

**ANN** - Hey everyone. I'm Ann Kelley, and I am here, not in the studio, with my co-host, Sue Marriott. Hey Sue.

**SUE** - Hey, we are try. We're gonna experiment with doing some YouTube videos. So we had to separate ourselves as difficult as that was, but we can see each other while we're talking and we are gonna launch, um, or more formalize our YouTube channel and try to get this really cool science out to even more people. Yes, so, hi. So now you might be, you might be seeing us if you've just found us on YouTube. Hello. Uh, hang out with us. It's a good time. Tons of great content. And we've got an exciting uh, new launch today.

**ANN** - Yeah, we did a series, uh, I think last year, um, and it was really popular and people seemed to like that we did a deep dive on a particular topic, right. That one was called holding your own. And it was a deep dive into the various, um, you know, like borderline personality, narcissistic personality, basically difficult personalities. Yes, trying to help help you hold yourself in that process. If it was you're with somebody or it is you and we enjoyed going to a deep dive.

**SUE** - So now we're gonna do another series. And this time we're gonna do a series on looking at our own defenses, right?

**ANN** - That's right. Disarming human defensiveness, a deep dive series. But the reason that we needed to do a series is because there are a zillion defenses and when we are at our best, you don't need a podcast. You don't need to learn anything. You don't need to disarm anything, but it's when we begin to feel a little defended, a little threatened that all of our junk comes out. So that's what we're interested in is making friends with and coming to understand more and more how that we armor up and how to disarm basically.

**SUE** - Because it is the-

**ANN** - it's the defenses that get in our way so often. And I think the hardest part about our defenses is most of them we're totally unaware of, right. Like, you know, we can,

**SUE** - -it's just a joke of nature.

**ANN** - I agree. Say more about that?

**SUE** - Well, just like it makes us dumb, like, you know, when we, I mean, I understand it's you know, all the resources go to defending ourselves because we feel threatened. And so we stop caring about the other person or coming, caring about how we come across, or caring about, uh, Ugh, the damage five minutes later after I say my thing ,because we're just really caught in armor basically.

**ANN** - Right. And I we're the, where we could be the most aware is when we know we're in our defense we're fighting, right? When we know when we're fighting, we know we, or whether we're one that maybe talks too much or one that shuts it down and walks away. I mean, Most of us can recognize those kind of patterns, but we're also talking about defenses that are there with us every day that we're unaware of.

**SUE** - And we don't know that exist, that are blocking our connection from one another or blocking our own ability to feel happy in different types of our relationships or even our work or our professions.

**ANN** - So the frame that we're gonna be using is a frame that Ann and I have talked some about in the podcast, not too much, we've also written some we call the three R's.

**SUE** - The three R stand for basically this isn't like steps to secure, secure attachment or anything like that, but it's just, and it's also not linear. It's not like one and then the other, and then the other. And it's just that one direction. Think of it more kind of like a cork screw. Like we become more aware. So the three RS are recognize, reflect and rewire. And the reason that we find that helpful is to you know, basically that recognized portion, if somebody is not self-reflective, they're not interested in their inner life, they're not interested in other people's inner life. None of this stuff matters.

It's gonna be very easy to just say that was a long time ago, move along. There's nothing to see here. So literally the very first step is even gaining that like aha, a little bit of that. Oh, there's more here than meets the eye and I care and I'm interested in these little things in my body that uh, is, are evolutionary data that can actually make me much smarter in the world. It's not smart to ignore half of the information coming at us uh, relationally. So, uh, just the very, you know, This is just a quick overview, but the very first one is just beginning to open up to that interest and beginning to get better and skilled at recognizing what's going on in someone else's mind and what's going on in your own and your body and your heart.

**SUE** - You know your soul really? And that is I think the very hardest step. So one of the reasons we're gonna start with that step to recognize it's also a step around self-awareness is that once you can do that, the next steps, even though that they're, they're hard, they seem to more naturally flow.

**ANN** - So first of all, you've gotta recognize there's something there. And the next thing we wanna do is hold that, hold that awareness and then reflect on it. And reflect.

**SUE** - Well, Have you noticed like in therapy and also just between you and I, um, this happens is like, you know, you're trying to give somebody something you're trying to give somebody something and they're like, "yeah, yeah, yeah, yeah, yeah, yeah. Yeah. Got it. Got it, got it. Got it." And if something happens and there's an internalization of it, right. and then it's entirely different. So instead of, for example, somebody coming in and just talking, the, the reenactment that happens over and over and over, and, and that we're sort troubleshooting that they're coming in saying like, oh, I caught myself doing that thing again. Oh, I know. Now we are like on fire. Like That's when things kind of really begin and get fun.

**ANN** - And you can feel the difference can't you when somebody's like recognized? Yes, I know I'm late. I mean, I know I've been late a lot. It's okay, but I'm so busy. I'm so busy. Like you can, you can, you can feel the difference between an awareness of something and a quick, I'm sorry. Yes, I did that. And the ability to reflect on it, it's a really deeper step. Like What you're saying is when you feel somebody go "wow. I wonder what that's about. Like you're right," exactly.

**SUE** - Like you can feel, it was like- it's not just the traffic. Yes. It's not always just the traffic. It always just your scheduling people arrive exactly when they mean to. And so like just, that's a great example because I, this happens in group all the time. It's like what, you know, there was, I had to do such an, I had to drop off a thing before I got here. So that's the one first level where you're not, there's no exploration, there's no curiosity. Um, Versus - it's like, and, and in addition to the extra traffic, what else may have, you know, if there was something, what else may have led to this pattern of being late. And, and, And what that, where that can lead to is somebody begins to go like, well, " it feels like wasting time if I'm here early" and then it goes right, then it goes a little deeper. Well, It's super awkward if I'm just sitting here and we're all sitting in silence, and then it might go a little deeper." Like, "Ooh, being early and not knowing if you're gonna come or I suddenly get scared that I'm gonna be left hanging in my need" and - like it, it can, it can, we can just begin to peel the layers around and you still get to have the traffic, but it's just a little bit more of a deeper curiosity and wondering around what else is happening here, relationally.

**ANN** - And so not only does that step really help you like grow individually, cause now you're all of a sudden going, wait, you're kind of right. I am always late. And like what is going on? You can feel the difference in your body just as you're giving that example. Right? Like when somebody else does that with you, how much you relax.

**SUE** - You're like just the moment of curiosity that says, you know, " you're right. Let me think about that." And then it could also lead to, now that I think about it's not just group, I'm late for, it's like this thing. I have a hard time, so now we're gonna expand it. And we're gonna deepen that tense, that, that reflection to think about that feedback in a broader sense of our lives. And don't you think that like, here's one of the tells about that? It goes from, "it's fine for me to be late. Other people are late too. Right, right. Why, Why does nobody say anything about this person being late?" " Um, like in other words, the curiosity feels critical or attacking or judgemental and, but there's some shift that begins to happen.

**ANN** - It's like no, we're we're just interested. It's not, we're not trying to get you behaviorally to not be late. It's more of, we just wanna know you better and we wanna help you know, you better. So that.

**SUE** - To apply some meaning to being late- and it's such a dumb example because I imagine people listening and eye rolling and being like these guys are just so harsh about people being on time." It's like, That's exactly what we're talking about. It's like, no, no, no, not at all. This is just a benign example of a benign event that we're working to move from the concrete right. to a more reflective place around. Mm. You know, Maybe I was upset about something you said last week and I'm a little nervous today. So, you know, I come sliding in because it's just, I'm a little anxious.

**ANN** - That's interesting. No, that is completely interesting. And as people are out there thinking about that kind of reflection and no, no, no, no, like the reality is what makes that step even harder out there in the real world is it is pissing me off that you're late, right? Like I'm not this reflective group member going no, no, " "No, I'm just caring about you and why you're late. I'm sick of waiting for you". And sick it like, you know what I mean? So what makes the next part of recognizing two points of reflection make it go well or not well, is you're you're, the dissemination of that feedback, probably isn't coming out in this like sweet, reflective group therapy way. Right. You're like, I am so sick of it. Right? So now you can feel why the defense is going up, right? Because you're gonna get feedback in a way sometimes that kind of sucks.

**SUE** - And it really brings us back to the neurobiology. Right. So part of what happens is these circuits. And so when Ann's coming at me and I can feel a little bit of her anger and there's no, it's totally appropriate. It's my higher brain would be like, yeah, I've I put her in this bad situation, um, but my back of my brain is gonna recognize, "oh no, there's something wrong." This person who I love and care for deeply is not happy with me, that feels threatening. And so it's not gonna put me at my best to be this like Zen person, I'm gonna wanna convince you that you're wrong or that no, I'm not always late. Which- exactly why we're doing this series is how can we step out of those kinds of right automatic reactions and move to a more connected place? That's a great way put it. How do we do that? Ann, tell us all about, but then why do we do it? Let's talk about the why let's talk about the last R because we're gonna, that's what this series is gonna be about, right? It's gonna be about helping you recognize.

**ANN** - So we're gonna talk about some of the common ones and then help you get more insight on it. Move you to a deeper, hopefully help you move to a step of reflection. And why are we gonna do that? Because we wanna get to that last step. And it's one of the most pertinent ones and that's rewiring, right? Like, So we're gonna recognize that we do this, increase our awareness, then we're gonna reflect and hold that space. And then the idea of rewiring- and here's an interesting thing- cause we're gonna keep using the silly example that I started with and being late. Right. It's actually not, it's a big deal for many people, but the rewiring could be recognizing if you're always late and then reflecting on it. It's interesting you might notice the anxiety of what it's like to not take up every single second of productive space before you walk out the door. Mm-hmm or, -. Or you might recognize like what you said arriving early, maybe it reflects something. And so if you take it from- dependency.

**SUE** - Yeah. So past that reflection space where like, actually, I think being late is there for me as a pattern because, and I get that reflection. The interesting thing is then I could start noticing the anxiety in myself. When, okay I'm gonna leave early- that sounds theoretically good. Oh, I'm just, I'm gonna quit being late.

**ANN** - And so I'm gonna start leaving 20 minutes, I'm just making that decision. Right? How many times do we do that? And then it doesn't leave to that change. Well, That's because your body just kicks in and does its autopilot. Right? So if you are reflecting and you recognize it, you might then start to notice the threat or the anxiety of leaving on time or the feeling of wasted space that you're having. And that's the, that's the point where we can start to rewire

**SUE** - that that's right. And you know, and once we move into this more curious place where, where it's not judgemental, it's not your bad if you're late, Right. so you feel safer to go like, what does it mean? I can see that, like right now I wanna stop and get my diet Coke before I go to the thing, but that is gonna put me late, but I really want my diet Coke, um, or whatever let's, I mean, it's something silly, but what it, because that I'm not in threat about it and I'm just noticing, wait, I could be on time if I just pass up this convenience store, that it leaves room for me to think about the impact that I'm having on other people.

**ANN** - Exactly. Right. If I'm, If I'm not reflective, then I'm just gonna get, you know, like push you off. It's like, "oh, come on you. I'm always late. Just, just come five minutes later,". You know?

**SUE** - And the other, other quick thing I wanna say is we're keep using late, but this is just as applicable for somebody who's compulsively early.

**ANN** - That's so true. Like it's still meaningful. Again, it's not bad. It's not good. It's just me. It means something. And we're trying to get you to go move from the concrete, like it's wrong to be late. Right. Which you know, like, uh, being early is on time. Just from the concrete to like what, what's the meaning of it?

**SUE** - And if you were late, could you imagine being held by the other person? Like it's okay that you're late, they know you're coming -everybody's okay. You don't have to be the one to hold on. Like, Can you see, like either one, you can unfold it into something that could help you feel a greater sense of relational security by thinking not only of your own concrete habits, but of your impact on other people. And just being able to question them and be curious about.

**ANN** - I love that. And I could imagine people listening out there with some defense, uh, styles going-

**SUE** - our audience is not defensive- they're brilliant and smart and they've got this stuff.

**ANN** - I could imagine people - Absolutel - I can imagine people out there going, oh my God, who cares? If you're late or early, why are we gonna think so hard about this stuff, really chill out. Right? Right. Right.

**SUE** - Sometimes a cigar is just a cigar.

**ANN** - Yes, exactly. Why are you thinking so hard about this? That by the way is one of our defenses that we're gonna come up. And that would be a way of being dismissing. Right. I'm not gonna, if I'm late, tough, if you don't wanna wait for me, don't wait for me. Like this whole really flip it. I'm not, and, and that's a sign if we have to rush in, "oh my God. That's ridiculous." So, If you're out there throwing that, we're gonna be talking to you in one of these episodes, listen up, listen up because it's a natural thing to do.

**SUE** - But what we wanna notice is that when we slow down and we start to piece out things that do impact you and by the way, impact those people in your life. So if you were impacting somebody in your life and going, "oh, good, God, get over it." Right. There is a defense system happening in you that we really wanna help you recognize and walk through it.

**ANN** - It's hard. Yeah.

**SUE** - Even like we know this stuff and we are right middle of it. Y'all it's not like we're finished we are in the middle of it. And, and Sometimes we, we just laugh because we're doing the exact thing. It's like a parenting teacher. You know, I can tell you all the great things to do, but then when my kid does the thing, then I'm like, put your clothes on or whatever, it all goes right out the window. So we really are working, this is where Ann's talking about the rewire and really doing it. One of the things about rewire that's so hard is that it's experiential. That's where all of our somatic therapists, our EMDR, the body oriented therapy. And then just new relationships and new safe relationships. So it's not the way that you heal. Like, So let's say you're in therapy, it's not the wise advice that your therapist gives you in truth. You know, We kind of want that like, well, what do I do? Yeah. You know, And then as if this person who doesn't know us that well, you know, hasn't been in our shoes for 50 years or however long can give us some wise advice that happens occasionally, but that's really not where the change happens. The change happens when my body begins to more and more relax with this other human being and begin to feel trust, right. and begin to form this relationship. That's the bottom up rewiring of like, "oh, I can say this thing that I'm so shamed of and that I've hidden forever and you're gonna know it about me and still care about me and see me more fully.

And I feel more known" -that is rewire. That's the beauty man. That's the gold. That's where we're going. That is, that is if your heart beats a little bit and you're nervous, you're in great shape. It means you're, it means you're, that's your growing edge right there. And if your heart doesn't beat at all and you're not nervous at all, I think you're dead.

**ANN** - No, but it, so how do we do this? I think to start off our series, one of the things I think it would be helpful for us to talk about is that we're gonna start talking we said about different defenses. Right. But how are, because we are defended, it'd be hard maybe to recognize some of them, like maybe we name a defense and we say passive aggressiveness. You're like, I'm never passive aggressive. I'm not gonna listen to that episode right. Like, like that's not me. You know, Or possibly being in self-righteousness like, so there's some defenses that we do that are so ingrained in who we are that we don't see them as defenses. So it would be unrealistic for us to really know, Hey, does this a defense apply to me? Because in that context it may be, yeah, it's, it could be an unconscious.

**SUE** - Right. And even if it's not okay, oh, this is great. And Because if we're saying, oh, that's not me, you know, whatever. We're already in, we're already defensive a little bit. Right? Right. So the capacity to explore and like, oh, I wanna learn about my relationship with aggression and which we'll be talking about on this series and right. How I hold aggression, how I respond to aggression. Even if I think I'm fine with it, that signals again, that's the prefrontal cortex. Right? And that's when you're in this more secure place that we've talked about where it's like, maybe so maybe not. And even if it doesn't directly apply to me, I can still learn something and I can learn how to help disarm someone else when I see them in that space.

**ANN** - Yes. I love that. I love that. So you had some stuff about self-awareness that well, I think we're gonna go back, like, let's start with the idea and, and what we wanna do is use the three RS as we start to talk about the different defenses. So you're, we're gonna come back to that um, step ladder, when we talk about the different defenses, so that you have the process of what to do about it, right? So, So what are the three let's? What are, this is for the audience real quick. Keep going. Okay. But the three R's - just R wait, wait, wait. Let's let them think. Let's let them. So the first one, okay.

**SUE** - The first R is did you get it, recognize? Yes. Just so that we can like, let them fill it in, you know, for just a second, the sec recognize, which is even just like, you know, yeah. Copying to the idea of this inner li these inner lives and being interested and curious about it. Second step -reflecting. There you go. I'm saying this to y'all not to Ann, cuz I know Ann knows this stuff, but um, that's right. So that's where that's the juice. That's the fun. That's the middle stage of like sorting out what's live and S and then the third is- Sue,

**ANN** - I hate to tell you that's mostly not fun, but we're gonna do it anyway. what going, It's not often fun to do that reflection.

**SUE** - Yeah, you're right. It's actually quite painful.

**ANN** - No, no, no. You're right. Yeah, you're right. Cause that's when you're open to looking at why you are defended, which almost always involves pain, but when you're in that space, right?

**SUE** - It's pain, but it's good pain. It's good pain. I actually, that's how you're gonna know when you're really doing it is when it becomes less threatening and more rewarding. And that's, that's a process or being productive instead of the pain of just shutting people out and being pissed off.

**ANN** - Right, right. That's painful. If you could let yourself feel it, but that's not the good pain. The good pain is when you're actually then beginning the belly up to some of this stuff. Right. And then just to hit that third, that last R, which is blank. Re rewire. Right. So cuz by y'all getting more active in our conversation here. It's just gonna help you remember.

**SUE** - Okay. So we, you, and you were gonna say something about, so let's talk about the first. Yeah. Let's talk about the first stage of self-awareness. You know, so. Why are we so bad at it?

**ANN** - First of all, it's really important to know that I'm bad at it. Sue's bad. We're all bad at self-awareness. Well, I'm kidding. I'm kidding. I'm kidding. Go ahead. We, well, we're, let me put it a different way. We're never as good as we think we are.

**SUE** - Oh yeah, that's true. That's not, that's actually a really good handhold. Yeah. We always overestimate our own self awareness and our own position. Almost always. And when I, sometimes when I think of that, it's actually helps me become a little more humble.

**ANN** - It's true. Like we just overestimate it, you know, like we think we're more aware of ourselves.

**SUE** - Some somebody, some people out there like, oh, I don't think I'm aware of myself at all. So good, good on you. But a lot of us overestimate our self awareness. Right. And that makes us that's one reason why we're so bad at recognizing some of our own defenses and I think for the rest of this episode, I wanna let's tap on how to help people prepare for the series. Okay. And that would, let's talk about how to like, okay. How to increase your self awareness. Just to begin that process, the reflection, the, the part of like, oh, let me not the reflection. Sorry. The, Just the awareness, the recognition of what is your defenses and that way then as you, we go through it, it will have a, you'll have a little bit more ears perked up. And so, um, one of the reasons it's hard is because we wanna maintain a positive self view, and we want to hold, you know, we want to believe in what our values are and that we won't be incongruent, even though we all are right. Um, But one of the ways to recognize it first is to ask yourself a few questions and then ask others.

**ANN** - Like What are the things that drive you the most crazy about other people? Like when you think about it as like, "Oh my God. When other people do blank"

**SUE** - neediness. Well, and, and not my people, not my people. Yes. But like when or entitlement, that's a, that's a better word. Entitlement drives me crazy.

**ANN** - Yes. So entitlement drives you crazy. Yes. So if you to recognize that, right, for me, it would be well similar, but a little bit different. It would be selfishness, right? For me, like selfishness irritates the daylights out of me. Like Somebody's just so self-centered or they won't hold their social weight or something. Like they're just being in themselves and they're not thinking of others. So if you stop to think about it, maybe for you out there it's that you can't stand it. If people are irrational- like, yeah. Um, like I can't, you know, and that just drives you crazy. Let's just look at the rational. Right? If we in fact, think about a few things as we're talking, what are the things that drive you the most crazy? All right. And think about it because that is likely one of the biggest reflections of your own defense.

**SUE** - Right. It's often, and even if it's not just go with this for a minute on this, that it is often a disowned part of ourself. It was something that we had to crush in ourselves. So that we could maintain our own attachment relationships and stay safe, uh, early on. So yeah. Do you wanna go first or should I go first about my entitlement and your self, uh, selfishness?

**ANN** - Well, I would, I'll go first. I think that that whole selfishness, I think it kind of also then reflects my struggle sometimes of not being tuned into others and then being more deeply in tune to my own selfishness. Right. And that sounds nicer than it is-

**SUE** - Say that again. That was confusing or to me, well, okay.

**ANN** - So like, I think for me, I struggle with being able to grab my own self and my own selfishness, like to be able to own my own selfishness. Through my history, part of what kept me safe is tuning into others and making sure the environment was safe, making, tending to things that needed to be tended to under recognition of my own self. Yeah.

**SUE** - Tuning your tuning, your self awareness down, and then other awareness up to keep to survive.

**ANN** - Right. So when other people are doing it, I can't tolerate it. And yet, we all need our inner selfishness, our inner awareness of it. I have it just as much as anybody else. Like it can sound, you know, we talk about like how women are given such this belief that if they're selfless, it's like the oh, and it's not- that's just BS and it's irritating, you know, my daughter's the first one to call me on it sometimes about the irritating quality of over care taking the room. Well, yeah, The over care taking of the room, like, because so when other people are just out there completely unaware and not taking any social weight for the room, it drives me crazy. It just irritates me. But if I slow down and go, wait, why is that irritating me? Why is it the thing that drives me crazy? Right. Then it allows me to recognize and just start do that first step. Oh, I think that might be one of my own defenses. So there's my example.

**SUE** - That's a great example. And then also just to take it a little bit further. Then now you're in the position of beginning to look at your own caretaking. Right. And then, uh, create that pause rather than doing it and learning what's in that space. Mm-hmm Which again, that's where it gets more vulnerable, right. That, that gets really hard and mine and that go. Sorry and that, and that would be that's that's gonna be one we talk about. That's gonna be a defense we talk about and we'll digest it and we'll take it through the three RS, but to, to first be aware of it, if I just recognize that it irritates the daylight's outta me, that already is going. Yeah. So we're, we're not going to the other steps. We're just like, okay.

**ANN** - All right, like, don't go fixing me yet, girl. I gotcha we'll we'll go down to that. She likes to rush that reflection stage.

**SUE** - True. It's true. I've been told I can be. Yeah. Okay. So onto my entitlement. And when I said neediness before y'all I am so proud of my, any of my people, kids, clients, people close to me that can feel their vulnerability. I'm not talking about that. Just to be super clear. I feel pride when people can get in touch with their neediness in reality. But there's another part of me, for sure. And that's why I, I shifted it to entitlement because it's not actual like vulnerability. That again, it's the good pain, right? It's the entitlement. So without fixing me yet or reflecting yet about why- um, oh wait, I don't know where, where that, so obviously I don't know where the one ends and when the other begins, but basically, um, I'm definitely aware that entitlement is a, I don't know if we call it a trigger, but basically it's, I have a stronger, negative reaction to entitlement than I do to other just normally irritating qualities. So that's a good way to put it because we could all be irritated with entitlement. Right. But if you have a particularly strong it's particularly strong. Yeah. Then you wanna be curious. Right. So for you, entitlement is particularly strong activating thing for you. Right? And, and So for now with just this first self-awareness, that's enough. I can tend to just notice right now that that's a particular note. Like when that, when that note on the keyboard of feelings get its hit, I have a, I have a little bit of an elevated reaction, so that's already something I don't even have to yet unpack it.

**ANN** - I really like your correction earlier because this is hard and like let's just stay right here. Yeah. And so what, so for you guys listening out there, I mentioned another example, so I'll just throw one out there and that is, um, People being irrational. Like, Oh my God. Like, Would you just think through it, look at the rational answer. It drives me crazy that everybody, when they get into the irrational thing, I know the answer. Would you just listen to me then? You wouldn't feel that. So. You can feel that if, if that's something that drives you crazy slow down, because why, what you said earlier, Sue was awesome. And that is, it's what we had to really uh, deescalate in ourselves. We had to push down in ourselves. So if you're that rational, one out of there that the threat or your defense may be around feelings about the experience of irrational, the experience of things that don't make sense because the world doesn't make sense and that's painful. Mm-hmm And if you've had to make sense of it, In order to be safe, the then being rational is something that's really, really important to you.

**SUE** - Right. And we've talked about this. We spent more time on this, partly just because I'm so familiar with it, but um, about how that it feels so good not to be aware of yeah. Uncertainty and then it's very self-reinforcing to just be like, oh, that's stupid. And then we're done and we don't have to feel our vulnerability.

**ANN** - Um, So again, just let us just keep tapping on that challenge.

**SUE** - And you know, another thing about self-awareness that I was thinking was just like, that was, so I was saying like, it's no big deal. Just move on. Like, you know, like If I'm saying that and I'm, I'm moving my hand away, like. That's the that's dismissive action. Yeah. Um, then I'm never gonna wanna look at it because I have no, as a matter

of fact, I have incentive not to look at it because it's much more vulnerable to look at it. So one of the key ingredients to get to self-awareness is actually some level of distress. That's a great point. Yeah. And that if I'm like, if I, if people around me aren't letting me know that I'm um, you know, dismissing them or not interested in their lives or that they're, that I'm causing a bad feeling, then I'm gonna be pretty set and happy- But, but not, I'm gonna think I am. I'm not gonna know what I'm missing. And I will have a little bit of an incentive to not listen if somebody kind taps me just a little bit. So if you're, if you're in the position of the person who isn't saying enough, like, because of your own reasons, like, oh, I'm afraid of causing a feeling and the other person if you're not being able to give them enough distress, like don't hold the distress by yourself, push it back between the two of you. So that now it's a relational dynamic of "look, I get that you get mad, but when you get mad, you yell and that scares me and it has an impact on me." And, And then they're like, "oh, well, you should just that's because blah, blah, blah." And then you say it again later, and then you say it again. Like you have to keep holding out there. Mm-hmm, something that begin, begin. Like you can keep yelling and I'm gonna begin to just take a little more space and if you wanna be close with me, I need you to like, you begin to tighten the screws a little bit about no, this needs to, this distress needs to be in your body.

**ANN** - Not just my body. Right, right. Well, I love what you're saying. And, and I think that to, to help people use that in the awareness phase to becoming aware, like one of the reasons, like, it's not just what things drive you crazy, but what things are you afraid of? So we talked about increasing your awareness, but like what drives you crazy? And what I hear you saying is like, sometimes it's like, what holds you back? What inhibits you? So if you can think of maybe the three things that drive you crazy, but also what are the things that inhibit you that you wanna avoid, that you tend to find yourself repetitively avoiding? Because our defense is about repetition, right? It's It's not a single event, right? It's It's repetition.

**SUE** - Right. And, and let's, This might be a good time to just separate out, not everything is defensive. True. So if, like, say for example, if I'm a little more introverted, if I'm a little more, um, if I, if my metronome is a little slower than the pace of other people's metronome and I prefer, and I wanna avoid crowds, for example, we're not calling that defensive. Like that's right. And I guess, and So how, how could we tell the difference between just that really gentle? Oh no, this is who I am and I'm not defending against closeness versus something that is, um, I really wanna go to this event, but I'm scared. I'm so socially awkward and scared that I just forget it. I don't wanna go. I'm gonna stay home and play my video games.

**ANN** - I think one of the biggest things that we'll be talking about in this series is that distinction. But I would say in that, what is feeling threatening? Is there a threat to going, or is there this experience of, when I think about going, I experience a threat in my body versus I really feel the content and staying, and sometimes that's hard to distinguish. Right. Because if our anxiety's so high we might have disconnected our desire to be around people, which is a different dynamic, but is there a threat of closeness? Or is there when I think about it, and sometimes it takes looking at our history. It's not always an easy answer, is it? No, not at all. And another thing that I think has been helpful in sorting this out is like, which move is about self care?

**SUE** - Yeah. Like Which move feels like, kindness and caring to one's self and one's relationships? And so in that example, um, knowing that I'm gonna get overwhelmed and I'm not gonna be good for anybody else anyway. And I'm tired from my week and I really need to stay home and recharge that to me, feels like self love, self care. Self-awareness kindness. Self-compassion, that's good. Yeah. Staying away from those bastards who wanna talk to me, you know, or just like those needy people who get, or just the noise. You know, like, um, uh, Just whatever like that actual avoidance is, is, um, again, maybe it's hard to tell and I think it probably is hard to tell, but that would be a good question.

**ANN** - Is it self-compassion or is this just fear? Or is this just avoidance, you know?

**SUE** - isolation. And that, And that's definitely, then we're talking about becoming aware of self and then reflecting and in the reflection process, you'll probably learn a lot about whether it, where you, whether you're experiencing it as a defense. Right, right. Were there other question? Yeah. It well. Yeah. So I think, I think so increasing, if you think about there's different types of self-awareness this awareness of our own self, right? What triggers us? What motivates us? What inspires us? So there's, self-awareness. And then there's the external self awareness and we don't wanna forget that part.



And the external self awareness is how do other people, how do other people experience us? Right. It's not just how we experience the world, but how do other people experience us? So one of the things you would wanna think about is what's the feedback that I tend to get, right? Like, Is it a frequent complaint like if you're in a partnership? Is there a there's likely I would be if. If you've been in a relationship for longer than two years, there should be. They're likely is -

**SUE** - within two minutes,

**ANN** - there, there is gonna be um, a repetitive complaint, a, a repetitive dynamic that's happening. Right. And we get stuck in that, chasing our tails in that. So what is stop for a second? And think what if I was to piece apart, what is the repetitive argument or the repetitive feedback I'm getting from my partner, or from my sibling, or from my friends?

**SUE** - Yeah. Yeah, think about exes. Yes. Yeah. it's like, um, What were the things that, you know, what were some of the takeaways from their- that's a great one- from their perspective.

**ANN** - Yeah. Um, Or, yeah, so I think that's good now. And I think when you were saying like intra awareness versus external intra awareness, again, we just to touch on the neurobiology for a minute, cuz this takes us to mindfulness, which is part of self-awareness and creating that pause. So there's the pause of doing your own body scan, where we're looking for all of the, um, just the physical.

**SUE** - How our body physically feels attitudinal. What's my, how am I showing up? You know what back mm-hmm , uh, what, what's the weather in there? And then what am I feeling? All of those things about my immediate space. That's one kind of awareness, but the second kind of awareness you went to the interpersonal, which is exactly. So it's then that's things that are beyond our physical space, which is a different kind of awareness. And right. Moving into that present moment and that kind of awareness of where I'm sitting, the space that I'm sitting in, the, my community, you know, all of Texas, right. what Texas is dealing with. Like that kind of awareness is another kind of awareness that does tie in exactly to, and how am I doing with you in this conversation?

**ANN** - So now I'm aware of how are we doing together? How are we doing through the neuro wifi that we talk about? That's right. And what you're saying so, so being reflective of what is the feedback that you get, and if you think- I don't actually get a lot of feedback- like I think, yeah, people like, like that's something to be reflective on. Right. Because So one of the things we want is, uh, if you can't immediately think of it, right. So the things is, is you would wanna ask, right? Like Ask individuals. And it's hard to do that because people, well

**SUE** - - that's terrifying. That's terrifying. It is terrifying to do it. And it's sometimes terrifying for other people to give feedback. Right. And so what's the question?

**ANN** - Maybe the question would be what do you see as my particular strength in our relationship? And what are our points of what are, what are two points of growth that you would hope for?

**SUE** - Right. So ask for the strength, ask for hopes of growth. Right. And but one, one point of growth.

**ANN** - Okay. I, I think you need a little bit more information, but if you could just, if, if it's scary to ask it, you get one point of growth. That's great. But what what's, what are points of growth? And what's gonna be hard is to really take that in.

**SUE** - So what we're gonna encourage you at this stage in the series is just listen to the feedback. Don't debate it. That's why I said one. That's why I said one. Okay. Just because it's like, right. I mean, this is hard. It's hard. Yeah. That's true. I like it's and, and this is probably new information. Yeah's true. That Another question that I might like is like, how is there anything that you haven't. Like, do we have any unfinished business? Is there a, Is there a loose end between us? Is there something that's a good one? You haven't told me that hurt your feelings or insulted you or anything that you probably wouldn't normally tell me, but it's, I'm kind of of looking for that information. Um, right.

And that's really vulnerable on their part. So just, can you walk us through really quickly? So if I said, well, "actually Ann, remember that time six years ago, when you da, da, da, da, um, I could already feel like,"

**ANN** - Yeah. There's response Model the response. Well, I could feel it like it. It brings up a stress in my body, right? Like, remember? Yeah, well actually the time six months ago, it's like, so part of the response, first of all, it made me think about when you do this, you might start with, this is hard for me. If it's hard for me, if it's hard for you, be honest, like I'm gonna ask you for this and this isn't the time that I wanna go work on it.

**SUE** - I just want the information. So what I would suggest a bullet is that bullet point a bullet point. Yes. I would suggest you start with this. I would suggest that you actually start with that this isn't, I'm not actually wanting to work through this. I'm not, this is what I'm trying to do is just gather information. And so it helps. I mean, Maybe if a conversation's going really well and you wanna go deep then, and it feels safe then.

**ANN** - Great. But if it all are already starts to hit your defenses and you wanna argue back, like, I actually don't do. I'm not like I don't. So model, model for us, what it would look like. So I tell you this thing that you said that you really did say, but you didn't know that it hurt my feelings. So I would, well, if you were, it's a good question because what I'm wanting, I would say, so maybe the, the deeper question would be, so that hurt your feelings.

**SUE** - Can you tell me more about it? You know, right. That I think that that's your move. And um, so if somebody's beginning to give you feedback, here are some "don'ts". Yes, don't explain. Don't tell. Don't um, come at them. Like I think your very first move should be receptive. So you wanna ask more?

**ANN** - Like, tell me more, Tell me more. Have I done that before? How often do I do it? Um, How much does it bother you? Blah, blah. Like get, Keep them talking, right?

**SUE** - If you can stay in a regulated place, just get it, let them get it all out because what you're doing just by asking questions, that's already repetitive. If Ann were to say "oh, my gosh. Well, you've been sitting on that a long time. Like what, how, Tell me more." Right. And I got to say more about my embarrassment that I'm even holding onto it and whatever the, like, if I can get it all out and she's still standing, you don't, she doesn't have to make it her way. Right. She doesn't have to fix it. Like just the act of helping me talk about it and her really, um, like taking that in. And if you don't know what to say, what I would say is like, well, I really wanna think about that. I'm not quite sure how to respond. But I really am hearing you and I wanna just take some time to, to write, to, and that way you're not on the spot where that, like you have to suddenly be empathic or suddenly do anything other than you ask questions, you let you appreciate them for taking the risk to say something to you.

**ANN** - And that's enough. I like it. I really love what you're saying. And you also might feel really threatened. You might notice in your body, as they're saying that, cuz what often happens is I'm all now thinking of course I said that, did you not know that you did blank right before I said that? And you're complete, you've been sitting here for six years with that?

**SUE** - And do you not - I remember this really clearly and right why I said it right before I said that you did, blank. Right. And so that's, what's, that's the narrative, that's the initial narrative running in my body. Right? Like, I, we can't like None of us go into that reflective state always or easily. So if you find that happening, if you're not able to do what Sue was just saying, and like, say, tell me more, cause that would be ideal. If you're able to, to kind of digest it in your body that you want and need this feedback.

**ANN** - If you find your defense going up., But you really do wanna hear, I think it's okay to name it, to say I'm finding myself, having a hard time hearing this.

**SUE** - No, you know what? That's not how I talk. This is how I talk at most. If I'm doing well, is I'll just say, uh, I think I'm getting kind of full. I'm kind of full I'm getting cut. But- but what I mean, it sounds really good, but I'm just trying to be realistic.

**ANN** - Right? Well, But what I, I guess what I'm asking you to say to yourself okay, is to, so saying to yourself, you recognize this tension in your body and you could speak it like, "wow. I'm finding myself getting really defensive and you could really feel it." Go ahead and name it. Take a deep breath and say who this is hard. And just say, look, I'm just gonna like, I don't have to do anything about it. So tell yourself that this isn't, this isn't the like I, and, and One of the things you have to say to yourself sometimes is "I can tolerate this." Like it's cuz it, The defense defensiveness will be really uncomfortable, but if we can actually tolerate that, that's one step. So just hear it, hear it, walk away. You may disagree with it, but then you're gonna be a little bit more informed. Cuz another question could be. Is this a pattern? Do you see this? Cause you're wanting. Yeah. So then when we are going, through some of the defensive strategies you might go,

**SUE** - can I say one more thing? About, yeah. Yeah. Do you mind? Sure. Just about the thing about that threat and you're saying I have resource mm-hmm the thing about it is like, yeah, nobody's died from a feeling. Right. It's okay. You're gonna have a feeling you're gonna maybe feel embarrassed or ashamed or, oh, all the feelings, but you can just surf them, just stay with them. They're gonna have a beginning and a middle and an end. They only last real feelings outside of story ask last about 90 seconds. So when we say resource using your resource of like, just ride this out, you don't have to do anything. It'll pass. I'm gonna okay. And then, uh, I I hope that wasn't interruptive.

**ANN** - No, no. I think that's really helpful because what we're saying is resource that you can feel that tension and you, you don't have to rebuttal, believe it or not. Don't have to. Believe it or not. Your identity is not gonna get lost and, and you don't have to prove you're not an ass. That's why often we wanna defend is we like, I did that thing that hurt your feeling only because you did something right. That's all about defending ourselves. So the point is that you've asked for this feedback because it's gonna help you be self reflective. And the point is it may not be easy to hear. So ask for feedback.

**SUE** - That's right. Well, we've given y'all. I mean, we've, This is a lot, actually. Yeah. So thanks for hanging. Was there anything else, Ann? I'm sorry. Did you have any? No, I think that's just, we're just setting you up to be able to be you know, ready to kind of, -

**ANN** - -and you might already know your defenses too. So right. You know, You might know some of the more common ones. That's right.

**SUE** - And while we're doing this, we really wanna encourage a practice of like journaling. Of mm-hmm MI be, If you haven't, if you don't have a mindfulness practice, It's a great time to just begin to explore it. We've got a ton of mindfulness stuff on the show. Um, I use Headspace as just a the beginning of like getting me going. There's a, there's so much out there about mindfulness and that by itself. And we follow like the cutting edge neuroscience to the tee, and it's mindfulness, mindfulness sleep, mindfulness sunshine, you know, there's certain things that. Trigger certain neurochemicals in our body. And, but if there's one thing you could do, cuz what, what mindfulness is gonna do is, is gonna help you give that pause. So like when Ann's giving me feedback and I want to - uh, - like if I can just create the pause, it's kind of like, you know, when you write an email, almost always, if you hold and then come back, you almost always edit it.

**ANN** - Right. Mm-hmm So you don't necessarily wanna have an unedited you know, noise coming out. In our words, the pause gives us that chance to reflect in the edit. So, um, Using mindfulness, creating the pause, and then the body scans and stuff to these are all part of self-awareness.

**SUE** - Yes. Love it.

**ANN** - All right. Great.

**SUE** - Thanks. And give us feedback on how this is going this um, on YouTube. You're actually gonna be able to comment right directly on the video. So we wanna hear from you and we're paying attention and we look forward to continuing this conversation.

**ANN** - All right. Thanks for joining us. And we'll see you around the bend.