTkUk0aVTYtzCodtyhFLw?loadFrom=DocumentDeeplink&ts=1197.74)):

And when do you actually, like, as you've affirmed, even in this completely hypothetical situation, that's not happened. I can already just feel my body calmed down by being affirmed in what is wonderful about affirming somebody. And when you struggle with narcissism, when thing happens is it feels like a win lose when you get caught in win lose. So if she's affirming my perspective, it could feel like she's actually losing her own sense of self, but actually that's not true as she affirms it. Actually what starts happening is I start thinking of all the ways that actually my expression is not actually quite accurate. It's already happened because she's affirmed to meet the goal is lowering someone's defense. And when we feel less defensive, we feel so much more

Speaker 3 ([00:20:42](https://www.temi.com/editor/t/_83CVw7LDTuybZ-gRx2XbDfTY7uWs-6wacHdhyM0hBQ5wHWHFUik8gNsx8Zgfdg4LZZayMqTkUk0aVTYtzCodtyhFLw?loadFrom=DocumentDeeplink&ts=1242.08)):

Actually that's one of the signs. So we're doing four different steps. I mean two sets of four at the same time, depending on what you like. So we've already talked about the cava, the other one where we listen, actively ask questions, respond empathically. And then when we do that enough and we give enough soothing, what Ann's talking about happens. There's some release instead of just saying, well, I'm sorry. You know, first of all, it sounded apology, but also it's not soothing. And what I want to do is co-regulate her. So again, I might add to it and say, you know, and I totally get your point. Last year when she came, I really bailed because I couldn't stand to be around her. And you were the one that was on. And so I just started working all the time and it makes a lot of sense to me that you'd be nervous about her coming.

Speaker 3 ([00:21:28](https://www.temi.com/editor/t/_83CVw7LDTuybZ-gRx2XbDfTY7uWs-6wacHdhyM0hBQ5wHWHFUik8gNsx8Zgfdg4LZZayMqTkUk0aVTYtzCodtyhFLw?loadFrom=DocumentDeeplink&ts=1288.48)):

And not only did she do that, she kept changing the date. She was leaving and neither one of us knew what was going on and I kind of ducked. And I'm sorry about that. I know I did it, but it's really good that we're talking about it ahead of time. I think that's such an important step. See that already fell all relapsed. Okay. Wait, wait, wait. So that was the fourth one where you say enough and validate and affirm and ask questions and make sure. And it was genuine. Like I wasn't just like head padding that you get that release and that's what just happened. I mean her hands on her heart right now, actually. So it worked absolutely

Speaker 1 ([00:22:00](https://www.temi.com/editor/t/_83CVw7LDTuybZ-gRx2XbDfTY7uWs-6wacHdhyM0hBQ5wHWHFUik8gNsx8Zgfdg4LZZayMqTkUk0aVTYtzCodtyhFLw?loadFrom=DocumentDeeplink&ts=1320.66)):

That part of genuine, I'm sorry, rather than the superficial. I'm sorry, but I'm sorry. But, and that is one of the biggest signs that for any of us, that we're in a highly defended state and we're narcissism, we stay in that defensive state kind of perpetually. And that's the I'm sorry about, I'm sorry about that jury issue. Like I didn't ask you though. So somebody in a more narcissistic or more definitive state likely would probably respond with, well, I didn't ask you to do all that. That was your choice, right? Because the narcissism may lead to self protection. And so if you're able to take care of yourself so well and disconnect from others, you can shame the other person. Like I didn't ask you to do all.

Speaker 3 ([00:22:37](https://www.temi.com/editor/t/_83CVw7LDTuybZ-gRx2XbDfTY7uWs-6wacHdhyM0hBQ5wHWHFUik8gNsx8Zgfdg4LZZayMqTkUk0aVTYtzCodtyhFLw?loadFrom=DocumentDeeplink&ts=1357.38)):

So what about covert narcissism? Let's dig in a little bit more with that.

Speaker 1 ([00:22:41](https://www.temi.com/editor/t/_83CVw7LDTuybZ-gRx2XbDfTY7uWs-6wacHdhyM0hBQ5wHWHFUik8gNsx8Zgfdg4LZZayMqTkUk0aVTYtzCodtyhFLw?loadFrom=DocumentDeeplink&ts=1361.88)):

The idea of the covert is really, really important because in covert narcissism, you've often learned to deal in this covert way to get your needs met. That's what covert narcissism is about. Like you, we all have needs need for attention, need for validation. The grandiose narcissist gets caught in the need for overt validation. Constantly. Covert has a hard time identifying. I even have a need. And first is to start with a compassion that likely you developed all these covert ways to get your own value and attention met. And so the most important part is to recognize what is the need that you're trying to covertly get,

Speaker 3 ([00:23:24](https://www.temi.com/editor/t/_83CVw7LDTuybZ-gRx2XbDfTY7uWs-6wacHdhyM0hBQ5wHWHFUik8gNsx8Zgfdg4LZZayMqTkUk0aVTYtzCodtyhFLw?loadFrom=DocumentDeeplink&ts=1404.12)):

Right? Because what it looks like and feels like on the outside is I think if we kind of boil it down, like we did with narcism in general, we focus on empathy and on listening and in this, let's talk about passive aggressiveness, right? Because that's going to be a hallmark. So let's say I haven't been rewarded or taught as a kid to even know what I want and feel much less, be able to advocate for it.

Speaker 1 ([00:23:49](https://www.temi.com/editor/t/_83CVw7LDTuybZ-gRx2XbDfTY7uWs-6wacHdhyM0hBQ5wHWHFUik8gNsx8Zgfdg4LZZayMqTkUk0aVTYtzCodtyhFLw?loadFrom=DocumentDeeplink&ts=1429.22)):

And to believe that I can really have it

Speaker 3 ([00:23:51](https://www.temi.com/editor/t/_83CVw7LDTuybZ-gRx2XbDfTY7uWs-6wacHdhyM0hBQ5wHWHFUik8gNsx8Zgfdg4LZZayMqTkUk0aVTYtzCodtyhFLw?loadFrom=DocumentDeeplink&ts=1431.47)):

Met. Exactly. Also means that I can't set a boundary. So am I asked me to do something and I'll go, yeah. Okay. So that's like a compliance, but I have no intention to do it at all, but I'm not going to be able to say, you know, my plate's full. Like I can't negotiate the boundary. So I might over commit and be compliant or I might do it in a really crappy way. So she doesn't ask me to do it again. That would be a form of passive aggressiveness or the, how about the backhanded compliment

Speaker 1 ([00:24:18](https://www.temi.com/editor/t/_83CVw7LDTuybZ-gRx2XbDfTY7uWs-6wacHdhyM0hBQ5wHWHFUik8gNsx8Zgfdg4LZZayMqTkUk0aVTYtzCodtyhFLw?loadFrom=DocumentDeeplink&ts=1458.91)):

Example that came to mind for me is a parent with kids that struggles with covert narcissism. And that is coming downstairs. Kids are laying watching TV. Covert nurses is, may feel very charged up by that. But rather than feeling validated that they could set that boundary in need might feel victimized. They do all the work. Oh my gosh, nobody thinks of me. So there's that, that I'm especially a fronted and not taken care of. So the passive aggressive could be, of course you guys, aren't doing what I ask you to do. You know, I'd really love for y'all to have cleaned the house, but of course you're not going to do that. So you can feel what's so important in that statement is the aggression, isn't it? You can feel the aggression, but it's not named directly.

Speaker 3 ([00:25:02](https://www.temi.com/editor/t/_83CVw7LDTuybZ-gRx2XbDfTY7uWs-6wacHdhyM0hBQ5wHWHFUik8gNsx8Zgfdg4LZZayMqTkUk0aVTYtzCodtyhFLw?loadFrom=DocumentDeeplink&ts=1502.47)):

Right. And what it does, if you're not prepared for it, as it sort of injects shame or guilt or these other feelings that the person who's saying, it doesn't want to feel. And it all sort of Vokes aggression, like the kids getting up to do it, aren't going to feel good. Right? Right. So can you give the example, you walk down the stairs, they're laying around. They're supposed to have gotten things cleaned up by X time and it's not.

Speaker 1 ([00:25:27](https://www.temi.com/editor/t/_83CVw7LDTuybZ-gRx2XbDfTY7uWs-6wacHdhyM0hBQ5wHWHFUik8gNsx8Zgfdg4LZZayMqTkUk0aVTYtzCodtyhFLw?loadFrom=DocumentDeeplink&ts=1527.67)):

And then the passive aggressive statement comes out. And then you can imagine where the kids feel. They feel aggression. They not passive aggressive, not passive aggressive as statement as you come down and you really assert your boundaries in your experience. And that would be, I need you guys to turn the TV off. I feel upset that I gave you guys assignment and you didn't follow through. I'm feeling upset. I need you to turn the TV off.

Speaker 3 ([00:25:54](https://www.temi.com/editor/t/_83CVw7LDTuybZ-gRx2XbDfTY7uWs-6wacHdhyM0hBQ5wHWHFUik8gNsx8Zgfdg4LZZayMqTkUk0aVTYtzCodtyhFLw?loadFrom=DocumentDeeplink&ts=1554.13)):

So listen to the account, what she's doing, she's holding them accountable. She's not being a doormat. She's not going to not say something, but she's also not going to fly off the handle. She's not going to say it indirectly. It's just a very direct she's upset because they agreed to do this thing that they didn't do. There's no

Speaker 1 ([00:26:09](https://www.temi.com/editor/t/_83CVw7LDTuybZ-gRx2XbDfTY7uWs-6wacHdhyM0hBQ5wHWHFUik8gNsx8Zgfdg4LZZayMqTkUk0aVTYtzCodtyhFLw?loadFrom=DocumentDeeplink&ts=1569.67)):

Right in have identified that I'm upset. So the P the passive aggressive that makes it crazy making for the other person is the denial of your own upsetness. I'm not upset. I didn't, you know, I'm not mad. I'm not mad. Right. And I just said, I'm upset with you. Now, let me be super clear. That is not always how I handled my parenting. No, we're making up these examples. Like, I don't want to be out there. And like, yes, we're going to walk around in this perfectly grounded way. Right. So I think what's really important. And so we all have tendencies to do this is like, though, if you really identify with covert narcissism to remind yourself, and this can also be, if you identify with borderline traits, is that to be able to own your own aggression and your own boundaries can be really hard.

Speaker 1 ([00:26:55](https://www.temi.com/editor/t/_83CVw7LDTuybZ-gRx2XbDfTY7uWs-6wacHdhyM0hBQ5wHWHFUik8gNsx8Zgfdg4LZZayMqTkUk0aVTYtzCodtyhFLw?loadFrom=DocumentDeeplink&ts=1615.83)):

It is not the easiest thing. And that's why we've developed these strategies can be terrifying actually. Absolutely. If you struggle with borderline traits, to be able to think that you can identify anger and hold yourself in it, rather than it hijack your entire body, that is tough. And we can all struggle with that. Like, even in that example, the reason I laugh is that like, that is really hard for me, right. Like if I've worked my butt off all day and I come home and I've asked her request and it's not done, I do feel offended. Like I do feel put out. I do feel all those things that we talk about. I think, where it might distinguish that from really deeper covert narcissism traits is I often don't live there, but I do visit. Right. And I think that you feel done to, I feel done too, right? Yes. That feels, I can't believe right. That they

Speaker 3 ([00:27:48](https://www.temi.com/editor/t/_83CVw7LDTuybZ-gRx2XbDfTY7uWs-6wacHdhyM0hBQ5wHWHFUik8gNsx8Zgfdg4LZZayMqTkUk0aVTYtzCodtyhFLw?loadFrom=DocumentDeeplink&ts=1668.09)):

Guys would treat me this way. Look at me.

Speaker 1 ([00:27:50](https://www.temi.com/editor/t/_83CVw7LDTuybZ-gRx2XbDfTY7uWs-6wacHdhyM0hBQ5wHWHFUik8gNsx8Zgfdg4LZZayMqTkUk0aVTYtzCodtyhFLw?loadFrom=DocumentDeeplink&ts=1670.22)):

Yeah. And I can feel done too. Right. And so we all fall into that. So we can identify with that. I cannot believe I gave, and I really can't believe that, like, which is hysterical. If I stopped to think of myself as an adolescent, but like really y'all, didn't get up and do what I need to do. And so I, but that feeling of being victimized and done too, and not seen let's slow down and feel that that is really a powerful feeling. And when you grew up not feeling seen and not feeling like somebody had your back and that you had to really emotionally stand out to get it. It's really hard not to live there and to be there all the time.

Speaker 3 ([00:28:31](https://www.temi.com/editor/t/_83CVw7LDTuybZ-gRx2XbDfTY7uWs-6wacHdhyM0hBQ5wHWHFUik8gNsx8Zgfdg4LZZayMqTkUk0aVTYtzCodtyhFLw?loadFrom=DocumentDeeplink&ts=1711.61)):

And that's really important. And one of the other themes of the questions that we got was about parents. What if you were raised by somebody with some of these difficult characteristics. And so we're going to try to weave that in as much as we can, but that is such a big topic because it goes about like the effect of that on a child and then how that looks. But most of you, if you are identifying with this probably were raised with somebody that had some of these difficulties,

Speaker 1 ([00:28:55](https://www.temi.com/editor/t/_83CVw7LDTuybZ-gRx2XbDfTY7uWs-6wacHdhyM0hBQ5wHWHFUik8gNsx8Zgfdg4LZZayMqTkUk0aVTYtzCodtyhFLw?loadFrom=DocumentDeeplink&ts=1735.88)):

You might recognize the biggest guess my passive aggressive, you know, like if we go back to that, that child, like, you're like, I wanted you to do this, but of course you wouldn't have done that. Think about the feeling that brings up in the child.

Speaker 3 ([00:29:08](https://www.temi.com/editor/t/_83CVw7LDTuybZ-gRx2XbDfTY7uWs-6wacHdhyM0hBQ5wHWHFUik8gNsx8Zgfdg4LZZayMqTkUk0aVTYtzCodtyhFLw?loadFrom=DocumentDeeplink&ts=1748.12)):

Do I have an example, jump in. This is a real example, actually, that there was one mother's day and I was pretty young. You know, I had siblings, we were all pretty young and it was still at the time when usually the other parent should help the kids on our mother's day. But in this case, my dad did not do that. And so my mom wakes up and there's not a mother's day thing going on. And I mean, this is seared in my memory because she went outside and she starts like mowing the lawn. She just started working and doing all these things, obviously upset, but not saying what it was. And ultimately it comes out that she's like, I'm just going to do everything. I've just, I'm not, you know, the martyr, I am not. Right. Right. And you know, we're feeling like one inch tall, we know we've done something wrong. And I remember that we

Speaker 1 ([00:29:55](https://www.temi.com/editor/t/_83CVw7LDTuybZ-gRx2XbDfTY7uWs-6wacHdhyM0hBQ5wHWHFUik8gNsx8Zgfdg4LZZayMqTkUk0aVTYtzCodtyhFLw?loadFrom=DocumentDeeplink&ts=1795.15)):

Did y'all remember that it was mother's day at that

Speaker 3 ([00:29:56](https://www.temi.com/editor/t/_83CVw7LDTuybZ-gRx2XbDfTY7uWs-6wacHdhyM0hBQ5wHWHFUik8gNsx8Zgfdg4LZZayMqTkUk0aVTYtzCodtyhFLw?loadFrom=DocumentDeeplink&ts=1796.92)):

Point or no, but I do remember that she ended up getting a cutting board and she kept that cutting board. And every time I saw that cutting board, I would feel embarrassed, like a shame, because it was just this dinky little cutting board and kind of representing like, take more care of it. I don't know. You guys gave her a cutting board cutting board eventually. And none of it went well. And so this is just an example of like, how much that affected me, that I can tell you this. And I sure didn't forget mother's day, but I think that I'm so scared of doing that, that I actually think like my kids aren't great necessarily. Some of them are better at doing stuff like that because I don't want them to feel obligated. You know, it's all this confusing thing. But more to the point is that I sure did feel the punishment, but it wasn't, she didn't say sit down and do the ABCs, which is what you just did. You know, like identifying the effect, saying the behavior, asking for what you need to change. So if you notice in your earlier example, you said you were upset that this is what happened, and this is what you would like them to do. That's the example that you should do. And so in this case, just to wrap the example up, what should my mom have said to us

Speaker 1 ([00:31:05](https://www.temi.com/editor/t/_83CVw7LDTuybZ-gRx2XbDfTY7uWs-6wacHdhyM0hBQ5wHWHFUik8gNsx8Zgfdg4LZZayMqTkUk0aVTYtzCodtyhFLw?loadFrom=DocumentDeeplink&ts=1865.57)):

First, the, the step would be to recognize in her own implicit feelings and that our feelings are hurt and which they

Speaker 3 ([00:31:12](https://www.temi.com/editor/t/_83CVw7LDTuybZ-gRx2XbDfTY7uWs-6wacHdhyM0hBQ5wHWHFUik8gNsx8Zgfdg4LZZayMqTkUk0aVTYtzCodtyhFLw?loadFrom=DocumentDeeplink&ts=1872.66)):

Should have been, which they should've been, they should've

Speaker 1 ([00:31:14](https://www.temi.com/editor/t/_83CVw7LDTuybZ-gRx2XbDfTY7uWs-6wacHdhyM0hBQ5wHWHFUik8gNsx8Zgfdg4LZZayMqTkUk0aVTYtzCodtyhFLw?loadFrom=DocumentDeeplink&ts=1874.91)):

Been. And probably she had some feelings about your dad not doing a thing of grade. Yeah. So I think the first step is to recognize, and this is a first step, no matter where we fall on this process is we're taking a moment to recognize our own experience. So if you're out there mowing the lawn and feeling like a martyr, right. Which we've all done as a parent, totally. Like most of us, I know I have that to go, wait, I doing this because what do I feel? And what am I trying to make the other person feel? So for being a martyr rate, if we're in that experience of a martyr, Hey, we're feeling not seen and not taken care of. And then what we're trying to do is make sure other people see how much we've suffered. So what we're really actually needing that experience is to be seen and cared for, into, to let the other person know. So with that,

Speaker 3 ([00:32:01](https://www.temi.com/editor/t/_83CVw7LDTuybZ-gRx2XbDfTY7uWs-6wacHdhyM0hBQ5wHWHFUik8gNsx8Zgfdg4LZZayMqTkUk0aVTYtzCodtyhFLw?loadFrom=DocumentDeeplink&ts=1921.92)):

Yeah, to be the that's an important part of it is to have the ask or to have the change.

Speaker 1 ([00:32:06](https://www.temi.com/editor/t/_83CVw7LDTuybZ-gRx2XbDfTY7uWs-6wacHdhyM0hBQ5wHWHFUik8gNsx8Zgfdg4LZZayMqTkUk0aVTYtzCodtyhFLw?loadFrom=DocumentDeeplink&ts=1926.87)):

So cause you want it to end to be in a win-win. So to come back in, because maybe we've started mowing the lawn as a martyr, and then we go, okay, wait, what am I really feeling? Right. Slowing down and kind of coming back and say, Hey, you guys, I need to let you know, my feelings are a little hurt. Today is mother's day, right?

Speaker 3 ([00:32:25](https://www.temi.com/editor/t/_83CVw7LDTuybZ-gRx2XbDfTY7uWs-6wacHdhyM0hBQ5wHWHFUik8gNsx8Zgfdg4LZZayMqTkUk0aVTYtzCodtyhFLw?loadFrom=DocumentDeeplink&ts=1945.8)):

That's the one they have a year devoted to me being a mother. Right. But if you throw that in right then I might be jamming one day, I do so much for you. Right. So that's our temptation

Speaker 1 ([00:32:37](https://www.temi.com/editor/t/_83CVw7LDTuybZ-gRx2XbDfTY7uWs-6wacHdhyM0hBQ5wHWHFUik8gNsx8Zgfdg4LZZayMqTkUk0aVTYtzCodtyhFLw?loadFrom=DocumentDeeplink&ts=1957.77)):

As a parent, we probably all at all I do for you. Right. That doesn't work. So you can't acknowledge me on the one to, I mean, you know, you can totally hear it. So basically coming back and like, look, I really know when I slowed down that you guys love me and I love you

Speaker 3 ([00:32:58](https://www.temi.com/editor/t/_83CVw7LDTuybZ-gRx2XbDfTY7uWs-6wacHdhyM0hBQ5wHWHFUik8gNsx8Zgfdg4LZZayMqTkUk0aVTYtzCodtyhFLw?loadFrom=DocumentDeeplink&ts=1978.09)):

The level, you know, that is like super high level Jitsu.

Speaker 1 ([00:33:03](https://www.temi.com/editor/t/_83CVw7LDTuybZ-gRx2XbDfTY7uWs-6wacHdhyM0hBQ5wHWHFUik8gNsx8Zgfdg4LZZayMqTkUk0aVTYtzCodtyhFLw?loadFrom=DocumentDeeplink&ts=1983.26)):

You want me to bring it down? Bring it down, bring it down, bring it Dessa. You guys. My feelings are hurt today is mother's day. And my feelings are really hurt because I was hoping that you guys would see that and do something for me today. So I have to let you know, my feelings are a little hurt. It depends on where now. And is there an ask? It depends on what age, right? Because here's the thing. If we leave it at that,

Speaker 3 ([00:33:26](https://www.temi.com/editor/t/_83CVw7LDTuybZ-gRx2XbDfTY7uWs-6wacHdhyM0hBQ5wHWHFUik8gNsx8Zgfdg4LZZayMqTkUk0aVTYtzCodtyhFLw?loadFrom=DocumentDeeplink&ts=2006.14)):

Then we're going to feel crappy and we're going to stay feeling crappy because all we've done. Like there's no. How do we resolve this? So we would definitely want to add the ask.

Speaker 1 ([00:33:35](https://www.temi.com/editor/t/_83CVw7LDTuybZ-gRx2XbDfTY7uWs-6wacHdhyM0hBQ5wHWHFUik8gNsx8Zgfdg4LZZayMqTkUk0aVTYtzCodtyhFLw?loadFrom=DocumentDeeplink&ts=2015.44)):

You want it to be a win-win? So my guess is one is to tune into how the kids respond. And you say, you guys have about this, do you think we could have a reset button? And what I would really mean a lot to me is if you guys could make me a cart. Yeah. Right. Could you slow down and make me a card? It would really mean a lot to me if I love those statements. If you guys, because at now, if they do something it's meaningful, rather than they're just trying to get around my shame of martyrism. So now you've given the children something to hang on. It would mean a lot to me. If you guys could get up and make some breakfast for me and write a card that would be really meaningful to me.

Speaker 3 ([00:34:17](https://www.temi.com/editor/t/_83CVw7LDTuybZ-gRx2XbDfTY7uWs-6wacHdhyM0hBQ5wHWHFUik8gNsx8Zgfdg4LZZayMqTkUk0aVTYtzCodtyhFLw?loadFrom=DocumentDeeplink&ts=2057.08)):

And I think that's fantastic. I think that's really well said. And I could totally like the reset does another one that I really like. I like you keying on uncertain terms. Now, if you're let's just really quickly, cause I also want to move on to the borderline soon. But if you are the person who is getting this, so we're right now, we're in the body of the person who's feeling done too. This is under the umbrella of covert narcissism, which is under the umbrella of narcissism in general. Like if you're the child, but let's say, okay, now I'm the father, right? Who screwed up? And didn't do this thing. And my wife is out there doing these things. So let's take the father's perspective of how to handle the indirect aggression.

Speaker 1 ([00:34:57](https://www.temi.com/editor/t/_83CVw7LDTuybZ-gRx2XbDfTY7uWs-6wacHdhyM0hBQ5wHWHFUik8gNsx8Zgfdg4LZZayMqTkUk0aVTYtzCodtyhFLw?loadFrom=DocumentDeeplink&ts=2097.34)):

So the indirect aggression, like the father's perspective of the mom out there drawing the line,

Speaker 3 ([00:35:02](https://www.temi.com/editor/t/_83CVw7LDTuybZ-gRx2XbDfTY7uWs-6wacHdhyM0hBQ5wHWHFUik8gNsx8Zgfdg4LZZayMqTkUk0aVTYtzCodtyhFLw?loadFrom=DocumentDeeplink&ts=2102.41)):

He realizes, Oh. By her indirect aggression, he notices that he's screwed up.

Speaker 1 ([00:35:08](https://www.temi.com/editor/t/_83CVw7LDTuybZ-gRx2XbDfTY7uWs-6wacHdhyM0hBQ5wHWHFUik8gNsx8Zgfdg4LZZayMqTkUk0aVTYtzCodtyhFLw?loadFrom=DocumentDeeplink&ts=2108.83)):

Well. And what I love in this example is that the moms out there still being a martyr in covert and the aggressions there. Right. And with that in directness, it's a lose lose. So what one could do as the father is to come out and say, Hey, could you slow down for a second? Right. And actually

Speaker 3 ([00:35:26](https://www.temi.com/editor/t/_83CVw7LDTuybZ-gRx2XbDfTY7uWs-6wacHdhyM0hBQ5wHWHFUik8gNsx8Zgfdg4LZZayMqTkUk0aVTYtzCodtyhFLw?loadFrom=DocumentDeeplink&ts=2126.41)):

Just to make this example a little bit more realistic, I think is so that it's more directed at the father. It's not just that she's made herself invisible out outside, but let's say she comes in and is being angry towards him. Indirectly. Maybe a door slam sarcasm is a big one. So she's treating him badly in this indirect way. And maybe he would say, you know, are you mad? I'm not mad.

Speaker 1 ([00:35:50](https://www.temi.com/editor/t/_83CVw7LDTuybZ-gRx2XbDfTY7uWs-6wacHdhyM0hBQ5wHWHFUik8gNsx8Zgfdg4LZZayMqTkUk0aVTYtzCodtyhFLw?loadFrom=DocumentDeeplink&ts=2150.66)):

Right? Well, I'd love what you're saying is going to be a really direct request of what the covert is. And as we're talking about this, this may feel really familiar to a lot of people because what can often happen? Let them talk about what we can often happen is that we get controlled by that. And the father often gets the kids to run around, to try to make up in order to calm the mother down. And that is how we get taught this covert responsiveness. Right? And so now

Speaker 3 ([00:36:18](https://www.temi.com/editor/t/_83CVw7LDTuybZ-gRx2XbDfTY7uWs-6wacHdhyM0hBQ5wHWHFUik8gNsx8Zgfdg4LZZayMqTkUk0aVTYtzCodtyhFLw?loadFrom=DocumentDeeplink&ts=2178.41)):

Great, great point that actually, if we don't undo this, it works in a way, yes,

Speaker 1 ([00:36:24](https://www.temi.com/editor/t/_83CVw7LDTuybZ-gRx2XbDfTY7uWs-6wacHdhyM0hBQ5wHWHFUik8gNsx8Zgfdg4LZZayMqTkUk0aVTYtzCodtyhFLw?loadFrom=DocumentDeeplink&ts=2184.17)):

It can really, really work. And now what we're doing is we're seeing the mom in all of these unconscious subconscious, unconscious, or very conscious ways of expression aggression. And now we're running around trying to make her happy in order to avoid the aggression. You could feel how that can develop an implicit memory, right. In our bodies of how to handle aggression.

Speaker 3 ([00:36:45](https://www.temi.com/editor/t/_83CVw7LDTuybZ-gRx2XbDfTY7uWs-6wacHdhyM0hBQ5wHWHFUik8gNsx8Zgfdg4LZZayMqTkUk0aVTYtzCodtyhFLw?loadFrom=DocumentDeeplink&ts=2205.74)):

And it maintains her feeling of being a good mother. Who's not angry, which nice mothers don't do.

Speaker 1 ([00:36:52](https://www.temi.com/editor/t/_83CVw7LDTuybZ-gRx2XbDfTY7uWs-6wacHdhyM0hBQ5wHWHFUik8gNsx8Zgfdg4LZZayMqTkUk0aVTYtzCodtyhFLw?loadFrom=DocumentDeeplink&ts=2212.91)):

Right. So now, yeah. Now all of a sudden magically people are running around and cleaning the house and making a card and,

Speaker 3 ([00:36:58](https://www.temi.com/editor/t/_83CVw7LDTuybZ-gRx2XbDfTY7uWs-6wacHdhyM0hBQ5wHWHFUik8gNsx8Zgfdg4LZZayMqTkUk0aVTYtzCodtyhFLw?loadFrom=DocumentDeeplink&ts=2218.94)):

And guess what? It doesn't even feel that good when you get the card. Right? Right,

Speaker 1 ([00:37:02](https://www.temi.com/editor/t/_83CVw7LDTuybZ-gRx2XbDfTY7uWs-6wacHdhyM0hBQ5wHWHFUik8gNsx8Zgfdg4LZZayMqTkUk0aVTYtzCodtyhFLw?loadFrom=DocumentDeeplink&ts=2222.66)):

Right. No, it's a, it's a such a lose lose. Right. And it maintains, see, I'm a good mother. Cause I love what you said. I didn't come back and say, I'm angry at you. And lo and behold, now I'm having a good mother's day, but I never let anybody know I was angry.

Speaker 3 ([00:37:14](https://www.temi.com/editor/t/_83CVw7LDTuybZ-gRx2XbDfTY7uWs-6wacHdhyM0hBQ5wHWHFUik8gNsx8Zgfdg4LZZayMqTkUk0aVTYtzCodtyhFLw?loadFrom=DocumentDeeplink&ts=2234.03)):

Right. And you didn't really want that card. You were only doing that because he felt guilty. That's the outcome.

Speaker 1 ([00:37:18](https://www.temi.com/editor/t/_83CVw7LDTuybZ-gRx2XbDfTY7uWs-6wacHdhyM0hBQ5wHWHFUik8gNsx8Zgfdg4LZZayMqTkUk0aVTYtzCodtyhFLw?loadFrom=DocumentDeeplink&ts=2238.41)):

Right? So when dealing with passive aggressiveness, one of the things that we want to really do is first get a hold of yourself first. So that's why you're not running around trying to avoid that. And

Speaker 3 ([00:37:30](https://www.temi.com/editor/t/_83CVw7LDTuybZ-gRx2XbDfTY7uWs-6wacHdhyM0hBQ5wHWHFUik8gNsx8Zgfdg4LZZayMqTkUk0aVTYtzCodtyhFLw?loadFrom=DocumentDeeplink&ts=2250.51)):

[Inaudible], this is the step down on the eggshells that are emerging under your feet. Crack the egg shell.

Speaker 1 ([00:37:35](https://www.temi.com/editor/t/_83CVw7LDTuybZ-gRx2XbDfTY7uWs-6wacHdhyM0hBQ5wHWHFUik8gNsx8Zgfdg4LZZayMqTkUk0aVTYtzCodtyhFLw?loadFrom=DocumentDeeplink&ts=2255.93)):

Don't walk around on the eggshells. I love that you walk in, get a hold of yourself and then identify what you're seeing. I'm seeing it. You look as if you were upset, are you upset?

Speaker 3 ([00:37:47](https://www.temi.com/editor/t/_83CVw7LDTuybZ-gRx2XbDfTY7uWs-6wacHdhyM0hBQ5wHWHFUik8gNsx8Zgfdg4LZZayMqTkUk0aVTYtzCodtyhFLw?loadFrom=DocumentDeeplink&ts=2267.93)):

No, I'm not upset. I'm fine.

Speaker 1 ([00:37:50](https://www.temi.com/editor/t/_83CVw7LDTuybZ-gRx2XbDfTY7uWs-6wacHdhyM0hBQ5wHWHFUik8gNsx8Zgfdg4LZZayMqTkUk0aVTYtzCodtyhFLw?loadFrom=DocumentDeeplink&ts=2270.12)):

I'm feeling a lot of aggression from you. You seem upset. Can you tell me what's going on? Know,

Speaker 3 ([00:37:55](https://www.temi.com/editor/t/_83CVw7LDTuybZ-gRx2XbDfTY7uWs-6wacHdhyM0hBQ5wHWHFUik8gNsx8Zgfdg4LZZayMqTkUk0aVTYtzCodtyhFLw?loadFrom=DocumentDeeplink&ts=2275.89)):

I think this is great to do this live because as shows, like we're figuring it out too. Right. But see, I don't think that would work because it's so confrontive. Like, it feels threatening to me for you to call it out as aggression.

Speaker 1 ([00:38:07](https://www.temi.com/editor/t/_83CVw7LDTuybZ-gRx2XbDfTY7uWs-6wacHdhyM0hBQ5wHWHFUik8gNsx8Zgfdg4LZZayMqTkUk0aVTYtzCodtyhFLw?loadFrom=DocumentDeeplink&ts=2287.94)):

Oh good point. And I'm not giving you any kind of, there's

Speaker 3 ([00:38:10](https://www.temi.com/editor/t/_83CVw7LDTuybZ-gRx2XbDfTY7uWs-6wacHdhyM0hBQ5wHWHFUik8gNsx8Zgfdg4LZZayMqTkUk0aVTYtzCodtyhFLw?loadFrom=DocumentDeeplink&ts=2290.91)):

Kind of support. And it's just like, you're being a

Speaker 1 ([00:38:13](https://www.temi.com/editor/t/_83CVw7LDTuybZ-gRx2XbDfTY7uWs-6wacHdhyM0hBQ5wHWHFUik8gNsx8Zgfdg4LZZayMqTkUk0aVTYtzCodtyhFLw?loadFrom=DocumentDeeplink&ts=2293.37)):

And not giving you any kind of pass.

Speaker 3 ([00:38:15](https://www.temi.com/editor/t/_83CVw7LDTuybZ-gRx2XbDfTY7uWs-6wacHdhyM0hBQ5wHWHFUik8gNsx8Zgfdg4LZZayMqTkUk0aVTYtzCodtyhFLw?loadFrom=DocumentDeeplink&ts=2295.41)):

And in this case, there's a nice mom who can't be aggressive. So she, there's no way she's going to catch that ball and go, you know, you're right. I'm being aggressive. I don't think that's going to really happen.

Speaker 1 ([00:38:24](https://www.temi.com/editor/t/_83CVw7LDTuybZ-gRx2XbDfTY7uWs-6wacHdhyM0hBQ5wHWHFUik8gNsx8Zgfdg4LZZayMqTkUk0aVTYtzCodtyhFLw?loadFrom=DocumentDeeplink&ts=2304.53)):

No, I think you're right. If it's too confrontive, depending on, especially if there's a long history

Speaker 3 ([00:38:28](https://www.temi.com/editor/t/_83CVw7LDTuybZ-gRx2XbDfTY7uWs-6wacHdhyM0hBQ5wHWHFUik8gNsx8Zgfdg4LZZayMqTkUk0aVTYtzCodtyhFLw?loadFrom=DocumentDeeplink&ts=2308.73)):

And with narcissism, we do have to help them save face. And that's not us being on eggshells. It's just us being smart because if the more they're threatened, the more they're going to, you know, defend up.

Speaker 1 ([00:38:40](https://www.temi.com/editor/t/_83CVw7LDTuybZ-gRx2XbDfTY7uWs-6wacHdhyM0hBQ5wHWHFUik8gNsx8Zgfdg4LZZayMqTkUk0aVTYtzCodtyhFLw?loadFrom=DocumentDeeplink&ts=2320.38)):

So I think identifying with, and for them in a face saving way is a really good point. So the approach is, it seems like you're upset. I can understand that in realizing that it's mother's day and the kids are not doing anything I can understand. It seems like you're upset

Speaker 3 ([00:38:57](https://www.temi.com/editor/t/_83CVw7LDTuybZ-gRx2XbDfTY7uWs-6wacHdhyM0hBQ5wHWHFUik8gNsx8Zgfdg4LZZayMqTkUk0aVTYtzCodtyhFLw?loadFrom=DocumentDeeplink&ts=2337.93)):

Or you, you must be so disappointed. Right.

Speaker 1 ([00:39:00](https://www.temi.com/editor/t/_83CVw7LDTuybZ-gRx2XbDfTY7uWs-6wacHdhyM0hBQ5wHWHFUik8gNsx8Zgfdg4LZZayMqTkUk0aVTYtzCodtyhFLw?loadFrom=DocumentDeeplink&ts=2340.24)):

Identifying what you can see, but calling it out, but not in a confrontational way, but actually identifying it for them and then going on, like, it seems like you're upset. It's mother's day. I could imagine that must be disappointing for you. Yeah.

Speaker 3 ([00:39:15](https://www.temi.com/editor/t/_83CVw7LDTuybZ-gRx2XbDfTY7uWs-6wacHdhyM0hBQ5wHWHFUik8gNsx8Zgfdg4LZZayMqTkUk0aVTYtzCodtyhFLw?loadFrom=DocumentDeeplink&ts=2355.9)):

You do so much for this family and we can't even get it together to recognize you right in the morning, you know?

Speaker 1 ([00:39:22](https://www.temi.com/editor/t/_83CVw7LDTuybZ-gRx2XbDfTY7uWs-6wacHdhyM0hBQ5wHWHFUik8gNsx8Zgfdg4LZZayMqTkUk0aVTYtzCodtyhFLw?loadFrom=DocumentDeeplink&ts=2362.41)):

Right. And so then identifying, I miss that didn't I, it's not just you're upset at the kids. So I imagine you must be a little upset at me. So we're helping the mom identify and actually give permission to her for being disappointed and upset.

Speaker 3 ([00:39:36](https://www.temi.com/editor/t/_83CVw7LDTuybZ-gRx2XbDfTY7uWs-6wacHdhyM0hBQ5wHWHFUik8gNsx8Zgfdg4LZZayMqTkUk0aVTYtzCodtyhFLw?loadFrom=DocumentDeeplink&ts=2376.21)):

Right. But, but we can also add, now we've moved away from my family. Cause they would never be able to do any of this. But in this case he could also say, I really wish you would have told me earlier, you know, you've been out there for, it. Took me a long time to figure it out and it would be okay if you just came and said, you know what you needed. I really want that. I want to hear when I screw up.

Speaker 1 ([00:39:59](https://www.temi.com/editor/t/_83CVw7LDTuybZ-gRx2XbDfTY7uWs-6wacHdhyM0hBQ5wHWHFUik8gNsx8Zgfdg4LZZayMqTkUk0aVTYtzCodtyhFLw?loadFrom=DocumentDeeplink&ts=2399.37)):

Yeah. I might wait til after mother's day is over to say

Speaker 3 ([00:40:01](https://www.temi.com/editor/t/_83CVw7LDTuybZ-gRx2XbDfTY7uWs-6wacHdhyM0hBQ5wHWHFUik8gNsx8Zgfdg4LZZayMqTkUk0aVTYtzCodtyhFLw?loadFrom=DocumentDeeplink&ts=2401.41)):

That. Well, I guess what I'm trying to get to is to ask, right? Like there is a way out of this instead of just like you were acting in directly in like a horrible person. It's more, you know, I invite you to, you get to say it, you get to say stuff. It's okay.

Speaker 1 ([00:40:15](https://www.temi.com/editor/t/_83CVw7LDTuybZ-gRx2XbDfTY7uWs-6wacHdhyM0hBQ5wHWHFUik8gNsx8Zgfdg4LZZayMqTkUk0aVTYtzCodtyhFLw?loadFrom=DocumentDeeplink&ts=2415.96)):

And actually that's a really important step because you don't want to just over, especially in covert, in passive aggressive behaviors, we tend to over-function for the other person. And so we could easily over function in this element of, I know you're mad and here's the answer and you're not asking anything of the other person. So in your example is great because you're saying you actually could have mentioned it to me. I wish you would. You can let me know. So you're saying no, I'm really bad at this, or right. But you're asking her to name it rather than just doing it all for her. And then you can say, Hey, how can we turn this around again, love the reset. How do we hit a reset? Why don't you let us hit a reset button?

Speaker 3 ([00:40:52](https://www.temi.com/editor/t/_83CVw7LDTuybZ-gRx2XbDfTY7uWs-6wacHdhyM0hBQ5wHWHFUik8gNsx8Zgfdg4LZZayMqTkUk0aVTYtzCodtyhFLw?loadFrom=DocumentDeeplink&ts=2452.41)):

A lot of these things apply to any of these difficult personality traits where the regulation is an issue. And so let's call borderline right now when somebody struggles with the overreactivity, it's not the isolation, it's not the self involvement. It's like having trouble holding onto yourself and getting really focused on the other person. So when you're in that place, do you mind shifting into that?

Speaker 1 ([00:41:15](https://www.temi.com/editor/t/_83CVw7LDTuybZ-gRx2XbDfTY7uWs-6wacHdhyM0hBQ5wHWHFUik8gNsx8Zgfdg4LZZayMqTkUk0aVTYtzCodtyhFLw?loadFrom=DocumentDeeplink&ts=2475.78)):

That's a great place because it's a similar, it's a similar dynamic, no matter which one we're talking about regulation, self-regulation other regulation, emotional regulation. And when we struggle with borderline features or experiences that dysregulation and it just hijacks your whole body, doesn't it to feel that somebody hasn't seen you or it's hurt you, there's this experience of complete dysregulation that hijacks your ability to have it.

Speaker 3 ([00:41:43](https://www.temi.com/editor/t/_83CVw7LDTuybZ-gRx2XbDfTY7uWs-6wacHdhyM0hBQ5wHWHFUik8gNsx8Zgfdg4LZZayMqTkUk0aVTYtzCodtyhFLw?loadFrom=DocumentDeeplink&ts=2503.54)):

It does it hijacks your body. And I like the word hijacks. It like takes over and against your will. Even like you might know that you don't want to be slamming that door or punching that wall or self harm or whatever, but it's too big. And that doesn't feel like there's any other option. The way we talked about it before, it's like, there's no history, there's no past.

Speaker 1 ([00:42:04](https://www.temi.com/editor/t/_83CVw7LDTuybZ-gRx2XbDfTY7uWs-6wacHdhyM0hBQ5wHWHFUik8gNsx8Zgfdg4LZZayMqTkUk0aVTYtzCodtyhFLw?loadFrom=DocumentDeeplink&ts=2524.3)):

And there's a sense of desperation. I think that is what is an urgency in a sense of desperation. And often that desperation when we struggle with borderline traits is this fear of being separate from or alone or reject it. And so when our body's hijacked, we're actually panicked. We're in a panic state. And so we have to express, we have to reach out. We have to act really impulsively, really fast and it's actually a panic state. So one of the suggestions in that experience is to really tell yourself, Hey, wait, wait, wait, I'm fine. I'm really fine. And when you set up

Speaker 3 ([00:42:41](https://www.temi.com/editor/t/_83CVw7LDTuybZ-gRx2XbDfTY7uWs-6wacHdhyM0hBQ5wHWHFUik8gNsx8Zgfdg4LZZayMqTkUk0aVTYtzCodtyhFLw?loadFrom=DocumentDeeplink&ts=2561.53)):

Four to me and it was felt really powerful, like it was an instruction, right? For some reason, right. Then like, because I love it. It's like if, if somebody could really actually stop and like record scratch, I was like, hold on a second. Well, let me give you a real example.

Speaker 1 ([00:42:57](https://www.temi.com/editor/t/_83CVw7LDTuybZ-gRx2XbDfTY7uWs-6wacHdhyM0hBQ5wHWHFUik8gNsx8Zgfdg4LZZayMqTkUk0aVTYtzCodtyhFLw?loadFrom=DocumentDeeplink&ts=2577.43)):

Let me give you a real example. Like you and I fighting,

Speaker 3 ([00:43:01](https://www.temi.com/editor/t/_83CVw7LDTuybZ-gRx2XbDfTY7uWs-6wacHdhyM0hBQ5wHWHFUik8gNsx8Zgfdg4LZZayMqTkUk0aVTYtzCodtyhFLw?loadFrom=DocumentDeeplink&ts=2581.18)):

I've never happens. So

Speaker 1 ([00:43:03](https://www.temi.com/editor/t/_83CVw7LDTuybZ-gRx2XbDfTY7uWs-6wacHdhyM0hBQ5wHWHFUik8gNsx8Zgfdg4LZZayMqTkUk0aVTYtzCodtyhFLw?loadFrom=DocumentDeeplink&ts=2583.67)):

In a state of super big anger, right? Because what we're talking about is that we all hit these States of dysregulation where our body gets hijacked. So I'm going to use an I'm so angry, right? And I can feel the panic and our there's a sense of urgency. I gotta resolve this. You have to understand right now. And there's this panic moment. If we don't get this resolved, I'm going to stop outside and let you know my side, I'm going to follow you. I'm going to follow you because you need to understand when we're in this borderline experience in that moment is the, or let's just call it like the dysregulated, not dysregulated. That C6 really good, good repair in that really? When we're in this hijacked dysregulated state, there really is a belief in that pressure that if we don't get it and we can slow down right now, just imagine yourself in that state. Right. You can feel the pressure in your side. You and you feel the urgency. Yeah. I think urgency is a really good word. There's an urgency. So if we can slow down and go take a breath and go, I am fine. I am fine. I am fine. I am fine. And the reason why I'm suggesting the I'm, I like it. I like it is it. It's a reminder about me. It's a reminder that I am separate.

Speaker 3 ([00:44:21](https://www.temi.com/editor/t/_83CVw7LDTuybZ-gRx2XbDfTY7uWs-6wacHdhyM0hBQ5wHWHFUik8gNsx8Zgfdg4LZZayMqTkUk0aVTYtzCodtyhFLw?loadFrom=DocumentDeeplink&ts=2661.97)):

It reminds you that you exist exactly. Right. But I love it because what you exist in a way that you are okay, you're going to be okay. No matter how this fight turns out, that's a really great, it's not

Speaker 1 ([00:44:32](https://www.temi.com/editor/t/_83CVw7LDTuybZ-gRx2XbDfTY7uWs-6wacHdhyM0hBQ5wHWHFUik8gNsx8Zgfdg4LZZayMqTkUk0aVTYtzCodtyhFLw?loadFrom=DocumentDeeplink&ts=2672.37)):

That I'm fine in this dismissing way. I don't need you. Right. Because that also can be an element

Speaker 3 ([00:44:38](https://www.temi.com/editor/t/_83CVw7LDTuybZ-gRx2XbDfTY7uWs-6wacHdhyM0hBQ5wHWHFUik8gNsx8Zgfdg4LZZayMqTkUk0aVTYtzCodtyhFLw?loadFrom=DocumentDeeplink&ts=2678.18)):

Though, because you are, because since, since we're over one direction, you are using techniques from the other side. So actually dismissing some of that is not a terrible thing. Right. Really good point. I'm fine. In like, getting like bolstered really does actually pull you more to a more secure place.

Speaker 1 ([00:44:55](https://www.temi.com/editor/t/_83CVw7LDTuybZ-gRx2XbDfTY7uWs-6wacHdhyM0hBQ5wHWHFUik8gNsx8Zgfdg4LZZayMqTkUk0aVTYtzCodtyhFLw?loadFrom=DocumentDeeplink&ts=2695.13)):

Yes. And it's reminding you because when we're in that dysregulated state and we believe that we have to have the other person see this for us to be okay, or we have to have the other person validate us in that moment or we're just going to explode. That's not reality. So she does.

Speaker 3 ([00:45:08](https://www.temi.com/editor/t/_83CVw7LDTuybZ-gRx2XbDfTY7uWs-6wacHdhyM0hBQ5wHWHFUik8gNsx8Zgfdg4LZZayMqTkUk0aVTYtzCodtyhFLw?loadFrom=DocumentDeeplink&ts=2708.63)):

It's not a fact. It's, that's when you're in least effective. And so another thing

Speaker 1 ([00:45:13](https://www.temi.com/editor/t/_83CVw7LDTuybZ-gRx2XbDfTY7uWs-6wacHdhyM0hBQ5wHWHFUik8gNsx8Zgfdg4LZZayMqTkUk0aVTYtzCodtyhFLw?loadFrom=DocumentDeeplink&ts=2713.46)):

You think when I stop outside and we've talked before

Speaker 3 ([00:45:17](https://www.temi.com/editor/t/_83CVw7LDTuybZ-gRx2XbDfTY7uWs-6wacHdhyM0hBQ5wHWHFUik8gNsx8Zgfdg4LZZayMqTkUk0aVTYtzCodtyhFLw?loadFrom=DocumentDeeplink&ts=2717.18)):

About like our, both of our tendencies and you know, I'll go into my turtle shell and she'll be banging on the turtle shell. So it's not effective. And so part of us like to take yourself so seriously, it's like, you're upset for real reason. Like it really matters. And if we can get you off the ceiling where that urgency is not there, and you're aware that you're fine, that is so much more powerful. And then whatever it is, you're upset about what you have to say is going to be, there's so much better of a chance of the person can catch it and hear it because you're taking yourself seriously. You don't need sirens to say what you have to say. As a matter of fact, when you slow down and you say them in a measured way and a mindful thoughtful way, maybe then maybe later, no urgency. That is a home run. Like don't throw away your

Speaker 1 ([00:46:02](https://www.temi.com/editor/t/_83CVw7LDTuybZ-gRx2XbDfTY7uWs-6wacHdhyM0hBQ5wHWHFUik8gNsx8Zgfdg4LZZayMqTkUk0aVTYtzCodtyhFLw?loadFrom=DocumentDeeplink&ts=2762.45)):

Right. It's so empowering to go. I'm fine. I'm fine. And maybe, and, and even you can even do like a, sometimes it's hard to hold a, visualize the, imagine in your body right now, visualizing kind of an anchor going through your body and all the way to the ground and feel yourself feeling grounded and saying, I am fine. I am fine. This is just a moment.

Speaker 3 ([00:46:24](https://www.temi.com/editor/t/_83CVw7LDTuybZ-gRx2XbDfTY7uWs-6wacHdhyM0hBQ5wHWHFUik8gNsx8Zgfdg4LZZayMqTkUk0aVTYtzCodtyhFLw?loadFrom=DocumentDeeplink&ts=2784.47)):

Right. And then we could also add some of the self compassion stuff, which is anybody would be upset about whatever just happened. Like I'm not crazy. I have a point. Anybody in the circumstance would be upset in the way, you know, would have just yelled or whatever we did so that it's, we're not a bad person. Like it's very difficult to fight and with close people and it's scary and it's okay to panic. I wasn't a panic. That's okay. I'm not now. So that you're really talking yourself through which all points to the I'm fine. And you might not need all that self-compassion to get there. But I just want to throw that in. No.

Speaker 1 ([00:47:02](https://www.temi.com/editor/t/_83CVw7LDTuybZ-gRx2XbDfTY7uWs-6wacHdhyM0hBQ5wHWHFUik8gNsx8Zgfdg4LZZayMqTkUk0aVTYtzCodtyhFLw?loadFrom=DocumentDeeplink&ts=2822.72)):

And the, the element of anybody would be it's all right, right now you're giving yourself

Speaker 3 ([00:47:08](https://www.temi.com/editor/t/_83CVw7LDTuybZ-gRx2XbDfTY7uWs-6wacHdhyM0hBQ5wHWHFUik8gNsx8Zgfdg4LZZayMqTkUk0aVTYtzCodtyhFLw?loadFrom=DocumentDeeplink&ts=2828.63)):

Validation. You don't need to chase me down and get the validation because you're actually being able to really believe it for yourself, which is going to give you that air around you to be more thoughtful and mindful about next responses.

Speaker 1 ([00:47:20](https://www.temi.com/editor/t/_83CVw7LDTuybZ-gRx2XbDfTY7uWs-6wacHdhyM0hBQ5wHWHFUik8gNsx8Zgfdg4LZZayMqTkUk0aVTYtzCodtyhFLw?loadFrom=DocumentDeeplink&ts=2840.15)):

And that mindfulness, when we're in that hyper dysregulated state is what actually calms the nervous system and getting in the moment, right? The pressure to go out the door and rush. We're not actually in the moment we're in the next, we're fixing it. Right. So what we're going to work on is just really actually calming our center in another way to do that is also through imagery. And I'm fine. I'm fine. I'm fine. We might also go, okay, wait, I'm going to imagine myself having this conversation about what I'm upset about in a calm, very powerful and assertive way is I'm going to let myself imagine now instead of stomping out and feel that immediate rush of self satisfaction, because when we get to come out and yell, there's immediate rush of self satisfaction. It's just going to implode on us. If we imagine ourselves actually coming out and sitting down and being in a calm state. So now you're outside, I'm going to come to you. And instead of,

Speaker 3 ([00:48:12](https://www.temi.com/editor/t/_83CVw7LDTuybZ-gRx2XbDfTY7uWs-6wacHdhyM0hBQ5wHWHFUik8gNsx8Zgfdg4LZZayMqTkUk0aVTYtzCodtyhFLw?loadFrom=DocumentDeeplink&ts=2892.06)):

And I'm outside. Self-Regulating okay. That's good point. Good point. So nature trees, breeze very effective.

Speaker 1 ([00:48:21](https://www.temi.com/editor/t/_83CVw7LDTuybZ-gRx2XbDfTY7uWs-6wacHdhyM0hBQ5wHWHFUik8gNsx8Zgfdg4LZZayMqTkUk0aVTYtzCodtyhFLw?loadFrom=DocumentDeeplink&ts=2901.63)):

So I'm going to come out. So if I visualize, if I let myself visualize myself feeling powerful and valuable to myself, and then I'm going to remember you and remember, this is not everything. This is just a moment. So to hold the relationship in a holder in a bigger moment. So just taking that time, and this is just one example, we could do five episodes on this one dynamic. So we'll move on, but it's just a remembrance of yourself.

Speaker 3 ([00:48:50](https://www.temi.com/editor/t/_83CVw7LDTuybZ-gRx2XbDfTY7uWs-6wacHdhyM0hBQ5wHWHFUik8gNsx8Zgfdg4LZZayMqTkUk0aVTYtzCodtyhFLw?loadFrom=DocumentDeeplink&ts=2930.13)):

I remember the continuum. Some of you are a long time listeners and know the red and the blue and the green, red being the hyperactivation that if you just think of it just real simply if you're overly focused externally and you really need to get somebody to understand something, pull in, get the focus on you. If you're over here on the blue side and you're all inside yourself and self-regulating, if I'm out there meditating with the birds, as some point, I need to pull myself back into relationship

Speaker 1 ([00:49:18](https://www.temi.com/editor/t/_83CVw7LDTuybZ-gRx2XbDfTY7uWs-6wacHdhyM0hBQ5wHWHFUik8gNsx8Zgfdg4LZZayMqTkUk0aVTYtzCodtyhFLw?loadFrom=DocumentDeeplink&ts=2958.95)):

And started thinking about what's happened because what happened in conflict is that the person that's heightened is all preoccupied with thinking about the fight and what's happened. The person that falls on the blue is over, they're kind of disconnected. And they're not even thinking about the person which can be so inciting to the other person because you've just moved on. And you're just sitting in this self-satisfied way, especially this dismissing, Oh my God, she's so dysregulated. And like in a dismissing experience, it really intensifies and exacerbate. So the person on the blue side has to be able to regulate and then realize to come up. And

Speaker 3 ([00:49:54](https://www.temi.com/editor/t/_83CVw7LDTuybZ-gRx2XbDfTY7uWs-6wacHdhyM0hBQ5wHWHFUik8gNsx8Zgfdg4LZZayMqTkUk0aVTYtzCodtyhFLw?loadFrom=DocumentDeeplink&ts=2994.81)):

There's another thing is I think is really important is especially those of you that are identifying some of this relating to it. We don't have to be fixed. I'm going to still tend to go blue. You're going to tend to go red, but when we're able to talk about it and it's like, I can understand what's happening on your side. You can understand what's happening on my side. We might not be able to stop it yet, but that's already moving into secure functioning. That's a secure functioning dyad. It doesn't mean that those things have to go away. That I want you all to feel really good, even about like, if you're making insights. And if you're thinking of examples for yourself, you're able to talk about it between the parties, whoever the parties are. Again, it doesn't, it's not just romantic relationships. That's already moving to the green in a secure functioning way. We don't have to become secure ourselves, totally to have secure functioning relationships. And that's the good news.

Speaker 1 ([00:50:47](https://www.temi.com/editor/t/_83CVw7LDTuybZ-gRx2XbDfTY7uWs-6wacHdhyM0hBQ5wHWHFUik8gNsx8Zgfdg4LZZayMqTkUk0aVTYtzCodtyhFLw?loadFrom=DocumentDeeplink&ts=3047.38)):

That's a really powerful statement. And there's one reason. And we're talking about what to do. If you identify one of the things I really consider is therapy. We talk about that. Somebody living more on the narcissistic or grandiose side don't tend to come in unless they're sort of dragged in by the ears. But actually if you identify with any, any elements of that, the benefits are just outstanding,

Speaker 3 ([00:51:09](https://www.temi.com/editor/t/_83CVw7LDTuybZ-gRx2XbDfTY7uWs-6wacHdhyM0hBQ5wHWHFUik8gNsx8Zgfdg4LZZayMqTkUk0aVTYtzCodtyhFLw?loadFrom=DocumentDeeplink&ts=3069.49)):

Proud, and go start there B with how we started the session. It will blow your therapist away. But he actually, they won't think that you're that narcissistic. If you start that way, that's true.

Speaker 1 ([00:51:20](https://www.temi.com/editor/t/_83CVw7LDTuybZ-gRx2XbDfTY7uWs-6wacHdhyM0hBQ5wHWHFUik8gNsx8Zgfdg4LZZayMqTkUk0aVTYtzCodtyhFLw?loadFrom=DocumentDeeplink&ts=3080.38)):

That's true. They're gonna, they're gonna say, Oh my God, you just saved me an entire year of, of work with you, but getting therapy to go, I tend, I'm recognizing this and I tend to fall over here. I disconnect. And I don't even think about my partner when I'm at. I'm just like gone. And, and then when I come back, I'm fine. I don't know why he or she is making such a big deal of it because I'm fine. I want you to recognize actually you're not

Speaker 3 ([00:51:43](https://www.temi.com/editor/t/_83CVw7LDTuybZ-gRx2XbDfTY7uWs-6wacHdhyM0hBQ5wHWHFUik8gNsx8Zgfdg4LZZayMqTkUk0aVTYtzCodtyhFLw?loadFrom=DocumentDeeplink&ts=3103.78)):

One is fine. And the other has to realize they're not,

Speaker 1 ([00:51:47](https://www.temi.com/editor/t/_83CVw7LDTuybZ-gRx2XbDfTY7uWs-6wacHdhyM0hBQ5wHWHFUik8gNsx8Zgfdg4LZZayMqTkUk0aVTYtzCodtyhFLw?loadFrom=DocumentDeeplink&ts=3107.02)):

That's so true. The one that's always fine and everybody else's ridiculous and overreacting. Can we talk about that for a minute? I know we're going to have to wrap, but I really want to get back to that one aspect because the idea that if you're recognizing that you frequently see, everybody else says a ridiculous overreactor and that if they would just get a grip, we would all be good. Right? That's does fall on the more narcissistic cutoff site. Right. And you mentioned self-compassion and I want to come back to that fact. We have a great episode by Kristin Neff that if you haven't listened to it, I can't remember what

Speaker 3 ([00:52:24](https://www.temi.com/editor/t/_83CVw7LDTuybZ-gRx2XbDfTY7uWs-6wacHdhyM0hBQ5wHWHFUik8gNsx8Zgfdg4LZZayMqTkUk0aVTYtzCodtyhFLw?loadFrom=DocumentDeeplink&ts=3144.91)):

The website and there's a search box. And you can just put in her name,

Speaker 1 ([00:52:27](https://www.temi.com/editor/t/_83CVw7LDTuybZ-gRx2XbDfTY7uWs-6wacHdhyM0hBQ5wHWHFUik8gNsx8Zgfdg4LZZayMqTkUk0aVTYtzCodtyhFLw?loadFrom=DocumentDeeplink&ts=3147.97)):

If you're listening and you recognize you have grandiose narcissistic traits, more power to you that you're here. I'm so impressed, right? That you want to listen and learn more. One of the things you have to learn is self-compassion and you brought this up because self-compassion isn't Oh my God. It is, I have compassion because I'm having to deal with this other person so much. And that if you were having self-compassion because you are the martyr who worked so hard, it's not self-compassion and does so much for other people all, and nobody gets you, right? That is actually not self-compassion. So what we're going to talk about self-compassion right here, because it's a great intervention and what Kristin Neff identifies a self-compassion one is the ability to slow down and be mindful. It's self-kindness self-kindness is actually not being kind to yourself at the other person's expense.

Speaker 1 ([00:53:22](https://www.temi.com/editor/t/_83CVw7LDTuybZ-gRx2XbDfTY7uWs-6wacHdhyM0hBQ5wHWHFUik8gNsx8Zgfdg4LZZayMqTkUk0aVTYtzCodtyhFLw?loadFrom=DocumentDeeplink&ts=3202.12)):

But the one you're going to struggle with the most is the concept of humanness. So you can have self-compassion if you can't see common humanity. So what I'm saying to you is if you're over there, the long suffering, dealing with everybody, else's ineptness, you're not in touch with your own humanity and your own vulnerability and your own individual struggles. And that is what you want to go into therapy to be in touch with. And so I have a challenge that I want to give, and that is, I want you to take the time if you're struggling with that and go, okay, I need my common humanity over there. They're so ridiculous. What are your three most common strengths? And I want you to think about the flip side of that. What is the sucky part of that strength for other people? I want you to get in touch with your humanity, that use your vulnerability, that other people have to deal with in you. And if you can't answer that question, you need help and go to a therapist and say, I actually don't know what my weaknesses are because you're like just

Speaker 3 ([00:54:25](https://www.temi.com/editor/t/_83CVw7LDTuybZ-gRx2XbDfTY7uWs-6wacHdhyM0hBQ5wHWHFUik8gNsx8Zgfdg4LZZayMqTkUk0aVTYtzCodtyhFLw?loadFrom=DocumentDeeplink&ts=3265.31)):

Close people around you get points, listen, and actually listen and take it in. What is the hardest part? If you can go then with me,

Speaker 1 ([00:54:34](https://www.temi.com/editor/t/_83CVw7LDTuybZ-gRx2XbDfTY7uWs-6wacHdhyM0hBQ5wHWHFUik8gNsx8Zgfdg4LZZayMqTkUk0aVTYtzCodtyhFLw?loadFrom=DocumentDeeplink&ts=3274.18)):

I mean, with me being friends with me, that's right being my child's son or whatever, if you can ask people, what is the hardest part and really listen, I can say that the thing that's the most powerful part of that is if you really can get in touch with that, the level of connections you're going to have, because what the sadness sadness part about narcissism or about when we struggle with these difficult traits is the disconnection we actually live in. And we don't know it because it's a cat toy to think that your identity needs to be belt on. Everybody's seeing you as a wonderful achieved person or the biggest martyr in the room that is just, it's never satisfying. What's satisfying is the meaningful connections. And the only way to have that is to know your own vulnerabilities and to be okay with that, to integrate that part in who you are, not our, it's not to tell me what is the worst part of me so I can go fix it. And now I can be the best. No, it's like, what's the worst part of me so I can integrate it and relate to you and go out of that is hard on me. Isn't it hard.

Speaker 3 ([00:55:38](https://www.temi.com/editor/t/_83CVw7LDTuybZ-gRx2XbDfTY7uWs-6wacHdhyM0hBQ5wHWHFUik8gNsx8Zgfdg4LZZayMqTkUk0aVTYtzCodtyhFLw?loadFrom=DocumentDeeplink&ts=3338.33)):

That's what I was just going to say is, and then if you do get feedback, then go back to them and like, Oh, you know, I do talk over people or I do interrupt, or I do, don't leave a lot of room for you. You have been really sweet and generous about that so much so that I didn't even know. So, you know, narcissist can take the air out of the room, right? It becomes all about that. So in this case, it's like if you know that you kind of tend to pull energy towards you, then it's your responsibility to Dole it out and to make sure everybody's getting their fair share of time and ask questions at a dinner table. You asked, someone, asked the quiet person, their opinion. Don't just tell everybody about your smart ideas and what, you know, share the space.

Speaker 1 ([00:56:20](https://www.temi.com/editor/t/_83CVw7LDTuybZ-gRx2XbDfTY7uWs-6wacHdhyM0hBQ5wHWHFUik8gNsx8Zgfdg4LZZayMqTkUk0aVTYtzCodtyhFLw?loadFrom=DocumentDeeplink&ts=3380.93)):

Because so often if you're struggling with narcissism, tend to think you need to teach or coach. So if you, if you tend to be the best coach at every dinner party or the best advice giver would Sue sane is so important is to slow down and let other people in the room. And you know, my favorite word. And that is if you can't actually generate curiosity about other people's experience. And instead what you want is to express, feed everybody. Else's curiosity. You believe you're supposed to, everybody else wants your wisdom. Everyone's curious,

Speaker 3 ([00:56:53](https://www.temi.com/editor/t/_83CVw7LDTuybZ-gRx2XbDfTY7uWs-6wacHdhyM0hBQ5wHWHFUik8gNsx8Zgfdg4LZZayMqTkUk0aVTYtzCodtyhFLw?loadFrom=DocumentDeeplink&ts=3413.21)):

It's about me. So let me fulfill your desires and tell you all about me.

Speaker 1 ([00:56:57](https://www.temi.com/editor/t/_83CVw7LDTuybZ-gRx2XbDfTY7uWs-6wacHdhyM0hBQ5wHWHFUik8gNsx8Zgfdg4LZZayMqTkUk0aVTYtzCodtyhFLw?loadFrom=DocumentDeeplink&ts=3417.63)):

So yeah. So the idea of like, when I go to the dinner table tonight, right? Like, am I actually curious about everybody sitting around it? Because whether you fall on the side of seeking the attention or you fall on the side of not even being present enough to draw and hold your own emotional weight, that's, non-relational what we're wanting to do for all of us. The more relational we can be. And that means I exist. You exist. Then the more deeply connected we're going to feel.

Speaker 3 ([00:57:29](https://www.temi.com/editor/t/_83CVw7LDTuybZ-gRx2XbDfTY7uWs-6wacHdhyM0hBQ5wHWHFUik8gNsx8Zgfdg4LZZayMqTkUk0aVTYtzCodtyhFLw?loadFrom=DocumentDeeplink&ts=3449.91)):

Totally. And that example reminds me, we haven't probably said enough just real quickly before we end around the Kovar. So that experience of being at the dinner table and sort of thinking, well, nobody wants to hear from me and nobody's paying attention to me and I may as well not be here. That's kind of that small experience. And what Anna's saying is, hold yourself, this is whole series, hold onto yourself. If you have something to say, if you're upset, because somebody is not asking you a question, find your need, you have a need to tell them something you want to share about your thing that happened. And instead of like the trap of, Oh, see, nobody cared. You know, nobody asked me my test results, my medical test results. Well, what that is, is a signal that you want to share your medical test results. So by all means, sweetie do it, right? Like let people know like, Hey, guess what guys, my test was negative. I'm okay. Whatever it is, you know, I'm not, COVID positive. And then get the thing that you actually needed rather than creating the story. And so this holding your own, I think in all of these examples, I think it is like, I like how you talk about it and about like holding your presence existing, not existing to the detriment of anyone else, but also not letting other people exist to the detriment of you.

Speaker 1 ([00:58:44](https://www.temi.com/editor/t/_83CVw7LDTuybZ-gRx2XbDfTY7uWs-6wacHdhyM0hBQ5wHWHFUik8gNsx8Zgfdg4LZZayMqTkUk0aVTYtzCodtyhFLw?loadFrom=DocumentDeeplink&ts=3524.04)):

Right. And to realize that you're sharing the space, right. That we both exist in that one moment, because even with covert, it can be that I should be the center of attention and I'm not, and that's why I'm injured. Right. Rather than actually by showing up and saying, I have a need to be seen. You're also recognizing that other people are, they're having their own experience and own lives and not just thinking about your test result. Right. So there's this experience of, Hey, you guys have something to share and Hey, how's things going for you, right?

Speaker 3 ([00:59:14](https://www.temi.com/editor/t/_83CVw7LDTuybZ-gRx2XbDfTY7uWs-6wacHdhyM0hBQ5wHWHFUik8gNsx8Zgfdg4LZZayMqTkUk0aVTYtzCodtyhFLw?loadFrom=DocumentDeeplink&ts=3554.88)):

Yeah. That's how to get out of that more narcissistic place. For sure.

Speaker 1 ([00:59:18](https://www.temi.com/editor/t/_83CVw7LDTuybZ-gRx2XbDfTY7uWs-6wacHdhyM0hBQ5wHWHFUik8gNsx8Zgfdg4LZZayMqTkUk0aVTYtzCodtyhFLw?loadFrom=DocumentDeeplink&ts=3558.03)):

So as we're wrapping up, holding your own, think of it as throughout our series. Well, actually throughout our podcast, it's really about deepening security, right? Is deepening security in size, you finding the green. So feel free to go back to episodes like 59, 60, 61. And talk about recognizing where you lean, whether it's all the way over to narcissism or just some depth of blue,

Speaker 3 ([00:59:45](https://www.temi.com/editor/t/_83CVw7LDTuybZ-gRx2XbDfTY7uWs-6wacHdhyM0hBQ5wHWHFUik8gNsx8Zgfdg4LZZayMqTkUk0aVTYtzCodtyhFLw?loadFrom=DocumentDeeplink&ts=3585.31)):

Right. And we're not collapsing narcissism and blue. No, we just it's. It's it's related, but they're independent. Just like somebody had asked, actually a question came in is, does borderline always mean that you're disorganized and the answer to that is absolutely not that those are two separate things and that there's a relationship, there's a relationship to preoccupied. And then kind of, as you get more and more preoccupied, it kind of flips into unresolved at times, if you have trauma, so trauma or significant loss.

Speaker 1 ([01:00:14](https://www.temi.com/editor/t/_83CVw7LDTuybZ-gRx2XbDfTY7uWs-6wacHdhyM0hBQ5wHWHFUik8gNsx8Zgfdg4LZZayMqTkUk0aVTYtzCodtyhFLw?loadFrom=DocumentDeeplink&ts=3614.14)):

So recognizing your own kept them

Speaker 3 ([01:00:15](https://www.temi.com/editor/t/_83CVw7LDTuybZ-gRx2XbDfTY7uWs-6wacHdhyM0hBQ5wHWHFUik8gNsx8Zgfdg4LZZayMqTkUk0aVTYtzCodtyhFLw?loadFrom=DocumentDeeplink&ts=3615.97)):

For so long, still listening. I am so happy. And thank you for sticking with us. Cause this is a particularly long episode.

Speaker 1 ([01:00:23](https://www.temi.com/editor/t/_83CVw7LDTuybZ-gRx2XbDfTY7uWs-6wacHdhyM0hBQ5wHWHFUik8gNsx8Zgfdg4LZZayMqTkUk0aVTYtzCodtyhFLw?loadFrom=DocumentDeeplink&ts=3623.44)):

So wrapping into the find out, holding your own is really discover what your own internal working model is, how that impacts other people and really working towards the deepening, the security inside yourself. That's right.

Speaker 3 ([01:00:37](https://www.temi.com/editor/t/_83CVw7LDTuybZ-gRx2XbDfTY7uWs-6wacHdhyM0hBQ5wHWHFUik8gNsx8Zgfdg4LZZayMqTkUk0aVTYtzCodtyhFLw?loadFrom=DocumentDeeplink&ts=3637.66)):

Our listeners do stick it out with us and we really appreciate that. And if you haven't yet joined, you know, we've got a really active Facebook community. It's at Austin shrinks. That's a free way to just pop in. There's even a private conversation. You know, there's a group under the group where that you can have more direct access to one another and to other listeners. And then if you want to jump up and get a little bit more involved, you can join us on Patrion, patrion.com, backslash therapist's uncensored. It says that it starts at a $5 a month. Even if you just have a dollar, if you don't have $5 a month, that's fine. Just anything like that will get you into the community, which we would love to have you,

Speaker 1 ([01:01:16](https://www.temi.com/editor/t/_83CVw7LDTuybZ-gRx2XbDfTY7uWs-6wacHdhyM0hBQ5wHWHFUik8gNsx8Zgfdg4LZZayMqTkUk0aVTYtzCodtyhFLw?loadFrom=DocumentDeeplink&ts=3676.63)):

One of the things about doing that is that it's, it is this thing of giving to the community because when you help us, not just for what it does for us in our community, we get to spread this far and wide into communities and countries who don't have access, which is our primary goal of when we started this podcast.

Speaker 3 ([01:01:33](https://www.temi.com/editor/t/_83CVw7LDTuybZ-gRx2XbDfTY7uWs-6wacHdhyM0hBQ5wHWHFUik8gNsx8Zgfdg4LZZayMqTkUk0aVTYtzCodtyhFLw?loadFrom=DocumentDeeplink&ts=3693.37)):

That's right. And we have a really wonderful international audience and hear from people from all over the world and hello to all of you. We love picking up a voicemail, by the way, you can reach us on our contact page, through SpeakPipe and you can leave us a direct voicemail. I absolutely guarantee you that we will hear it and we most likely will return it. And yeah, we hear from people all over the world. It's wonderful. Also just a quick plug in order to stay ad-free. This is part of the patron thing. We're almost a hundred percent. Ad-Free probably where you're listening. You don't hear any there's one where that we have just a few still, but the more patrons we get, the less that we have to do that. And particularly a plug for basically become a co-executive producer at $25 a month. You know, if you go to our website, you'll see that we will promote your own. If you have a website, your name will be on there. Well, thank you. You can get to meet with us and we would be happy to do that, to get to know you. And we call you

Speaker 2 ([01:02:28](https://www.temi.com/editor/t/_83CVw7LDTuybZ-gRx2XbDfTY7uWs-6wacHdhyM0hBQ5wHWHFUik8gNsx8Zgfdg4LZZayMqTkUk0aVTYtzCodtyhFLw?loadFrom=DocumentDeeplink&ts=3748.88)):

Executive producers because we love hearing from shape the show, right? Hearing your desires of what shows you would like to hear. So our executive producers get the primary ear on that because their support means so much to us

Speaker 3 ([01:02:41](https://www.temi.com/editor/t/_83CVw7LDTuybZ-gRx2XbDfTY7uWs-6wacHdhyM0hBQ5wHWHFUik8gNsx8Zgfdg4LZZayMqTkUk0aVTYtzCodtyhFLw?loadFrom=DocumentDeeplink&ts=3761.66)):

And you get some bling, you know, the bleeding different levels get different blink. Okay. So I think that that, thank you for doing this episode, this series, it was an experiment and we're going to go back to regularly program or regularly program schedule or whatever. So you'll begin to hear interviews and things like that. Again, that's all great. We've got Lori Gottlieb coming up and Peggy Orenstein and scene and Ellen Bader on couples. So all kinds of cool stuff, stick with us and please reach out and let us know what you thought of this

Speaker 2 ([01:03:14](https://www.temi.com/editor/t/_83CVw7LDTuybZ-gRx2XbDfTY7uWs-6wacHdhyM0hBQ5wHWHFUik8gNsx8Zgfdg4LZZayMqTkUk0aVTYtzCodtyhFLw?loadFrom=DocumentDeeplink&ts=3794.51)):

Series. Thanks for listening. And we'll see you around the bend therapist. Uncensored is Ann Kelly and Sue Marriott. This podcast is edited by Jack Anderson.