

[00:00:00] **Ann Kelley:** Hey everyone. I'm Ann Kelly.

[00:00:02] **Sue Marriott:** And I'm Sue Marriott.

[00:00:03] **Ann Kelley:** And before we jump in, if you find this information helpful to you or those that you love we want to continue to bring this information to you guys for free. You can really be part of that by joining our super neuronerd community.

[00:00:30] **Ann Kelley:** It allows us to bring sponsors on, and we give much of those proceeds to help those who are underserved in mental health. And that's one of our goals of our podcast, is to get this information out to those and to provide direct care for those who might be able to seek therapy who might not otherwise have the opportunity.

[00:00:51] **Ann Kelley:** So, jump on and go to [TherapistUncensored/Join](#) and join our community. And by the way, you'll get ad free listening by doing that and other great perks for doing it. So, all right, well, let's jump into today's episode.

[00:01:10] **Sue Marriott:** Yeah. So today we are going promote the idea of secure relating, which doesn't have anything in the world necessarily with secure attachment - It's related, but like you don't have to have secure attachments.

[00:01:29] **Sue Marriott:** You don't have to have a secure inner working model. You don't have to have years of therapy under your belt. This is something that anybody from anywhere from, no matter what your history is, can begin to learn some skills to relate more securely to yourself and to other people. So we're going to say more about that today and distinguish between the idea of secure attachment and secure relating.

[00:01:55] **Ann Kelley:** That's a great question. So people go, well, if I don't have secure attachment, how am I ever going to kind of relate in a way that feels secure? And I love the distinction between those two. They're not the same thing. Let's remind those for longtime listeners. You've heard us talk a lot about secure attachment if you're new to us what we mean by secure attachment and how one one's internal model set from infancy through early childhood and how our internal sense of self and others and how we relate to the world is what we mean by secure attachment.

[00:02:32] **Sue Marriott:** Yeah, that's right. So on this podcast, we've really drawn together all of the research and translated - again, we're not neuroscientists, but we are good translators - and we've translated how that really what attachment is a biological manifestation of neural-connections and of that very early, these are fancy words, but you know that very early parent-child bio synchronization.

[00:03:00] **Sue Marriott:** So then later, it shows up in behaviors that we call attachment patterns. And those show up very early on. And these attachment patterns are not set in stone by any stretch.

[00:03:55] **Ann Kelley:** Yeah. And we just finished doing a series, kind of relatedly about, deconstructing your own defenses, and that's part of what we're related to. Our defenses develop based on the neurowiring from our early attachment, what we feel threatened by what, how we engage that might threaten others.

[00:04:17] **Ann Kelley:** And so that series was kind of setting us up for today in that we want you to understand secure attachment does get wired, just like you were saying, Sue, and it's part of our wiring. But the fantastic news is that can change throughout adulthood. It's not like you get what you get, you don't throw a fit.

[00:04:34] **Ann Kelley:** But one of the best ways to shift it is by learning how to relate in a secure way. So that's what we're calling secure relating. You can have a very insecure history that led to preoccupied or dismissive or avoidant, kind of relating or maybe even disorganized, but you can learn to relate in your relationships in a really secure way. It takes time, it takes practice. gage. Sometimes we all, um, lose sight of what secure relating

[00:05:22] **Sue Marriott:** I always have that to go back to the idea of secure relating. You know, it's not one thing that basically, again, if you've been listening to the podcast for a while, we've put it the attachment on a spectrum. The middle where you're kind of a balance of thinking and feeling is what we're calling the green zone.

[00:05:48] **Sue Marriott:** There's a lot more detail in it that you guys can listen to other shows to get that. Secure relating starts with being grounded and aware and not in your defensive system yourself, right? So, we really like to think in terms of what is our relationship to ourselves. If you think about some of the automatic thoughts that happen it can be pretty ugly in there.

[00:06:14] **Ann Kelley:** Absolutely, especially when we are not in the most secure place. And that way if we are in a place where we're super angry or really disconnected, so like being able to tell whether you're - one of the things we've been talking about, a great deal that relates to this is are you in your secure protective? Are you in your secure connecting space or are you in more your defensive protect? And so by being able to recognize that distinction that can make one of the biggest differences in your life.

[00:06:49] **Sue Marriott:** Right. And so we broke that down in the series about what parts of your anatomy, what parts of your brain, and what chemicals even are flowing in each circuit. So again, we won't repeat that now for, to spare some of you, but it's all right there. Just go to the series.

[00:07:10] **Sue Marriott:** Assuming that you all know that the secure relating has to do with our ventral vagal, with using our whole mind. If you do whole brain living, you know, it's its whole brain connection. It is our prefrontal cortex, our orbitofrontal cortex. It's oxytocin, rich. It's flexible. It usually the stakes feel low is one way I describe it.

[00:07:36] **Sue Marriott:** You know, it's like, well, I could say that, but I don't have to. Or I could go get that right now or make that point, but it'd be okay for me to wait. Like, that's, that's usually a really good sign. Or like, Well, I think this is true, but it could not be. actually

[00:07:51] **Ann Kelley:** having curiosity,

[00:07:52] **Sue Marriott:** Exactly. Being able to reflect and wonder is a sign that we've got all of our circuits beautifully lit up and that we're in this, um, stable, grounded, secure internal place.

[00:08:04] **Sue Marriott:** How does it feel for you when you like, what are some of your tells?

[00:08:08] **Ann Kelley:** I think. One of my big tell that I'm in secure place is I'm not in a hurry. I'm not rushing, I'm not feeling impatient, you know? Um, that's a good sign. But the other way, sometimes it can be confusing for me whether I'm in a secure place or a more disconnected place, right? Because sometimes I'm not rushing and I'm just fine.

[00:08:32] **Ann Kelley:** Right?

[00:08:33] **Sue Marriott:** You're a little too fine.

[00:08:34] **Ann Kelley:** A little too fine because I'm actually a little disconnected, right? I've engaged in a fight and I've moved away and I'm just feeling some fine, and I'm not actually. Thinking about the other person, and I'm only in my own world, right, And have just moved on,

[00:08:48] **Ann Kelley:** so, So yeah, I think the biggest side, and I think as you said that, right, like nobody lives there.

[00:08:55] **Ann Kelley:** Like that's, I don't care what kind of secure attachment you have out there, please believe me that you do not live in a secure place of relating because we're human, we get threatened, we still all have our. Right. Even if you have secure attachment, you have a history in you that has a narrative that has generated insecure spots in you avenues of of threat because of one part of your history or the other, or what's developed in your relationship.

[00:09:23] **Ann Kelley:** So no one lives there. That's the good news, right? and finding your way back there. You mentioned the spectrum, right? Like if we talk about attachment as an internal working model, it's kind of where do we live? But what we're talking about right now in secure relating is where are we at the moment, right?

[00:09:40] **Ann Kelley:** Not where do we live, but are we in a secure way of relating in that moment and giving some tricks to kind of figure out. Where that is, where we are on the continuum. And then go, Okay, I know I can get myself back to a more secure place of relating. And the biggest sign I think of secure relating is I'm still in touch with myself, but I care about you. Right. When I am in an insecure place, or am I not secure late, I might be really pissed off. And all I'm caring about is my point of view, my perspective, I'm positive, I'm right, right? And that's all there is to it. And I'm coming after you because I know you're, you're wrong. But the truth is you just don't see it, right?

[00:10:23] **Ann Kelley:** If I talk a little bit more and I get more clarity for you, and once you see I'm right, then we're gonna be in a secure place, right? So if I just hammer my point and you have your great insights and start agreeing with me, then we're gonna get to a secure place, and that's a really hard place to overcome because you can be super convinced.

[00:10:45] **Ann Kelley:** I actually am in a secure place. I'm just trying to help you dysregulated. Get the point so that you come and join me in my secure place.

[00:10:53] **Sue Marriott:** Right, so secure relating then would be if I am able to hold my hat, my prefrontal cortex on, if I can kind of keep that on, even though Anne is coming at me trying to convince me of her position. Then secure. So it's still, we're still fine, right? Like this isn't, doesn't mean that we're relating insecurely, it just means she's gotten a little dysregulated.

[00:11:18] **Sue Marriott:** My job is to hold my regulation and see that she's got some urgency, and then to respond with my kind of whole self, with my wise mind. And give her something to help her nervous system be able to cool off a little bit, right? Like that's still secure relating. Um, just in this one example, cuz believe me it would be very easy to flip this example and you're in the secure place and I'm not, but, but I think that, I'm just, my point here is simply that just because somebody gets dysregulated doesn't necessarily mean that we've bounced out of secure relating like the definition of secure relating.

[00:11:54] **Sue Marriott:** It's very fluid. It's, it's, um, again, it's kind, it's inclusive, it's mutual. There's shared power so that, um, so, so again, so I can use my nervous system in my calm to draw in back into a little bit more of a sense of calm, of like, so if I'm responding something like I'm definitely not getting something that you're saying, Say it again.

[00:12:18] **Sue Marriott:** Like, I really wanna understand if I were able to do that.

[00:12:21] **Ann Kelley:** Then I would relax

[00:12:23] **Sue Marriott:** You could feel it right then, right? Like, no, I really wanna hear there's something, you know, there's something, it's like I trust, I'm trusting there's a fire inside of her for a reason. And so there's a symptom happening, which might be the rush and the kind of the preoccupation or the pressure.

[00:12:37] **Sue Marriott:** Um, but I'm gonna interpret that when I have my hat on my prefrontal hat. Tight. Then, um, then I'm gonna try to help get to that urgency and like really kind of take care of the, basically what's happening is she's got this little cluster of cells that are fired up and feeling threatened. And so I am gonna use my wiser mind in that moment.

[00:13:00] **Sue Marriott:** By wise, I just mean kinda in, I'm in a more grounded, secure place to address those cells that are saying, No, no, no, you have to get this, you have to get this, you have to get this. You're not getting this. Um, So that would still be an example of secure relating if I'm able to kind of catch you, help use my nervous system to bring you into kind of a more calm, nervous system state.

[00:13:21] **Sue Marriott:** Um, and wouldn't be the time, for example, For me to make my points, which I'm laughing because of course I always do because I don't live in secure functioning. Um, you know, I, I, in re in real life it would probably be like I might catch pretty well, but then I really wanna follow it up very quickly with Yeah.

[00:13:38] **Sue Marriott:** But I do that because, or whatever the thing is. So what I love about this definition that we're putting out there about secure relating is it's very robust and flexible and forgiving. Um, because, and the, the whole reason for that is because remember, we're relating to ourselves and if, if we're catching ourselves and saying like, Oh no, you know, Ann's lost her, mo her, her prefrontal hat, and, um, so now we're off the rails, right?

[00:14:04] **Sue Marriott:** So the, the story that I'm telling about it is part of. Keeping me online. So this is why the story that we're telling you now, you listener about secure relating is again, that it's forgiving. Um, it's flexible, it's, it's mutually impacted. Um, it's not, it's not like one thing, like it, it's, it's a system basically.

[00:14:26] **Sue Marriott:** Think of it as like a system, a flow. Those are the kinds of words that we're promoting, secure, relating. And then that way, like let's say you have. You can be securely relating at any moment, even with, with disorganized pockets of trauma, that's fine. Right. And as a matter of fact, the more that we can help you securely relate to the parts of you that get insecure or get defensive or get hard edged and, and, uh, prickly, um, we're still growing secure relating like that's.

[00:14:57] **Ann Kelley:** Right? So that's so. That's a wonderful description of how you sort of can relate to knowing that you're insecure relating. But I love what you said in there, right? Like my real response isn't always gonna be kind in mutual and caring, right? And it's going to be activated and I think so. So the, one of the goals is like how do I, we bring ourself, cuz we've talked a lot about co-regulation and co-disregulation, right?

[00:15:23] **Ann Kelley:** So when I think I'm regulated and I'm acting this way and I'm like helping you, My point, right? It's very challenging to stay in a kind, regulated place and it's, it's challenging for everyone. And so some, Let's talk about some of the tricks to get there in terms of, okay, so it's kind and it's mutual. But if I've activated you through my little self-righteous rant, Or even worse, I'm being a little bit more clever and I'm being self-righteous, but I'm not, but I think I'm regulated, right?

[00:15:56] **Ann Kelley:** So I'm more determined when I,

[00:15:57] **Sue Marriott:** Yeah, therapists can fight. Very sophisticated

[00:16:00] **Ann Kelley:** yeah. Yeah. That's so true. It's so true. It's so true. I'm, I'm so, I'm super articulate and I'm like, really? You know? But you can see my hands moving,

[00:16:09] **Ann Kelley:** right? And you can. So That's one of the

[00:16:10] **Ann Kelley:** signs, right? It's one of the signs I might be sounding really damn good, but my hands are moving and my eyes are communicating intensity.

[00:16:19] **Ann Kelley:** Again, I love what you said earlier, that doesn't necessarily mean I'm a completely insecure relating, right? Because if I'm still, even though I'm elevated, if I'm still aware of you and I'm still aware, That you are listening and I haven't completely disconnected, I could still be in the secure relating zone.

[00:16:39] **Ann Kelley:** I might, I might be heading towards that more red, right? And I'm gonna be activating you and dysregulating you likely. So what are the steps right then that you can rely on in your back pocket to remind yourself?

[00:16:55] **Sue Marriott:** So there's two, there's two things that come to my mind. Um, one is just the idea of a threshold,

[00:17:01] **Ann Kelley:** Mm-hmm.

[00:17:01] **Sue Marriott:** and this was from conversations I have with Jill Bolty Taylor, who is, that's a whole other big subject, very interesting. Um, but she's a neuroanatomist and she talks about like a pressure that builds up and a cell until then it turns and it fires, right?

[00:17:18] **Sue Marriott:** So it has a threshold. After which it gets enough energy and it fires and it shoots to the other cell. Um, and then you times that by a million or something and then now you're in your amygdala. And so you're feeling like, to me just the idea of a threshold, it's like, I wanna keep in, I appreciate you offering yourself up in this situation as the, as the hot one here.

[00:17:39] **Sue Marriott:** But um, cuz that's obviously not always true, . Um, I wouldn't even give you 50% probably, but,

[00:17:46] **Ann Kelley:** But it is absolutely true.

[00:17:47] **Sue Marriott:** I'm a red, I'm a redhead. I get a little, uh, color. So, but, but the idea of a threshold. And so instead of me seeing this as black or white, she's, she's in security or she's not in security, Um, like. I'm gonna, again, we just keep talking about things like, um, gradation and spectrum, because I'm gonna, I want to see her as she has energy, but we still have a threshold there that she's still, So even if she's not immediately responsive to my kindness or to my pause or to my breath, I'm still gonna like, I'm aware that she's actually still, it takes a minute.

[00:18:24] **Sue Marriott:** Takes a while actually. So, but she's her nervous system. Her neuroception is still picking up safety, but so now she's in a little bit more conflict internally where that. There's some signals of safety and then there's some signals that are still threatened cuz that takes a little while to turn off.

[00:18:40] **Sue Marriott:** And so instead of me, if, if she doesn't respond quickly to my res, to my kindness, um, I could imagine probably not too long ago, I would then get frustrated. You know, then now I, I've jumped up a little bit, but this notion of

[00:18:53] **Ann Kelley:** So how do you recognize when you've jumped up? All right, so let's just go with it. You have jumped up. Okay. So you've jumped up.

[00:19:00] **Sue Marriott:** but before we jump, is it okay cuz I'm, I wanna still talk about if we can, is this.

[00:19:04] **Ann Kelley:** Sure, go for

[00:19:05] **Sue Marriott:** But, but when, like, because the pre, the pre part is we want people to begin to get interested in that

[00:19:12] **Ann Kelley:** For sure.

[00:19:12] **Sue Marriott:** And, and yes, I did wanna get to the, to the jump up part, but, but to me, I'm just saying what has been helpful to me, right?

[00:19:20] **Sue Marriott:** Is that like, cuz sometimes, like let's say if I'm upset, it's not always just you and I, right? I mean, We, we give a lot of examples. Yeah, we give a lot of examples of our stuff just to be human. But, um, like something else, let's just say, just so it's not just us, but that is beginning to get me upset. Um, I have actually found a lot of value with this idea of that I can recognize the upset and resource myself with my whole brain, with my whole mind, with my wise mind, with, uh, turning to Ann, turning to close people, uh, turning to Therapist, turning to whoever that in.

[00:19:55] **Sue Marriott:** Assessment at that time will be, will help me, um, be able to stay under that threshold. And so I wanna keep working as long as, and I wanna actually expand that space cuz that's really what we call, you know, like you've heard of. Widen the window, things like that. That is actually the work of like widening.

[00:20:11] **Sue Marriott:** Before that, I flip my hat off, my prefrontal hat off, um, but being very, very stressed. So I, so to me it's like really pressing, like where I'm pressing up on the edge, but I haven't gone over the edge and then being able to pull myself back down is just in and of itself super valuable.

[00:20:31] **Ann Kelley:** So one of the things you're saying, I mean we're talking about elements of mentalization, right? But one of the things I think I hear you saying is there's almost a visualization for you and, or maybe I'm projecting cuz I kind of do that, but. Visualization of like, Oh, I'm pressing up against something.

[00:20:46] **Ann Kelley:** And it kind of then gives you an awareness of yourself, right? Rather than just focusing on me, it'd be easy to focus on me and how I'm being and when an ass I'm being. But what I think I hear you saying is how do you stay in your own tolerance? And one of the ways you're doing it is by increasing your awareness of, I'm feeling the pressure, I'm right there.

[00:21:05] **Ann Kelley:** Then you're aware of me being right there. It sounds like visualization is sort of imagining the idea of a tolerance and where you are and where I am. So you're having a, you're describing the mentalization basically of what's happening between us and believe me, everybody can do this. It's not just therapists that are gonna be able to do this.

[00:21:23] **Ann Kelley:** It's like the idea of, okay, I'm gonna get above what's happening and look into it and see myself and see the other, that that awareness in of itself is gonna help you keep in the window. Is that part of what you're saying?

[00:21:34] **Sue Marriott:** Yeah, it is. But also you, it's interesting cause I do think, and for you. Like, for me, it's not an actual, like actual picture visualization. Um, but I bet for a lot of people it might be and, and whatever it is. See, what we're trying to do is we're trying to keep it symbolized. So if you can have a picture of like, Oh, I'm at a, or you know, even like a thermometer or something, it's like, Ooh, I'm at a seven.

[00:21:59] **Sue Marriott:** You know, That's actually quite helpful for me, the way I experience it. It's, it's something. It's almost more of like a heat map

[00:22:07] **Ann Kelley:** Hmm.

[00:22:08] **Sue Marriott:** and I can, and what I try to do, so my heat map, if the more hot I am, you know what I mean? It's kind of in my front. It makes me active, it makes me wanna do something. It's more urgent.

[00:22:20] **Sue Marriott:** And so I actually literally try to feel my back. And that back gives me the po, it gives me the strength that gives me pause. Another thing that I can heat map sometimes is when I feel my, like lower limbic, lower left, you know, firing. Like I literally will try to heat map myself over to my right side.

[00:22:40] **Sue Marriott:** And what I'm looking for is, um, a softening, like I'm trying to find my heart. I'm trying to feel my heart, like, um, my connections to other people, my connections to myself. So, I guess it sort of is a visualization, but it feels more kinesthetic, it feels more, um,

[00:22:58] **Ann Kelley:** Full bodied.

[00:22:58] **Ann Kelley:** Yeah.

[00:22:59] **Sue Marriott:** doing inside my body, which matches that.

[00:23:02] **Sue Marriott:** This we really are talking about manipulating biology,

[00:23:05] **Ann Kelley:** Yeah, you mentioned the, and let's, let's jump into that cuz you mentioned, just for those that haven't heard the, the, you're talking about left limb, but moving to the right. So you're talking about the more activated young memory spaces that might start to feel threatened, and then you're aware of that, you're saying you're aware of that, and then you're trying to move the energy.

[00:23:27] **Ann Kelley:** Literally what I hear you saying, the, the heat of it over to the right side. That is more relational, more we more present rather than less trigger in your.

[00:23:38] **Sue Marriott:** Exactly, and it's, yeah, so it's a heat map that goes, that pulls me back, which is kind of the pause and the, I can feel my strength there. It's like I don't have to rush. And then also it, I move it, I try to move it right, which again is where the kindness, the

[00:23:55] **Sue Marriott:** connection, the urgency lower.

[00:23:58] **Sue Marriott:** Um, I can then like see somebody upset with love. Versus just literally like they're upset. So I'm upset and there's no boundary there, which can also happen obviously. So, um,

[00:24:12] **Ann Kelley:** So you're kind of remembering, kind of coming back to yourself of the right to right brain, which we talk about that that connection is in the right to. Brain and what I love about, I have never heard you describe the moving to the back, but as you do it, the one thing I'm thinking of for those that kind of.

[00:24:30] **Ann Kelley:** For those that can struggle with when they're activated, kind of going, you know, really far on your left up, you know, logical, rational side, right? Like it's very easy to then for anybody getting into some element of conflict to get into your rational, logical side.

[00:24:50] **Ann Kelley:** And so I.

[00:24:50] **Sue Marriott:** auto space.

[00:24:51] **Ann Kelley:** Yeah. Yeah. I love what you're saying.

[00:24:54] **Ann Kelley:** So instead of getting more and more rational, um, by, by imagining the going further back, you're kind of moving yourself out of that left rational, justified self, righteous place, and, and then you're visual, you know, kind of feeling the warmth of the back, right? That's gonna feel more connecting and that it's just that reminder to yourself helps you stay more present more.

[00:25:17] **Sue Marriott:** Mm-hmm.

[00:25:18] **Ann Kelley:** any kind of situation like that. Is that accurate? Is that what

[00:25:21] **Sue Marriott:** I think you're saying it beautifully and because one of the problems is that when we're in our upper left, We're more competitive. It's more about ourselves. It's our point. You know what I mean? And so we can really make a great argument that the other person is ridiculous, like, like, um, it's a very comfortable space for many of us.

[00:25:42] **Sue Marriott:** So it's almost like the, the more. It's cool. It's much more cool, you know, So this is, I, like you said, warming it up and warming it over. And one other thing you had as far as just examples is like, I kind of like the idea of the, like the hand on the heart. Like wherever you're listening from right now, you might try this for just one

second, is if you put your hand on your heart and notice if it's your right hand or your left hand, it feels a little different for me.

[00:26:09] **Sue Marriott:** It feels best with my right hand over my heart. You're gonna do it with.

[00:26:13] **Ann Kelley:** Okay. I am ready.

[00:26:16] **Sue Marriott:** If we're gonna

[00:26:16] **Ann Kelley:** You want

[00:26:16] **Sue Marriott:** to do it right. And then it's like, as you feel your heartbeat, it's just like, Yep. See there, you're human. It's, it's all just thinking, Yep, I'm this human body, like I'm human. And then to me, that gives me space, you know, like it just, I'm just human. Like I don't have to know. I don't have to understand, I don't have to figure it out.

[00:26:37] **Sue Marriott:** I don't have to fix this. I'm just sort of this toddler. Bouncing around in the world, you know? Um, so that's one of my things. Uh, what about you?

[00:26:47] **Ann Kelley:** I think I, I love that. I think I do. And I initially said that I think I do do a little bit more. I, I have visualizations that help me and I think some of the, the things I can do with the visualizations is I'm in the cut in the moment unless, um, I'm in, in your position in that example.

[00:27:09] **Ann Kelley:** But, uh, I think where maybe I'm experiencing somebody that I'm starting to get dysregulated by or I could feel myself jumping in and I can feel that urgency forward or my desire to flee. Um, one of the things I do to keep in a more secure relating place is I visualize ahead. I visualize, um, whatever person I'm engaging with, I'm gonna visualize them at a future time when we're more connected and relating and discussing about this.

[00:27:40] **Ann Kelley:** And it, it, it literally pulls me out of the moment. And then I can visualize this idea of expressing care and I can visualize myself doing. And that really, really helps me. And the other thing is also a reminder. It's so easy. So one of the signs that we're leaning towards that, that more defensive kind of, uh, protective posture is it does because me, me, me, me, me.

[00:28:05] **Ann Kelley:** Right. It, it, the more defensive I'm in, the more I'm about me. Or unless I'm saying it's about you because you is what's messing me over.

[00:28:14] **Sue Marriott:** Right.

[00:28:14] **Sue Marriott:** Which is still a me. Yeah.

[00:28:16] **Ann Kelley:** Which is still a me, right? So I think I start imagining the we, you know, like, okay, we need to get through this in a better way. We need like, so there's this, and I know we're talking a lot about conflict.

[00:28:28] **Ann Kelley:** I wanna talk about secure relating just in general, but in conflict or in a charged situation, if I could remember the we and I literally will sometimes visualize that. Like, okay, we both are struggl. And, and really, So one of the elements of getting insecure, relating is one that like you, I love what you were saying, we get outta that competitive head where in the, in the competitive head is out fear.

[00:28:54] **Ann Kelley:** Right. If I see the point. I'm gonna lose whatever that point was representing. Right? So I start to recognize I don't have to accomplish everything at once. Cuz for me, I tend to want to accomplish everything, right? It's like, okay, not only this and this and this and this. And so the, the idea of I don't have to accomplish everything at once kind of slows me down.

[00:29:19] **Ann Kelley:** And then visualizing the, we like, what do we both need in this? And then I stop to think, okay. I need something and so does the other person. And if I stopped, actually imagine that we both need something. Just that, that imagination that this is happening cuz somebody else needs something and I need something.

[00:29:38] **Ann Kelley:** Somebody's feeling threatened and I'm feeling threatened somehow I'm not so alone, you know? And, um, I'm reminding myself of my own vulnerability, but also of the other persons. And a sign of secure relating is remembering the other person and yourself and. A big one is reminding myself, we're co-regulating.

[00:29:58] **Ann Kelley:** So if I'm reminding myself, Oh my God, we are co-regulating, this is just not someone else making me at mad or me screwing up. It helps engage my own ownership of the, of the process. I'd like just say, Okay, wait. We're co-regulating each other and that can really help. Help me back into a more secure way of window of to.

[00:30:20] **Sue Marriott:** That's great. I really love that. And I love, So one of the things you're describing is imagining future. Um, and, and so I love that because what that means, it means that your. It's like you're firing up your hippocampus to get out of the moment. Cuz the amygdala wants to just be like right here, right now.

[00:30:37] **Sue Marriott:** No threat. So just even, even intentionally, like we haven't always been here going to the past. We're not, we're not always going to be here, going to the future. That's your hippocampus that's now helping. Fire up your prefrontal cortex, which is great. So I love that as a technique. Um, and then you said something else

that I wanted to highlight too, about just a very common pattern of that thing of where, that it's like, and this and this and this and this.

[00:31:04] **Sue Marriott:** So another secure relating would be exactly that, which is that, um, people can't hear. Essays or even para or paragraphs. So if you are somebody that speaks in essays or paragraphs, this is just directed for you right now, which is that like what you have to say is extremely important and your loved person across from you, whoever that is, child, whoever it is.

[00:31:33] **Sue Marriott:** you and wants to hear your message. So the more that you're able to bring your message into bullet points or like, it's like taking yourself even more seriously. You know what I mean? That like I do have something to say and it's this and this. You know. The, the person's gonna have a much greater chance of catching the ball and of being able to understand what you're saying and not getting worn down.

[00:31:56] **Sue Marriott:** You know, all of those things. So, um, you know, we, we talk about it from both sides, you know, the other side is like, begin to say more, right? Like sometimes we just, or Montes. Um, if you tend to go that direction, secure relating will. Saying more, being a little more transparent about what's happening inside, be getting more curious about what's happening inside, getting more curious about how the other person is doing all this lovely stuff you just said.

[00:32:21] **Sue Marriott:** And then, you know, if we're upregulating, it's that speed and that, um, like the solution is the person out there.

[00:32:29] **Ann Kelley:** right.

[00:32:30] **Sue Marriott:** the more that we're focused on trying to get that person out there to do something or to hear something or understand something that's just a sign of that we're upregulated a little bit.

[00:32:37] **Sue Marriott:** So like from, so if you're somebody that tends to go up that way, it's like, okay, let's, It's almost like what I would wanna say is like, you know, I want to hear, I want to know these things that are in your heart that you're trying to get out, but I need less words. And I, I hope that that, Does that sound rude when I say it that.

[00:32:58] **Ann Kelley:** No, I think it actually, especially if it's said, it, it, it, I think it depends. And here's a, here's a insecure way of relating that exact comment, at least through my perspective and a more secure way of relating. And that is you're being too much. Like you're saying too much. You're too much, you know, blah, blah, blah.

[00:33:17] **Ann Kelley:** Like where I'm looking at you and or whomever might be using paragraphs, and I become extremely dismissive. You know, you're too much, you're too sensitive, you're too this, you're too this. Stop. I've heard enough where the goal is to shut down, shut the other person down. Um, I love what you just said and that.

[00:33:39] **Ann Kelley:** I can only hear something I'm taking in.

[00:33:41] **Ann Kelley:** It meant I want to

[00:33:43] **Ann Kelley:** hear.

[00:33:43] **Sue Marriott:** to hear.

[00:33:44] **Ann Kelley:** So I think saying a few, a few notes is gonna help me be more successful. And then, and I, One of the things that I think is a really helpful technique when I can remember to use it is the word bookmark. And that, cuz that helps. It's like, okay.

[00:34:01] **Ann Kelley:** Like here it is. Like you said this and this and this. I think I might be at my limit. So if I'm somebody that just overwhelms and I wanna shut down and push away to say, Hey, I'm at my limit. I think I, And I think that for me, if I take a break, I will be more effective in listening to you later. Like if I'm owning it instead of you being too much.

[00:34:21] **Ann Kelley:** I'm feeling a little, I'm feeling my own level of saturation and of course, We're talking a lot about, I started with a whole pressure to go towards, There's also the pressure to run. Like I don't want conflict, so I wanna move away. And so there might be a lot of communications that I'm having to shut the whole thing down.

[00:34:40] **Ann Kelley:** And so to recognize that is, am I still interested that this person is something important to say? Am I communicating it? Cuz secure relating, as you beautifully outlined earlier, is about mutual. So if my goal, and you can know that you're not in a secure place, if you really lose touch with mutuality, if you really lose touch with your goal is to shut it down, get it off, get away.

[00:35:04] **Ann Kelley:** Let the person know they're too much, that maybe what you're feeling and there's, I'm not even trying to judge anybody. We all can get there. It's just recognize, and one of the things you can beautifully say is, I'm not in my most. Effective place right

[00:35:19] **Sue Marriott:** full, right?

[00:35:20] **Ann Kelley:** I'm full. And it's not cuz you're too much, it's just, you know, I only have like, I will come back

[00:35:26] **Sue Marriott:** Yeah. And if somebody tells you they're full, what is the only appropriate thing to say? . It's not like, Right, Cuz a lot of times if you're trying to tell somebody that's upregulated that you're full, it's like, cuz they

can feel the ending coming. And so that can be threatening. But if somebody tells you that you're full, then what you wanna say is like, Okay, like, thank you or,

[00:35:47] **Ann Kelley:** Right.

[00:35:48] **Sue Marriott:** Like, like with a, anything that you say after that is not gonna go in,

[00:35:52] **Ann Kelley:** Right. No matter what.

[00:35:53] **Ann Kelley:** no matter

[00:35:54] **Ann Kelley:** what.

[00:35:54] **Ann Kelley:** No matter. Even if it's

[00:35:55] **Ann Kelley:** fair.

[00:35:56] **Sue Marriott:** in, Don't stick it in , right? Like just keep your hands in your pockets. Like they're saying they're full. Believe them. Like they, they've, you know, they've reached capacity, which is another reason why when you come back around and talk again, everybody has capacity. Just this limited capacity.

[00:36:11] **Sue Marriott:** If you think about everything we know about learning, you only walk away of a whole class. You walk away with two or three points. So speaking in bullet points or whatever increases your power. And it can be then like a chorus that you're saying all the time, like, I need you to think more about.

[00:36:27] **Sue Marriott:** Something like that, that could be a, that's a big bullet point. But if somebody is with somebody that is kind of a little bit more self-oriented and more involved with themselves, and the thing that you're saying is like, I need to see me exist in your mind and in your heart. Like, I, I need more, um, of you to hold me in your thoughts.

[00:36:46] **Sue Marriott:** Like that's, But impactful. And that's what we want you to find is what is your short but impactful real need that you wanna be putting out there for them to walk away and be like, What is she talking about that I don't think of her? And then they can, it's, it's something they can sink their teeth in.

[00:37:02] **Ann Kelley:** I love that in one way to think about secure relating, we keep kind of talking about it as when we're in the middle of it, right? Another way is I've got something important to tell somebody, and I really want to, and how I prepare myself for that conversation is a huge part of secure relating. , Right.

[00:37:21] **Ann Kelley:** Could do a whole podcast on preparing yourself to, I mean, because as you're doing that, right, secure relating is not just about why I'm in moment with somebody else, right? Secure relating is how am I relating to myself as I'm in the relationship

[00:37:34] **Ann Kelley:** with other,

[00:37:35] **Sue Marriott:** prepare

[00:37:36] **Ann Kelley:** So one of the ways. I love what you were just saying about the bookmark.

[00:37:40] **Ann Kelley:** I mean, I'm sorry, not the bookmark. I love what I was saying about the bookmark.

[00:37:43] **Ann Kelley:** I mean what I

[00:37:43] **Ann Kelley:** you, Yes, what you were saying right there, and that is the bullet points. So if you have something really important to say and you really wanna talk about it, we sometimes. Rush to do it or we rush to avoid it. So watch both of those sides because if, if I have something that's really bothering me and I'm doing nothing but avoiding it and building resentment, I am not in a secure place.

[00:38:05] **Ann Kelley:** Do not sit in, at least I'm the one avoiding conflict. But also if I am feeling something and I rush in without a little bit of awareness of what I'm saying in the other person, but I getting back to. Bullet points, what is important? Because if I'm coming, if you're, well, if anybody, if you're walking with all the examples to your point, but you don't know exactly what the point is, you know the infraction is somebody did A, B, C, D, and then they did E and then they did F.

[00:38:35] **Sue Marriott:** Yeah, what's your ask?

[00:38:37] **Ann Kelley:** But if you don't know what the ask is, right? Cuz we all screw up every day. And if you're gonna just spend time outlining every infraction and you're outline, that's not gonna be helpful. So if you, in a secure way of relating before you go go, what is my ask? What, what did I feel being self-aware? What did that impact?

[00:38:55] **Ann Kelley:** Why? And what do I wanna say about it? But here's the other key is, and how does this relate to the other person, right? Like, if, for whatever reason my complaint is something. , and I haven't considered how the other person relates in this way, right? Whether they're maybe more socially anxious, and so why they were there, they were more ignoring you and you're just like, You were ignoring me and I'm all about my feelings.

[00:39:19] **Ann Kelley:** I'm not going, Oh, how does this other person relate socially? So there's this way of thinking about it. I'm not suggesting overthinking about it, but a think what is your ask? In that ask, can you incorporate what you know of the person that you're relating to so that when you sit down, you're not ready just to discuss the infractions.

[00:39:37] **Ann Kelley:** You're really connected.

[00:39:39] **Sue Marriott:** Well, I love that because part of what you're, you're gonna be more effective because by having one arm around the back of the person that you're gonna talk to, but also one arm kind of on, you know, metaphorically on your own heart of like, this does matter and I'm gonna say what I need to say, then you're protecting their little nervous system.

[00:39:57] **Sue Marriott:** From, you know, you just, you don't just hit the back of their brain and now it's, you can say whatever, and it's not gonna go in. It just, we don't, we

[00:40:04] **Ann Kelley:** Yeah, that's a great way to say it.

[00:40:06] **Sue Marriott:** is offline. So what you're really doing by soft starts, Gottman talks a lot about soft starts, Um, like, like, Dude, positive interpretations.

[00:40:16] **Sue Marriott:** You probably did that because, and you think of something, the best scenario, even if you're making it up and you're kind of boosting them up a little bit, um, that, that actually helps because it's face saving for the other person. And they're really hearing the point, which is like, don't be a jerk, or whatever the actual point is in there.

[00:40:31] **Sue Marriott:** Uh, so what, so that said a great example of co-regulation, what you're saying about thinking of the other person, preparing what you have to say, um, like knowing what your ask is instead of just a list. Complaints is a good.

[00:40:44] **Ann Kelley:** And that's kind of hard to do, I think. The core of our message today though is to think about secure relating as a, you know, think about secure relating as a process. As an active organic thing, not something that like, I, I am secure, I'm insecure, but that I can create a secure way of relating and how I engage.

[00:41:09] **Ann Kelley:** And that isn't how, we're not trying to promote an insecure, where you're thinking about what you're doing constantly and it can sound like that. So some of the core is to be in a secure way. Am I aware of myself and my body and am I aware of the other person? Right. Do I hold value in myself and do I hold value in the other person?

[00:41:30] **Ann Kelley:** You mentioned a lot about being, um, kind, and I think that's huge. That doesn't mean that in the moment we're only acting in a kind way. I mean, we can be angry and go, but we're owning it like I am in a. In, in a place that I need you just to hear me. And I am like, and it doesn't mean that we're not kind, but we, but it means that we might still be upset, but I can be upset and I can hold you.

[00:41:56] **Ann Kelley:** So, you know, if you can't hold both sides of that equation. Both in value and trust, then you're not an, you're in a secure way of relating. So recognize it. Take some breaks, take that 20 seconds, walk away and go, I need to go find my better self and tell yourself and the other person that I need to go find my better self.

[00:42:15] **Ann Kelley:** I am not in my good self

[00:42:16] **Sue Marriott:** I would, I would love, I would love to hear that. You know, like, I'm just thinking in the middle of it, like, that's not a bad thing to say to, to, to get your break. Now the other thing that you're saying, Ann, that I really like is this idea of, um, this coexistence of complex feelings and secure relating.

[00:42:32] **Sue Marriott:** You know, every people that if you've been in long term relationships, you will recognize this. Um, Michelle Obama said it actually, so who I think has at least looks like such a secure, beautiful relationship. But she talks about recognizing marital hate

[00:42:46] **Ann Kelley:** Mm-hmm.

[00:42:48] **Sue Marriott:** that having. Extremely negative feelings for people close to you.

[00:42:53] **Sue Marriott:** Doesn't like that can be included in secure relating, especially when you are aware that, you know, it's hard to be in a close relationship with a human being. You're gonna get hurt. Like it's, you know, the choices are you can love and lose or not love, right? So it's gonna hurt to be close and to be intimate and um, and there's all the benefits of it.

[00:43:16] **Sue Marriott:** So,

[00:43:18] **Ann Kelley:** I

[00:43:18] **Ann Kelley:** really like

[00:43:19] **Ann Kelley:** that. Yeah,

[00:43:20] **Sue Marriott:** these scratchy throats,

[00:43:21] **Ann Kelley:** I know. Probably

[00:43:22] **Sue Marriott:** So I just wanted to bring to

[00:43:23] **Ann Kelley:** bear with

[00:43:24] **Ann Kelley:** us.

[00:43:24] **Sue Marriott:** this idea of holding the ambivalence. And being able to feel the complexity of the feelings. That that's also what we mean by secure relating. And so, again, if you notice, this isn't about anybody's history, this isn't about an attachment pattern.

[00:43:40] **Sue Marriott:** Um, this isn't about, um, you know, being happy, uh, happy marriage or not a happy marriage or a, uh, whatever the dya is like, uh, again, boss, employee, whatever it is. It's about doing your side of the street. Just your side of the street. Cause that's all we can. And kind of really belying up and doing it in the best way possible.

[00:44:01] **Sue Marriott:** And that will typically change the dance. No matter if the other person is doing work or not, something's gonna change. Um, and that's what you're interested in is so focusing on you earlier and you said the thing of looking inward first. That is a really great, like, um, if we can train our brains to do the, do the x-ray and notice ourselves first.

[00:44:25] **Ann Kelley:** right.

[00:44:26] **Sue Marriott:** like whatever the bulging, uh, versus, you know, like recognizing, uh, anger on someone else's face and. They're so, they're being unfair. You know, that our brain, our old brain is gonna want to go out and it's gonna wanna see what's wrong in the environment. The new, more secure relating brain is gonna also do that. It's not like we're gonna be stupid, but, um, but we're gonna realize that we just, we get dumb when we get activated.

[00:44:57] **Sue Marriott:** And so the more, and I mean that and that the smart thinking, um, complex part of our minds begin to shut down and we just go into. Protection. So, uh, yeah, so just that notion of being able to hold complexity and, but, but I can love you and be mad at you. And like feeling both of those things makes the stakes low.

[00:45:21] **Sue Marriott:** Yes. As a con conflict we're having, but it's not the end. Um.

[00:45:24] **Ann Kelley:** I love that. Really well

[00:45:25] **Sue Marriott:** Right, But if the stakes are high, like if I don't get this out, if you don't understand this, this second, right, Like that's, that's we're, we're now, now we're amping it up and that's not gonna make your nervous system feel any better to be able to learn what the heck I'm trying to say.

[00:45:38] **Sue Marriott:** So,

[00:45:39] **Ann Kelley:** and I think one of the points to that is some of that pressure rate and, and like, ah, like has to do, or even the desire to flee both of those can be, um, around assumptions that we're making. And one of the assumptions that I think we make at least, especially in some of the western way of thinking, right?

[00:46:03] **Ann Kelley:** I think. O other areas sometimes do a little bit better job of this than us is the belief that everything should be going well and feel good, and when it's not like we should be in harmony and if we're in disharmony, it's really bad. So I wanna flip that on its head. Disharmony exists. In fact, it can exist up to like even 70% of the time not being in connect.

[00:46:24] **Ann Kelley:** Right. It's not about the disharmony, it's about the repair, and it's about the reconnection. So if we believe disharmony means that we're not having a secure relationship or secure way of relating that actually isn't true, and to just throw that out and that being in disharmony is part of human relating that helps you from, I've gotta do the paragraph and get it all down because we gotta get this in, you know, all in harmony or something's really sucking.

[00:46:50] **Ann Kelley:** Absolutely relax, like disharmony, we go through equilibrium disequilibrium, back to equilibrium. We go from harmony to disharmony to repair. Where we stay in disharmony is we're not doing the kind of reconnection and the memory of the other person. So repair is a big part of secure relating and, and that's being able to do some of the things we're talking about.

[00:47:11] **Ann Kelley:** But being able to come back and repair and. I think that takes a little bit. I think our point here is it takes a little bit of the panic out is like, I can do this, I can repair, I don't have to do it right this second.

[00:47:26] **Sue Marriott:** I think that's great. I think that, uh, you know. Okay. I think we've covered a ton. Um,

[00:47:33] **Ann Kelley:** All right. Let's, let's,

[00:47:34] **Sue Marriott:** there, there was one thing. gonna be able to find it? I'm so a d d, I'm

[00:47:41] **Ann Kelley:** You can do it. You can do it. I was talking about disharmony and harmony pressure.

[00:47:47] **Sue Marriott:** Oh, okay. . I don't know if this was worth coming back to, but with the notion being of slowing things down, um, because we're talking, we're making a slight assumption that everything's okay and the love is there and that these relationships are generally positive. Um, this works in even when, let's say you're with somebody that isn't doing their side of the street.

[00:48:08] **Sue Marriott:** The more that you're focusing and feeling what you're feeling, you're gonna feel your loneliness. Or you're gonna feel their coolness or their meanness or like this still works. In the sense that care about yourself, and it's like is, are you getting what you need? And by stopping the relentless hope of trying to get the

person to give it to you and just feeling your side of things, this is actually information that's gonna be really helpful to you around the state of your relationship.

[00:48:38] **Sue Marriott:** And that can sometimes really change things when you stop chasing that person to give you the thing that's, that's actually sometimes what can wake somebody up. It's like, Okay, no, you've hit your limit and you're gonna now begin. To detach a little bit and take care of yourself so that you can sort out your feelings.

[00:48:55] **Sue Marriott:** And what about this relationship? So yeah, that was the part that I wanted to just get in. Um, for those of you that might be scared to do this. Yeah.

[00:49:02] **Ann Kelley:** That was well worth remembering. That was a

[00:49:04] **Ann Kelley:** great point. That was, that was

[00:49:06] **Ann Kelley:** definitely worth

[00:49:07] **Sue Marriott:** Close call.

[00:49:08] **Ann Kelley:** All right. All right. Well thank you guys for joining us and uh, if you find this information helpful, one of the things you could do for us besides. Going and visiting our sponsors, that would be a big help. But another thing is to take the time to send this forward to somebody else you think would find it helpful and rate and review us.

[00:49:26] **Ann Kelley:** That helps other people find us. So taking that moment to get out there and rate and review us, um, really helps support the podcast. So.

[00:49:34] **Ann Kelley:** Alright.

[00:49:35] **Sue Marriott:** The rating. and reviews were really huge. Uh, so we app, Oh, and by the way, somebody, uh, somebody gave us a five star rating, thank you. But then pointed out that we constantly say back slash. Join ortus slash whatever, and that it was driving them crazy. So the person who wrote that review, we heard you, and I hope that you've heard that we've switched to saying Therapist Uncensored dot com slash join or slash whatever the, uh, merch

[00:50:01] **Ann Kelley:** Yes, that was super helpful and if you have

[00:50:03] **Ann Kelley:** feedback also

[00:50:04] **Sue Marriott:** yeah, we

[00:50:04] **Sue Marriott:** read every review.

[00:50:06] **Ann Kelley:** But the truth is also like you can also shoot us an email, right? Because we, we at info Therapist Uncensored

[00:50:13] **Sue Marriott:** Or Sue at Therapist

[00:50:15] **Ann Kelley:** sue at or Ann, we, um, if you have direct feedback that you wanna give us, feel free to to, to drop that. So

[00:50:22] **Ann Kelley:** that was very

[00:50:22] **Sue Marriott:** true cuz sometimes people will give us a one star review for some

[00:50:27] **Ann Kelley:** for one item. Yeah.

[00:50:28] **Sue Marriott:** one thing. I'm like, couldn't you have just let us know? You felt that way.

[00:50:33] **Ann Kelley:** Because we do care, Like we've been very impacted by suggestions that people are make of feedback. It matters. Again, this is a mutual relationship. This is not a one way relationship, and that's, nope. So we care and we want feedback and we're there for it. All right. Thanks for joining us today, and we'll see you on the bid the bend.