

## DISARMING HUMAN DEFENSES - SESSION 3, TRANSCRIPTS

[00:00:00] **Sue Marriott:** Hey everybody. Welcome back. This is the third episode of a series that Ann Kelley and myself, Sue Marriott, are doing called Disarming Human Defenses. Today we're gonna take one in particular, dismantle it, explore it, and hopefully help you recognize it in yourself and in other people and be able to navigate it a little bit more consciously.

[00:00:25] **Ann Kelley:** Yeah, recognizing it, as we've been speaking in this series, recognizing it sometimes is the hardest part. And we need our defenses. We're not trying to send the word out there, get rid of the defenses, just be open at all times. Right. We need them.

[00:00:39] **Sue Marriott:** The truth is we could say that, but it wouldn't work because they are driven unconsciously. we don't have to worry about someone hearing us and going, oh, okay. I'll just put that down.

[00:00:49] **Ann Kelley:** Right, that's a pretty safe bet. That's a good point. And we have those defenses, to protect our nervous systems and to protect our sense of self. And depending on our histories, [00:01:00] some things that feel like a threat to us really aren't and in fact, they're a block. So one example of that is depending on the history you were raised in, being close and being intimate with somebody, being open to somebody in an intimate way, proved to be pretty threatening, for you as a kid, as a child, and so your nervous system grew into that.

[00:01:24] **Sue Marriott:** Like we both want to be close and this is very typical. We want connection. We want to be close. And then when it comes, we get super scared and, and we do things that we sometimes are not aware of to block or to help regulate so it doesn't get too close, close, but not too close.

[00:01:40] **Ann Kelley:** The difficulty of that is like, when you said we're scared, a lot of times we actually don't feel the fear. We don't feel fear. Just our body responds and acts out so fast that we don't even experience "I'm not afraid of intimacy. I'm right here", but we can see some signs that intimacy really is threatening to you.

[00:01:57] **Sue Marriott:** So today we're going to take one of [00:02:00] those and you know, there's not even a good name for it. It's really more of a- it's a defensive move. And it's one I imagine most people are familiar with, either having an been done to you or doing it, and it's something that I've certainly done, but I had needed help realizing that I was even doing it.

[00:02:16] **Sue Marriott:** Basically, we're roughly calling it going one up, or sometimes it looks like overfunctioning. Sometimes it looks like kind of the one that knows and that's going to explain and tell you everything. So maybe we should start with some examples of what that sounds like so that we're clear on the front end of where we're going here.

[00:02:33] **Ann Kelley:** Great idea. Again, of coming back to why we might not recognize it is somebody makes a bid for connection to us. They're telling us this thing about, "oh my gosh, I went to this incredible place. It was so wonderful." And you want to tell them about it. And so you're wanting to have this shared experience. It's a bid for intimacy, right?

[00:02:51] **Sue Marriott:** So the countermove would be okay, she's coming at me. She wants to share something with me and I say, "oh yeah, I've been there."

[00:02:59] **Ann Kelley:** Yeah. [00:03:00] It's awesome. I've been there. I went there three times.

[00:03:01] **Sue Marriott:** And so the specifics you'll hear the move related to it's a little dismissive, and I know many of you are familiar with that, but we're being more specific. And the way that it's dismissive is that I'm saying that I already know I'm more competent in the subject than you are. I'm going to either give you a paragraph about it. I'm going to explain it. There's just a lot of explaining and, like it's one directional instead of me catching the ball of "oh, tell me about it". Even though I've already been, I'm going to let her spell it out and say more about it. That's a joining, right? Or, "yes, I love that too. What did you love about it?" would be another version of joining. The one-up defense is where that I have to keep my hands on the wheel and I have to control the conversation.

[00:03:44] **Sue Marriott:** And I have to be clear that I'm the one in the know. People will hear this related to- a lot of times people call it mansplaining, but it's not just men that do it- and you'll hear the power dynamic and we want to include the more overarching kind of patriarchal system that this is embedded in [00:04:00] and power-over system that this is embedded in.

[00:04:02] **Ann Kelley:** And again, when we say the patriarchal system, we're not saying is a man thing. Patriarchy is about power -over. It is not about some sort of gender division between men and women do this and women don't. Clearly not, but our whole culture is based on this idea right now, that if we're not overworking, there's not. So we lose the idea that intimacy and relationality is a safe thing, if I join you and I go, oh my gosh, tell me more. We don't really realize the idea of doing that the idea of doing that feels threatening.. if you think about it out there and you realize, somebody tries to tell you something, and instead of being able to catch them, you find yourself almost anxious to talk

or anxious to jump in and then tell them your expertise, it may be that if you've this fear of intimacy, it's this feeling of threat of getting close. And if you have a thread of getting close, we have these defense systems and there's lots of [00:05:00] different ones that fit in this category. But this is one specific one that I think a lot of us can struggle with and not recognize it. That defense comes up and we don't feel the threat. We're just excited to tell you about my time I went to Madrid. Like it's not that I feel scared of you, that you into Madrid, it's that I'm joining you because I'm telling you about my trip.

[00:05:20] **Sue Marriott:** And as a matter of fact, if I try to give you feedback about this- there's a couple of things to do about it, so let's get into that too. But if I try to give you feedback about it, my trip was a little different. I want to, if I try to steer it back in my direction, or if I say, Hey, I noticed that you're doing this thing, how do you think you'll receive that most.

[00:05:37] **Ann Kelley:** If I'm in my defense and I hear that now I'm going to hear that as critical, or I might also hear this. It's going to create a little bit of threat in my body, even more intensely. So now instead of going, oh, whoops. Unless I've had insight into it, if I've had some insight into it, I might go, oh my God, did I do that thing

[00:05:53] **Sue Marriott:** I'm

[00:05:54] **Ann Kelley:** that I'm doing it again?

[00:05:55] **Ann Kelley:** That would be the, the wonderful

[00:05:57] **Sue Marriott:** the ideal catch, right? Cause that's the catch. [00:06:00] But most, typically most automatically somebody is going to, if you get feedback about it and you're not aware of it, then you're going to explain what you

[00:06:07] **Ann Kelley:** Oh, yes. That's the very most common this

[00:06:10] **Sue Marriott:** And I'm going to correct you that you're wrong about the feedback that you're giving me.

[00:06:13] **Sue Marriott:** That is another, a second level of going one

[00:06:17] **Sue Marriott:** and once you get attuned to it, you're going to hear it. You're going to hear it in interviews. You're going to see it happen. You're going to see it in, in conversations. and you're probably, hopefully we'll catch yourself doing it some, so like part of the thing is, Recognizing it when it's happening, but then also, okay.

[00:06:33] **Sue Marriott:** Let's say an was, or let's say let's keep going. And I explained to you of no, I wasn't cutting you off. I was just telling you that when I went before it was like

[00:06:43] **Ann Kelley:** right.

[00:06:43] **Ann Kelley:** And more likely,

[00:06:44] **Ann Kelley:** and more likely you're going to probably have. little bit more oomph to it. Like I was just trying to join you God. Like you, you want me to hear you? And when I try to get excited with you, now you're saying it then the inclination to somebody else might then, [00:07:00] especially if they've been in this power over dynamic and they're used to being the one under, it would be.

[00:07:04] **Ann Kelley:** no, you're right. No, tell me so because then I'm going to feel, and what happens in these kinds of dynamics is that you feel the elevation and the other person feeling more and more threatened. And so we, then when we struggle with this defense a lot, we teach other people to seed, of step back and to, and we teach no, no, you're right.

[00:07:23] **Ann Kelley:** You're right. I'm being silly. I'm being silly. and so now I'm disregarding. What it was that I if I was trying to share with you my trip about Madrid, then I'm in my emotional excitement about it. And that's what I'm wanting to catch. I'm not wanting to know your knowledge about Madrid, right?

[00:07:40] **Ann Kelley:** I'm wanting. But if we're caught in this defense, it is the intellectual of knowing of expressing your expertise in it that makes you feel safe, makes you feel comfortable in your body. you don't realize it is that defense is blocking that ability to feel connected, which is really is what is a [00:08:00] little threatening to you.

[00:08:00] **Ann Kelley:** And you don't feel that threat. You just feel the excitement of being in the know.

[00:08:04] **Sue Marriott:** And yeah, it just feels

[00:08:05] **Detached audio:** like you're Right.

[00:08:06] **Sue Marriott:** and the cultural piece is really important here because this is how we're trained. But especially if you have been raised. in the mail script, like if you've been raised, socialized male, you're going to really, this will have really been reinforced.

[00:08:20] **Sue Marriott:** Again, we're emphasizing, it's not a Jew. It's not actually a gender dynamic. It's a power dynamic, but it is a power dynamic that shows up differently related to how we're

[00:08:29] **Detached audio:** socialized

[00:08:30] **Sue Marriott:** So I think that, how much time the women, people who have been raised in the script of women, Just so automatically protect the ego of the other person.

[00:08:41] **Sue Marriott:** like it is built into our DNA and I work on this really actively, even in how we interact in interviews and things like that, that we see ourselves doing it, our language where we ask a question when really, we mean to say something, like in other words, taking up our half of the space.

[00:08:58] **Sue Marriott:** It's an actual [00:09:00] real challenge, but that's what we would call going under or going one down. The seating is one down and then the knowing and declaring is the

[00:09:09] **Ann Kelley:** That's a good way to put it. Yeah. And I love how you're saying that. we could also get into that exact thing isn't as we were in no way saying that women are never in the know, and they're always seeding and men are always in the know and never seating, been plenty of relationships, both same sex, as well as where the w where the woman is used of taking the more powered position the man is used to seeding.

[00:09:31] **Ann Kelley:** And so we're, so what we're trying to do is talk about the intimacy of coming together. In a more connected way. And the only way to do that is to remove the power from the equation get into connection. So if power is what keeps you safe, if you think, oh, especially when you were saying, being raised of a man culture being raised in sort of the masculinity of, if you are in that identity, you should be in [00:10:00] the note you should know, to not know, is weak right.

[00:10:02] **Ann Kelley:** To. Yeah, to be, to feel, want to feel close as a little weak, you should be in the one you're going to take care and be in the know. So having to back off of feeling that part of being in the unknown, we sit in an unknown state, really can threaten that sense of who you are and who you think you're supposed to be in that identity. that make sense to you?

[00:10:26] **Sue Marriott:** Yeah.

[00:10:26] **Sue Marriott:** totally. Absolutely. And you were saying that we really don't want to say that it is just a gender dynamic, but we also don't want to shy away from saying that there's also a gender And, that, that is actually also true. And to me, I think of this idea of white fragility or, if you're talking with somebody and you say something about white fragility and you get the big, oh my gosh, or, privilege white privilege and you get the big response.

[00:10:52] **Sue Marriott:** That's just another example of the threat is actually there, but there's a disownment of that vulnerability of, the idea of fragility.[00:11:00]

[00:11:00] **Detached audio:** know what

[00:11:00] **Detached audio:** I

[00:11:00] **Sue Marriott:** so when we try to give feedback, like sometimes we're working with someone or let's just say in the world, and if I bring up the term patriarchy, like just that word alone might be enough to evoke the one upper, the defensiveness, and, get them to begin to explain to me how I'm wrong about naming this power dynamic and explaining to me what it really means.

[00:11:22] **Sue Marriott:** that's just an example again, I just want to keep the cultural part in it. but then. the examples are more,

[00:11:27] **Ann Kelley:** Yes. we don't want to shy away from that. There is absolutely a cultural dynamic. I agree with you. He and I can.

[00:11:33] **Sue Marriott:** And so what about that? When somebody gets their backup, because you're trying to name it, and if you were to try to use the term fragile white fragility or patriarchy, and the person, bristles, bucks up, chat, chest up, what next? what

[00:11:48] **Ann Kelley:** for me, I think it's really important to explore what is it about that, that, like what happened in the body right then, like I notice when I use that word and to bring people into their body, which is hard for all of us is hard for me to [00:12:00] do when I can relate to this when I'm being schooled by my.

[00:12:03] **Ann Kelley:** About my privilege or my like, I, especially if I feel like, like I've worked really hard and I, in something that has come to me through a lot of hard, hard, struggles, which I feel like they can't necessarily identify with because of the different generations and what we provided for them versus what we went through.

[00:12:22] **Ann Kelley:** And if I get schooled on my privilege, I can feel the interesting thing is they're actually right, is a way that I'm holding this sense of myself as, as having suffered. And when somebody says something to me about a privilege, I feel unseen and then it, it hits feelings.

[00:12:41] **Ann Kelley:** what's the word I'm looking for? It's

[00:12:42] **Sue Marriott:** shame,

[00:12:43] **Ann Kelley:** that's true. Yeah.

[00:12:44] **Sue Marriott:** we know that there's truth in it. And then we don't want to feel that shame. And we also don't want to feel the power dynamic of being told, pointing out. our children pointing something out. We don't want to seed our parental role. I think which again is a power move.

[00:12:59] **Sue Marriott:** We're not [00:13:00] saying that, you should be pushed around by your kids or something like that. but it's a great example of where that we can identify, how hard it to receive feedback really from anybody truthfully, but especially. if somebody is saying if somebody saying, I'm sorry, you interrupted me, let me continue.

[00:13:14] **Sue Marriott:** What, what is your first reaction typically? It's wait, I didn't. And so I think that the move would be, if you ever get feedback about that is it's not that you swallow it all and believe it, but that you somebody is being kind enough to, tap you to give you a, a little warning signal.

[00:13:33] **Sue Marriott:** And again, it's to cultivate a thank you. okay. Thank you. Let me think about

[00:13:37] **Ann Kelley:** Right.

[00:13:38] **Sue Marriott:** And that's a mud that's even a catch instead of the, w what we're trying to help you do is not move into an all-knowing place. Not explain, not give the paragraph, that like it's like moving to the catcher's position.

[00:13:50] **Sue Marriott:** Tell me more, move into the catcher's

[00:13:53] **Ann Kelley:** And it's so funny as you were saying,

[00:13:54] **Sue Marriott:** Be the receiver.

[00:13:55] **Ann Kelley:** as you were saying that I was trying to think of what makes it hard for me to do that, right?

[00:14:00] sounds good. Sounds easy. so I was thinking about it. It's really easy for me to put myself in my role with my kids and feel it because, I can feel like a, it does feel shameful and then it's oh wait, of a sudden my identities in question, the parts of me that's worked really hard now gets washed away.

[00:14:18] **Ann Kelley:** By the idea of privilege. So now my kids aren't seeing me for my work. They're only seeing me in this moment through this privilege, which actually isn't true, right? if you stopped to think of it, the threat in that is, and it, and this is, bit of a power over dynamic. This is hierarchy.

[00:14:35] **Ann Kelley:** I'm supposed to be the example to my children and all of a sudden they're schooling me. So it is a position where I can feel like, wait, you don't get to school me. So I, my, my defense is already kicked it more, right? Like I'm ready to stand. But the interesting thing is when you were saying like how to come back, you were doing it.

[00:14:53] **Ann Kelley:** So kind Hey, you've interrupted me. And I think about my kids doing that in typically isn't how they're approaching it. [00:15:00] They are of approaching it as So it's it's another flip in the power over, I'm going to catch you doing wrong. And now they've assumed a position of power over and now we're in a power struggle and we don't even realize it

[00:15:11] **Sue Marriott:** It's. Yeah, it's so true. and I loved my conversation with Loretta Ross who helped us understand that part of why somebody does that is their own shame. It's lot easier to point out how everybody else is getting raced wrong and getting all these things wrong than it is to really be honest and look in the mirror at some of our own. So I really liked that you said that and around oh, this gets so tricky. for sure. And when somebody, the other thing is it's very dynamic. So if somebody tends to seed, because this is a, this is also a point that it's not about the because when the situation changes, the positions change.

[00:15:46] **Sue Marriott:** So for example, if you're the boss talking about power, if you're the boss, if you're the person in the room with the most. Whether it's explicit or implicit. So let's say you're the boss. You're going to be leading the conversations more. You'll interrupt more [00:16:00] often. You'll direct it. You will end.

[00:16:02] **Sue Marriott:** Then people will tend to support your ideas and support your positions. But that same boss goes into a another situation where maybe they're in a room with their bosses or the hierarchy changes. Then they're in the position of being interrupted, allowing the interruptions to sit non-verbally and verbally supporting the person that has more power talking.

[00:16:25] **Sue Marriott:** so this what we're really describing, isn't a person. It is how people respond to power. Another quick example of that is if you think about who control. This isn't true anymore, really, but I used to think of it in terms of who controls the remote control at home. You know what I mean, as that's the person with the power I guarantee you.

[00:16:43] **Ann Kelley:** That's funny

[00:16:43] **Sue Marriott:** And, and so a way to explore that as like a, can I control the remote control and how does that feel to, for you to hold the remote control and how does it feel for the other person for you to hold the remote and for you to actually be navigating the channels and the volume and all of those things.

[00:16:57] **Ann Kelley:** No

[00:16:58] **Ann Kelley:** That's a great example. I love it. mean, [00:17:00] because

[00:17:00] **Sue Marriott:** Yeah. and an example of that, it's not the that it really is the

[00:17:03] **Ann Kelley:** in the dynamic moves, You can say, with all my friends, I never have this issue. I only have that with you. And then you have to stop and go. Okay. But what is it about that dynamic? it could be also, it could be that somebody is so used to seeing.

[00:17:16] **Ann Kelley:** And maybe that isn't an issue, but you get so used to it that we fall into this dynamic of that. And we'll talk more about later. We'll talk about the defensive seating, but right now we're talking about the offense of power over.

[00:17:27] **Sue Marriott:** And they do go together though, because if you're with someone that naturally seeds, it pushes your position up a little bit and you end up moving into that position. that is actually it is dynamic because then as somebody takes their space and their words and their power a little bit more, it does even it out, it naturally evens it out.

[00:17:45] **Sue Marriott:** I'm not blaming the Cedar, but I am just saying, I do think these are

[00:17:48] **Detached audio:** intricately

[00:17:50] **Detached audio:** I think

[00:17:50] **Ann Kelley:** you're right. Yeah.

[00:17:52] **Sue Marriott:** And I've gotten help with it. Certainly when people that I was doing that too, that I didn't realize I was doing that too. I'm thinking of a specific co-therapy example [00:18:00] that I just was always the expert. I couldn't not be the expert.

[00:18:04] **Sue Marriott:** And to me it was all some, and the only way that finally I was able to see it is that I realized the other person had all the vulnerability and. I just thought, I can't help, but be

[00:18:15] **Detached audio:** competent

[00:18:15] **Sue Marriott:** But what I was missing was the vulnerability that I didn't, there was any part of me that kind of wasn't sure or didn't know was cut off.

[00:18:23] **Sue Marriott:** And I just was the expert. And when I really oh, it was really hard to see.

[00:18:28] **Ann Kelley:** No, that's a great

[00:18:29] **Sue Marriott:** the. And just one other quick thing is that this is all degree, right? So there's always going to be a power difference. We're saying that's healthy, that's normal. Somebody is going to be controlling the remote control, but when you find yourself, either in the position of someone always talking over, you always taking that dominant position, or if you're in that, where you're always explaining, you're the one in the know that is a defense to intimacy.

[00:18:54] **Sue Marriott:** That's the one that we're really focusing on.

[00:18:56] **Ann Kelley:** I was just thinking about like more subtle examples of that, because we [00:19:00] started off with just general conversations. And I was thinking a more subtle example is that if you're talking with somebody who may have that intimacy issue and not recognize it and have that defense strategy not recognize it, You might feel yourself hungry for the catch.

[00:19:16] **Ann Kelley:** And so what may happen is you're trying to tell them something and the first thing out of their mouth, oh, like I can't believe I'm trying to think of an example. I can't believe, I was so frustrated when blah, blah, blah, blah, blah, blah, blah happened. over and under.

[00:19:30] **Ann Kelley:** well yeah, you should have known that, in other words, the answer back is to it's on one level is trying to help you. Yeah. If you would have known this, that wouldn't have happened. so let me tell you, no, yay. What you needed to do, you should've done. Wait, next time you need to do And so if we hold it more subtly, like I want to be in the body of that person. Because it's easy to say don't. It's harder recognize that you do it and slow it down. if it's happening to you, That. [00:20:00] When somebody is talking to you and they feel like some frustration or some upsetness, right?

[00:20:05] **Ann Kelley:** It is a bid for intimacy. And if your expectation in your body throughout your life is to fix the problem or to be the expert and people turn to you and they count on you, you might have a slight bit of anxiety, just even being in that person. if you're not used to my emotions and you don't motions, weren't safe, you're not liking that I'm upset.

[00:20:26] **Ann Kelley:** that is going to hit your body in this threatening level. Then that makes you want to give me the advice. That's the one that makes you want to get on top and say, let me tell you what you need to do next time. that's and then if you come back, it's no, you're not listening to me.

[00:20:40] **Ann Kelley:** you're asking me my advice. And I'm like, no, I wasn't actually, I was telling you how frustrating this was. And

[00:20:47] **Sue Marriott:** I've already told you what to do about So I don't know why we're still talking about it.

[00:20:50] **Ann Kelley:** so recognizing that defensive, you're the one out there that goes, oh my God. When somebody is telling me something and it's so obvious, they're not seeing it, how am I supposed [00:21:00] to sit on that? it's this, it's so obvious. And you're telling me just to sit here and be mute. So yeah. I'm telling you to catch it.

[00:21:07] **Ann Kelley:** I'm telling ya.

[00:21:08] **Sue Marriott:** Yeah, absolutely. the other thing that comes to my mind is about, we did on another series, we talked about specifically about narcissism, about difficult personalities in general, but there was a lot of people interested in the one on narcissism. And there's an element of this, that in our culture, we do breed.

[00:21:26] **Sue Marriott:** We say that we don't like it, but the truth is when somebody is very narcissist. People flock around them. And this is something that is a cultural, there's a cultural pressure towards it. And, we're, we can't help, but be like it's in our DNA a little bit. but right now I think that it has gotten so.

[00:21:47] **Sue Marriott:** Polarized and so toxic, this power over. And as a matter of fact, if you think about the defense of, shaming, someone, mocking them, things like that, that if you're not with me, then you're [00:22:00] a sissy or you're a snowflake or you're an idiot or whatever it is, that's, again, like it's really hard when you're in the, that one down position.

[00:22:08] **Sue Marriott:** If somebody is really aggressively, you either know. And you're up here or you don't know, and you're stupid.

[00:22:15] **Ann Kelley:** Yeah

[00:22:16] **Sue Marriott:** that's a hard thing to navigate. And as a matter of fact, if you're in a Polaroid, anything that's polarized like that, like you're either right or you're wrong, or you're the best looking or you are nothing.

[00:22:25] **Sue Marriott:** Then you can rest assured that you're not in the top part of your brain, that there's some defense, there's some threat happening and you're, oversimplifying probably a complex situation.

[00:22:36] **Ann Kelley:** Yeah, no, that's a really good point. Yeah. You're oversimplifying it and you've probably cut off access to other

[00:22:42] **Sue Marriott:** Black

[00:22:43] **Ann Kelley:** yeah. You cut off access to those other parts because when we feel threatened and the thing that's really hard about this is that anytime of get into the power over position, it can't be a safe connection.

[00:22:55] **Ann Kelley:** So it actually then communicates to your body. You need to be more. because [00:23:00] you won't really feel connected to that person. Like even if they see you don't feel actually you're not really connecting. So the truth is your body is going to know you're more alone and it, so it's a self perpetuating kind of experience because our body actually knows to be in connection is the safest, most healthy way to be.

[00:23:18] **Ann Kelley:** So the more we tend to always have to.

[00:23:20] **Sue Marriott:** but yet there's another. It is. And yet there's the threat of oh my God. Very close to me, help,

[00:23:26] **Ann Kelley:** yeah no

[00:23:27] **Sue Marriott:** or I can see their desire to get closer.

[00:23:30] **Ann Kelley:** Oh, isn't that true? And that true. It's try to get close, Yeah.

[00:23:34] **Sue Marriott:** And I liked you going to the subtle example

[00:23:37] **Detached audio:** earlier

[00:23:38] **Sue Marriott:** so I'm wondering if we can also just tease apart a little bit, like that moment when Liz, so you're in the know I'm thinking of. Experiences that I've had where that, and trying to get the person to join, like even a very small gesture of, of joining and how, what it feels like the person is giving up the person who's knowing the resistance [00:24:00] is, what is it like?

[00:24:01] **Sue Marriott:** Even if, as you're listening, it's W what is actually that resistance. Do you know what I mean? And about the subtle, like when you're encouraging somebody to, oh, just do a joining statement, it sounds so easy. like what do you think is that block, moving into the receptive position or the shared position, there's some, we've gotta be able to get over the speed bump of whatever that initial break is.

[00:24:21] **Sue Marriott:** So can you help me, what are the words of that initial. The stop, that I'm pushing my hand out into the air, like the hold or the stop or the break. What do you think.

[00:24:33] **Ann Kelley:** I think that there's a couple of different layers to that isn't there, but I think one of the things, it is really interesting when you, when somebody that struggles with this kind of over the in the fear of the intimacy that manifests in this defense, they struggle with. like would, you said it's really amazing kind of, even if say this joining statement, you will see them divert their eyes. whole body feels threatening. If I say, oh, know like one of the suggestions I would make to somebody like that is just, know think, oh my God, [00:25:00] tell me more or think about is how hard is it for you to say that's such a good one.

[00:25:05] **Ann Kelley:** All right. Somebody is talking and they're telling you something. And the joining statement B oh my gosh. That is such a good point. And with somebody, with his defense, they literally really have a hard time. Even having those words come out of their mouth and

[00:25:18] **Sue Marriott:** Yeah. They actually, if you, they might even feel then, but I'm not that interested in your perspective,

[00:25:24] **Sue Marriott:** Like when you said, oh, I'm so into, I don't remember what you just said, but it was. That they wanted something from the other

[00:25:29] **Ann Kelley:** Exactly.

[00:25:30] **Sue Marriott:** I think by slowing this down, then you can actually feel, they actually aren't looking for anything from the person they're looking to be heard and known.

[00:25:38] **Ann Kelley:** I think that's a really great way to put it. And so there is lies. The threat is I'm in the known I'm safe, but if I'm in the unknown, whether it's my unknown of my knowledge rate, like if, if I'm exposed, also if I have to move out of my position of power, feel a little flailing like that.

[00:25:56] **Ann Kelley:** So it's a real fear base.

[00:25:59] **Sue Marriott:** Which is

[00:25:59] **Ann Kelley:** [00:26:00] Is so intolerable and even to slow people down sometimes in couples therapy and say, know can you express them? That's a good point. And you could see really the anxiety coming up in the chest. Somebody that is saying, I don't actually feel much anxiety. Yeah. Let's do some joining statements and see how that feels.

[00:26:15] **Ann Kelley:** You will literally see them almost crawl out of their skin. They might for them. Okay. That's a good point. But to be able to say it and feel it a real challenge and your question's a good ones, like what is going on. And that's what we want to do, what we want to talk about. What is going on really something to feel deeply compassionate about in yourself, if it's you or in your partner.

[00:26:36] **Ann Kelley:** Sibling or friend if it's them. that is, truly is an experience of almost a young panicked threat. That's been disowned, right?

[00:26:47] **Sue Marriott:** I'm glad you're going in that direction. Cause I was also thinking about if you're cringing because this is you or what have you, cause I can, again, I can

[00:26:53] **Detached audio:** totally make

[00:26:54] **Sue Marriott:** crunch with you about my version of it.

[00:26:57] **Ann Kelley:** Yeah.

[00:26:58] **Sue Marriott:** That it is [00:27:00] like, this was a strategy developed for a

[00:27:02] **Detached audio:** reason

[00:27:03] **Sue Marriott:** And what's so great about it.

[00:27:05] **Sue Marriott:** if you stay in that position where you're the one that knows, and you're explaining the other thing, that's very controlling, like you're in control of the, you've got your hands on the. And the pro and it feels good usually when you're in it. But if we can pry your hands off the wheel and help you share the wheel and help it go back and forth, the reason we're doing that, isn't to make you be nice to, it's not a social move.

[00:27:27] **Sue Marriott:** It's actually to give you something, the person doesn't know what they're missing when they're the ones in charge. They're never. that experience of ah, being able to sit back and let somebody else drive, being able to not have everything planned out. And yet it works out just fine. Maybe not the way you do it, but it works out just fine.

[00:27:45] **Sue Marriott:** So it's very important that like the deconstruction of this is to give you something and it's not to make you behave or be a good boy or be a good girl or be a good whatever. it is much more, you're you don't know it, but you're actually really missing out of something that. [00:28:00] That is way more valuable than feeling certain.

[00:28:02] **Ann Kelley:** And in fact, it's so much more value because feeling certain it's not even more valuable feeling, certain completely robs you of it there's, you can't be in a relationship and be in power. You just can't, you can be the one in power

[00:28:16] **Sue Marriott:** And it can't always be in

[00:28:17] **Ann Kelley:** and you can't always be in power.

[00:28:18] **Sue Marriott:** If it seesaws you're in good

[00:28:19] **Ann Kelley:** But if you can, if you're empower, you're not like that feels good.

[00:28:23] **Ann Kelley:** I'm not saying walk around. I never feel empowered in being a powerful position, but if.

[00:28:29] **Sue Marriott:** Yeah, we're pro

[00:28:29] **Detached audio:** empowerment

[00:28:30] **Ann Kelley:** If you, yeah. Pro empowerment, but if you live there and you feel it a threat, like if you're one of those ones out there, or if you are in close relationship with somebody that you can't even imagine them saying, my God, that is such a good point.

[00:28:44] **Ann Kelley:** really seeding like that and really feeling it right. it's something to take a look at about. There's a young part of you. Uh wonderful young part of you that had to learn to stay a guarded place. And yes, the guarded place, when [00:29:00] you feel vulnerable and you have some kind of weapon to keep everybody out from the interior, that's smart, right?

[00:29:06] **Ann Kelley:** Like when you were young, it was smart. it wasn't safe, but now if you're standing there the block at the interior, what's really happening is that you're not getting close and you may not even know it and you are in, so what will happen is you won't get fulfilled and intimacy. If you find yourself like.

[00:29:23] **Ann Kelley:** Like you were saying earlier, if I say, oh, let me tell you about Madrid. And you're like, God, I'm not interested in Madrid. What you're missing out is not just about information about Madrid. What you're missing out on is sharing in my excitement. when you share in that, you definitely have a crossover even neurologically, right?

[00:29:40] **Ann Kelley:** In our wires of this thing that shoots a shared experience that makes you feel more alive in the world. And the important point of that is that sending our body a signal that we're safe, if we always have to be empowered, that means we're always building our defense. Our body doesn't ever think it's safe.

[00:29:55] **Ann Kelley:** It stays internally in this auto-drive self-protect self-protect [00:30:00] self-protect even if we don't know it and especially, we don't know it. Cause we walk around feeling so smart in the world.

[00:30:07] **Sue Marriott:** I know. And one of the things too to say is here is that when you're the one that is driving, it probably also feels if you give that wheel up, you're never giving it, back. But that. Like when this goes, what happens is that we'll flows back and forth quite fluidly. So you're absolutely going to get it back, but then you're also going to get the benefit of the other person having their hands on the wheel, being more invested.

[00:30:30] **Sue Marriott:** I had an exercise come to my mind when you were talking about trying to find, because again, sometimes this is so embedded, we're just don't even know is if you can imagine you listener wherever you are. if you can imagine, let's say you're laying on the couch. And there is someone friend, sister, brother doesn't matter.

[00:30:49] **Sue Marriott:** but maybe partner and that you could put your head in their lap and look up at them and into their eyes. And they're looking down at you and your eyes. that is a submitted [00:31:00] place, right? That is a, I'm putting myself in your lap, literally. even just imagining that what happens in your body, is that, does that feel, that would feel good and comfortable?

[00:31:09] **Sue Marriott:** or are you like bouncing off the couch and get the heck away from me and that is going to help, okay. Oh, there's something there and that's the kind of stuff that we're wanting to help you identify and

[00:31:20] **Ann Kelley:** Oh, I love that example. Yeah. Yeah. And go ahead.

[00:31:24] **Sue Marriott:** I was just going to say, and maybe we need to turn to a little bit more about what to do about it. okay. So now people are like, oh, I'm bored. I can feel my cringe at getting close. What

[00:31:33] **Detached audio:** next

[00:31:34] **Ann Kelley:** feeling the cringe of getting closer. One of the things I wanted to add right before we get there. Cause when you were saying what was going internally, sometimes when you ask somebody and they can't that's a good point, or I need help and you go, what's going on. One of the first things that can come is It feels like I lose my power.

[00:31:51] **Ann Kelley:** Okay. So what happens if you lose that? It feels like you're giving something up. And I was like, what are you giving up? what they're saying what comes to them. [00:32:00] this about what to do is the instinctual feeling is I'm going to be taken advantage. And won't make intellectual sense to them, even at the moment they're saying it, oftentimes they like, no, I don't think they're really going to, but the feeling if I open up my vulnerability and them not in control, then somebody will take the control.

[00:32:22] **Ann Kelley:** it's so important to realize that one of the reasons you're there is that you don't have trust that if you give this the steering wheel up this, somebody, like you said, gonna give it back, but it's also like going to take advantage of. They're going to, it's not safe. if you really feel like being open in a relational way of connection, isn't safe.

[00:32:41] **Ann Kelley:** One of the first things to do is to recognize that this is not about your partners, not about your friend. It's about yeah. People take advantages of all the time. I'm not Pollyanna. I am Pollyanna, but am not being Polly. I'm a Pollyanna. That's true. I'll let me just self acknowledge that, but people do take advantage, but that isn't.



[00:32:58] **Ann Kelley:** It isn't your [00:33:00] adult experience of being taken advantage of that is grounding this at least mostly, that doesn't mean we can't have it. These are body felt experiences when you were open for that connection. Cause we are, as kids, we need it desperately. It's very important and not getting it was so painful.

[00:33:18] **Ann Kelley:** So it's not really that somebody is going to take. Advantage, although it might, depending on your history is that you're feeling the pain of having this desire for intimacy and not getting it. sucks. So I just assume pull away from that and not let myself feel that at all. I just can move in

[00:33:36] **Ann Kelley:** my

[00:33:37] **Sue Marriott:** And you can hear. Yeah. And you can hear, and the projection of what w what will happen. That, that is, just, it's just a fearful fantasy. It's

[00:33:44] **Detached audio:** not truth

[00:33:46] **Sue Marriott:** Like when you can, if you can catch that little moment that you're talking about in yourself, it might be that, or it might be something in that neighborhood.

[00:33:53] **Sue Marriott:** But if you think about it, like that's the position you're in that like you're projecting out, like you [00:34:00] are controlling something. And so to give it. That I guess I'm just saying the fantasy of what's going to happen if you give it up is probably in there as far as what you're doing and why you're

[00:34:08] **Detached audio:** holding

[00:34:09] **Ann Kelley:** That's a good boy.

[00:34:09] **Sue Marriott:** so it's another reveal a little bit, and even our member three RS, recognize, reevaluate, reflect rewire. So the recognize are we get the cringe. That's a good thing. The crunch is actually really good or the light bulb, or however you want to say it. and then the next thing is to begin.

[00:34:27] **Sue Marriott:** Cause that gets you really far, actually, because now you can consciously begin to, one begin to have compassion for yourself, recognizing it's not always the other person.

[00:34:36] **Ann Kelley:** quit telling

[00:34:36] **Ann Kelley:** yourself

[00:34:37] **Sue Marriott:** idea of choice.

[00:34:38] **Ann Kelley:** Oh, I let him quit telling yourself that this is, like when you're able, like I can't help this. This is just who I am like, like the idea of being able to go you cringe and you go, oh, I am doing that. And you're going to hold the cringe. quit just saying, this is who I am.

[00:34:53] **Ann Kelley:** I'm like, and that's actually wonderful. It's not really that. You're not that interested. People will say I just get bored in conversations. people [00:35:00] with as if they're not in the expert role, They often feel.

[00:35:03] **Sue Marriott:** It's not that

[00:35:04] **Ann Kelley:** So if that's you, if that's you and you're out there, like if I'm not in the expert, I'm bored is because you're not getting the emotional back and forth that's required.

[00:35:12] **Ann Kelley:** That actually fills you up, right? Like that you get the buildup,

[00:35:18] **Sue Marriott:** And we're trying to sell that. This is for you, and it is if you can get into that receiving position and actually take the relationship. That power with, we're tight. talking about power over and power with, so the wheel going back and forth as a power with, and that's where you're going to be, that you can do for the rest of your life.

[00:35:36] **Sue Marriott:** It's maintainable, it's fulfilling for both of you. It really works. You don't have to hang onto the wheel because it's just going to flow back and forth. And, but the power over, I lost my train track of where I was going

[00:35:49] **Ann Kelley:** But I think what you going say that started off by saying that we're making it, that it is about you, but it's also about the other person is I think is where you were leading, like that power over [00:36:00] position isn't fulfilling for you or your relationships.

[00:36:04] **Sue Marriott:** Oh, actually where I was going. Yeah, it was the on one hand, if we can convert, if we can sell hard enough, the idea that you're losing something and you get interested and you're able to get into that catcher's position and start finding out all these things you're missing by staying in control, then.

[00:36:19] **Sue Marriott:** Great. It's going to work. That's what I was saying, this maintainable, but there's going to be some people that you're in relationship with that aren't ever going to buy into this because it's too scary to get out of that power over position. Now we're talking about narcissism. Now we're talking about something that, that isn't just, I'm a little afraid.

[00:36:35] **Sue Marriott:** It's like a position in the world that I'm doing. Protect until the day I die. I think about gun rights. I think about stuff like that. There is a huge group of people that are very invested in this position. It's not, I don't think we could do anything to sell the, what it is that where that they would want to buy what we're saying. That there's too much of a loss because of the, they have so much power with their AR 47 or [00:37:00] whatever, frankly,

but they have so much power that to give it up, to give up my gun. let's think of this metaphorically people aren't after everybody's gun. People are trying to, create, safe and sane game gun laws and stepping into a whole other thing.

[00:37:14] **Sue Marriott:** But it's still, it's related to the culture that part of this gripping on to anything, every single everybody, 18 year olds can get it. We don't have to go through things it has to do with this power over position. And so there are some people that it doesn't matter. There's nothing in the world. I guess I'm saying we can't sell this hard enough.

[00:37:31] **Sue Marriott:** They're never going to want to buy because there's too big of a. From the power that they're in to where they're going and they just, we wouldn't be able to convince them that is going to gain, be a gain. And that's very sad for those people, because then they're never going to get this thing that

[00:37:46] **Detached audio:** we're talking

[00:37:46] **Sue Marriott:** this shared power about this mutuality, about something that's actually quite more powerful than that one, one weapon, whether it be literal or.

[00:37:57] **Sue Marriott:** Verbally controlling the [00:38:00] conversation, things

[00:38:00] **Ann Kelley:** yeah, I agree. So there's some people

[00:38:03] **Sue Marriott:** So, you're probably going suit on, don't have us

[00:38:05] **Detached audio:** talk about gun

[00:38:05] **Detached audio:** rights

[00:38:06] **Sue Marriott:** now, except, we're in Texas, recording from Texas. just not very far from you've all

[00:38:12] **Sue Marriott:** And so this is, this permeates us, permeates our clients, permeates couples out there and relationships about.

[00:38:21] **Ann Kelley:** it does. And I don't mean, again, we're taking Vista jump on this, but I used to work with, very, Historically violent And one of the things they would talk about is the imperviousness the feeling of strength they had, that they went from a feeling of complete vulnerability to can conquer anything.

[00:38:40] **Ann Kelley:** If I have this gun, nobody can touch me. So it like defense because it's the self protection of nobody can touch me, but it was really about their internalized fear right. Of where they are. And we have, we could have a whole nother dialogue about, culture and, like we, we should of slow down on that, [00:39:00]

[00:39:00] **Sue Marriott:** Okay. I don't know. I like the conversation. I think it's completely relevant. And I was also thinking in terms of, that it's a fantasy that we're safer, in any of these positions, it's a fantasy, this notion of safety.

[00:39:12] **Ann Kelley:** Cause somebody can always have a bigger one.

[00:39:15] **Sue Marriott:** As somebody who's going to have a bigger gun, Or you're going to have your back to them or whatever it's. So I like that you bringing it to the mental, to the internal state of, no, this makes me feel safer, but I'm not actually any safer. As a matter of fact, if we're introducing firearms, my safety is probably dropped, because the guy that was mad at me, he sees me, sees the gun that he's going to pull his gun.

[00:39:34] **Sue Marriott:** Whereas before we, like it just ups the ante and it ups the.

[00:39:38] **Ann Kelley:** Yeah.

[00:39:39] **Sue Marriott:** So mainly what though I'm going back to this notion of the feeling of safety and the feeling of power is just that. And as a matter of fact, the more hierarchical system that it is, the more danger, somebody then fighting for your position, who, the ones below you are scrambling to knock you off so that they can stand there.

[00:39:56] **Sue Marriott:** whereas the thing we're selling, which is mutuality, [00:40:00] respect, relationship power with. That is a maintainable place. You're not going to be, you don't have to worry about getting pushed

[00:40:06] **Sue Marriott:** like there's enough space for everybody. And, so I wish we could sell it. It would be cool could

[00:40:12] **Sue Marriott:** sell it where somebody wanted to buy

[00:40:13] **Ann Kelley:** if you bring it back to again, let's go back to the three RS. we talked about the cringe factor, the recognizing, and then the reflection, like what is the threat? So if we bring it back to the, what is the threat in that moment? If I joined,

[00:40:28] **Sue Marriott:** where did I and where did I learn

[00:40:31] **Sue Marriott:** what is my history about power and how are my parents? How did they handle power? And all of those things, that's part of the

[00:40:36] **Ann Kelley:** As part of reflection. Yeah. also okay, what is the threat in my own body when I try to join, can I see all of the signs that I turn it to a power over position and really recognize that. And if I'm able to do that, or if you're able to recognize it, maybe you're in a relationship that somebody has.

[00:40:55] **Ann Kelley:** All the time and that you're seeding. We'll talk again about that, but how difficult that

[00:41:00] is. So now we're also talking about, you said, what do we do to rewire it? Have we reflected? We look at

the childhood things, what are we fighting for? Why is it, do we need to have the power over? Because if we join, feel safe.

[00:41:11] **Ann Kelley:** we're telling you that joining is where safety lies and,

[00:41:15] **Sue Marriott:** Joining the

[00:41:15] **Ann Kelley:** Yeah, I was bad

[00:41:16] **Ann Kelley:** but

[00:41:16] **Sue Marriott:** other people who

[00:41:17] **Ann Kelley:** that's, when I said we could go into whole thing about society and culture, right? Because I can't say depending on where you are in the world, not having a weapon, doesn't make you safer. I don't want we don't want of globalize this, but it's like when you're with safe people, when you were there in a relationship with somebody who wants to be heard and wants to connect with you.

[00:41:36] **Ann Kelley:** The safest thing you can do is to actually have that experience of connection and to give the connection. And if it's something that feels your young body still feels that threatened, such a great thing to take on. one of the ways to do it, you can't change it all just through insight.

[00:41:50] **Ann Kelley:** I just like to like, literally sometimes by just doing, and you do these things that you say, okay, this is really hard for me, but it's better for me. So I'm just going to do [00:42:00] it. And I work with people.

[00:42:02] **Ann Kelley:** Oh

[00:42:02] **Sue Marriott:** little

[00:42:03] **Ann Kelley:** just having them in session, say, I need help, that's a good point, I got you.

[00:42:10] **Ann Kelley:** Or could you tell me more about that or say, okay, when you go home, I want you to do it three or four times at the dinner table tonight. You'll see the eyes go big. oh my God. but

[00:42:18] **Sue Marriott:** Yeah. People will

[00:42:19] **Ann Kelley:** but giving those statements. And I see people get immediately, they come back, they're closer to their kids or closer to their spouse.

[00:42:27] **Ann Kelley:** It's it has an immediate effect. So there is a fake it till you make it element to it. In other words, learn what it's like to join and help yourself recognize actually you aren't taken advantage of. So go in there, like I'm going to be taken advantage try me say it, say what happens. And inevitably, when somebody does it, they feel the immediate.

[00:42:46] **Ann Kelley:** Reception from the other person almost always tell me more. And then all of a sudden your body goes, oh, This does feel a little safer. This isn't what happened to me as a kid. so sometimes we just have to skill build, and a big proponent for if you really [00:43:00] struggle with this for improv classes.

[00:43:01] **Ann Kelley:** And we can talk more about that, but improv classes about join first, then you add your thing later. So you don't just, oh, you're going to toss it to me. And I'm going to go off. It's you really struggle with just really catching people, improv class makes your body go through these actions.

[00:43:17] **Ann Kelley:** as you do. Not only does your body learn to do it. Your body starts to feel how good it feels and they start blending together.

[00:43:26] **Sue Marriott:** And I love that you brought up in profit. I think it's a great therapeutic tool. and I'm also just aware that you are really good at again, selling this, that it's going to go well, It's I'm on board with everything that you're saying, but I'll be the, I'll be the other voice of, and if people don't treat you well, as you open up, as you do.

[00:43:47] **Sue Marriott:** Risks like dude, little test balloons, make sure it's safe and I'll be the more paranoid one.

[00:43:52] **Detached audio:** You can be The more

[00:43:53] **Sue Marriott:** one, that you give them a chance basically. Cause you're still your heart's still gonna beat fast. You're gonna say a little more. [00:44:00] Maybe or you'll do a joining statement, see how it goes and then have them earn your trust to open up more and more.

[00:44:07] **Sue Marriott:** And because we are assuming safe, we're assuming good enough. You're in relationships that are good enough, not perfect. They're going to make mistakes. They're going to drop it. That's what that's part of why we don't want to do it is cause it hurts to like hope for something in that. But, but then that puts you in a more relational place.

[00:44:21] **Sue Marriott:** It's oh, I feel a little disappointed. That's great. when we know everything and whatever, we might not feel disappointed, but we're missing a whole bunch of other things. and we're pushing people away. And so people just. a lot of times people in this position think that their spouse and their children are happy, and are shocked.

[00:44:34] **Sue Marriott:** They're baffled when, like I give you everything, what's the problem. And so we're trying to help you guys save a ton in couples

[00:44:43] **Sue Marriott:** and a lot of pain that sort of, you know, and I liked last a couple of times ago, you said, check in with people close to. So you might check in with someone near you around, like, how good are you at sharing power or how, do you tend to overtalk?

[00:44:58] **Sue Marriott:** Do you tend to interrupt or [00:45:00] how much, I guess here would be a question and you and I could play with this too, but out of a, if you think of a dyad, like who's the one could, y'all both agree on what percentage that people manage. Cause it will be different. It probably won't be 50, but who, who's the one that controls the

[00:45:15] **Detached audio:** the.

[00:45:16] **Sue Marriott:** The remote control the Mo oh yeah, you 60% to 40% to me, maybe that's fine. But, if y'all are agreeing or disagreeing, it's actually like 90 10, at least now the 90% person is going to what you think I do at 90%. No, I think, but now y'all are having this

[00:45:31] **Ann Kelley:** Really robust conversation.

[00:45:33] **Sue Marriott:** which would be awesome.

[00:45:34] **Ann Kelley:** Yes. We'd love to. And if you have those conversations, if you have those conversations, it'd be kind fun. Toss something in our notes to us, we really in our SpeakPipe we would love to hear,

[00:45:43] **Sue Marriott:** So we're doing this now. SpeakPipe or we're doing it on YouTube now. And so that's a really easy way to leave comments under

[00:45:50] **Sue Marriott:** video. So we'll be reading those and taking that information in. And, and then also if these things are helpful, if you're still listening, there's something that you can do for us.

[00:45:58] **Sue Marriott:** It doesn't cost a penny and that [00:46:00] is to leave us a rating. It really helps other people discover the show. And we are very proud to have been hanging out in the top 10 of apple, social science. but sometimes people come on and, the last bad review, by the way that we got said that we weren't good at I'm making it sound nicer than it was.

[00:46:18] **Sue Marriott:** That we are heterosexist. And don't talk about gender. We talk about gender as a binary, which was frankly shocking to me. but yeah. So anyway, go to the, to your

[00:46:31] **Ann Kelley:** I'm going

[00:46:31] **Sue Marriott:** rate and

[00:46:31] **Ann Kelley:** I'm going to

[00:46:32] **Ann Kelley:** say vulnerable. It wasn't as shocking to me because I think you do a better job of that than I do, about really being in a ramp, bringing it back to, to gender nonconformist issues. So I understand why you were shocked, I think you do a better job of that than I do.

[00:46:45] **Ann Kelley:** And so on some level it was really like, I feel it in my body, but I don't think I say. and bring our guests to around to it quite enough. So I thought that, know, I could take some of that feedback.

[00:46:58] **Sue Marriott:** Okay. That was a great [00:47:00] example of a really good catch.

[00:47:02] **Ann Kelley:** Oh,

[00:47:02] **Sue Marriott:** It made me feel great because I slightly agree, but I would never

[00:47:06] **Detached audio:** say that

[00:47:07] **Sue Marriott:** ever in a million years,

[00:47:09] **Ann Kelley:** it's true

[00:47:09] **Sue Marriott:** but to me, it's I feel closer to you. I feel safer with you that you're evaluating and owning something like that. And. It's just such a great example.

[00:47:19] **Sue Marriott:** And you didn't lose anything by that. You didn't lose power by saying that I think that you probably, and the list to the listener either. I think that you gained power, you gain respect and credibility by recognizing a vulnerability or something that you're working on. It was a fantastic example of what we're just talking about right now that you had the capacity, you had the strength and the security and the capacity to name something small, but that mattered and that something that you're, you don't feel great about.

[00:47:45] **Sue Marriott:** And I think your esteem, if we

[00:47:47] **Detached audio:** had a stock market I think

[00:47:48] **Detached audio:** your

[00:47:48] **Sue Marriott:** would have gone up right then, which, which demonstrates the point that vulnerability and that sharing power is going to get you more. It's not going to actually, whatever our fantasy fears [00:48:00] are

[00:48:00] **Ann Kelley:** Because we're sharing connection. sharing the connection. Well, good.

[00:48:03] **Sue Marriott:** yes.

[00:48:05] **Ann Kelley:** All right. Thanks you guys for.

[00:48:06] **Sue Marriott:** All right. Y'all okay. Yeah. You troops go and explore these ideas and, do some experiments. it'll be fun.

[00:48:14] **Ann Kelley:** All right. Thanks for joining us. And we'll see you around the bend.