

TU 2023 Year in Review: Building Internalized Secure Voices (221) - Transcripts

Ann (00:05.019)

Hey, everyone. Welcome to Back to Therapist Uncensored. I'm Ann Kelly.

Sue Marriott she/her(s) (00:19.283)

And I'm Sue Marriott.

Ann (00:21.319)

We're at the end of another year. I can't even believe it.

Sue Marriott she/her(s) (00:26.698)

Now we've been doing this since 2016, I think. Isn't that crazy?

Ann (00:30.483)

Wow. It is. So one of the things we like to do at the very end of the year, I think we've done it most years, we're going to be a little retrospective. We're going to just take a year in review a little bit and talk about some of the things that we got out of this year.

Sue Marriott she/her(s) (00:57.866)

Well, lessons, yeah, and mainly like if you've been busy and just haven't listened to things, that's cool, but we're gonna kind of recap some lessons learned, some of our favorite episodes, some of your favorite episodes, and what our interests are kind of leaning in the direction of and what you can expect for next year.

Ann (01:22.331)

Yeah, I love it. You know one thing in reviewing this year, I love doing this episode because I love going back. Sometimes it's really hard, you know, we're always pressing forward and pressing forward. And then one of the things I noticed is how deeply we focused on the idea of taking all this information we're learning and really grounding past our own defenses. And there are ways to do it. I mean like really proactive ways to do it and things to look at and focusing a lot on how we can securely relate with one another. Taking all this information to be able to securely relate which we mean really connecting in the moment in a way that is safe and open and gets us out of reactivity. And there's just this thread all the way through.

Sue Marriott she/her(s) (02:15.23)

Well, it's true because if you think about, you know, we covered tons on attachment, we've covered tons on relational neuroscience in different years. You know, we had to like first get it all, gather it and get it all together. We and I'm really proud of our catalog. We have an incredible depth catalog of old episodes and new.

Sue Marriott she/her(s) (03:23.458)

So I am really proud of a couple of things. One is the catalog that I think that it is so rich. And what is good about these retrospectives are, like any of these, not only is it fun to remember that we did them, but there's so much in each episode that you can relisten even to one that you've already heard and get so much out of it. But the other thing I wanted to mention that I'm proud of is we've been revamping our website. We're continually adding more resources. Every episode has show notes where we add resources. So yeah, I just wanted to kind of put the podcast in context with that it's not just this audio that we're building community, we want to be a resource hub and really be able to, like you're saying, have it be practical and actually help and not just be an intellectual exercise.

Ann (04:21.875)

Yes, yes. And going back through some of it to do the recap, I got to listen to some of the past interviews and what you said, I listened to Carol George again, listening to some of these different interviews and having already heard them, I was like, oh yeah. And you know what, the key too is it helps me integrate it. And so I was finding the whole experience of getting prepped for this. And we're not gonna go into a bunch of details of any of them, sorry, but we're just going to, just, but it helped integrate everything that we have been talking about it becomes more organized. And I like what you were saying earlier. I think this year feels a lot like the things we've been really going deep in. Like now

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it's sort of the organizing, let's put it to work kind of year. Let's get it. Well, the nitty gritty. Well, one of the things we did was kind of, it was a tough series. It wasn't as exciting as the series on difficult personalities, et cetera.

Sue Marriott she/her(s) (05:04.026)

Mm-hmm, which is fun. Nitty gritty, nitty gritty. Which series are you referring to?

Ann (05:19.031)

We did a series on secure relating in an insecure world. And we tapped into, and that's what's kind of funny-

Sue Marriott she/her(s) (05:29.303)

- We hadn't even and I don't think we had titled our book yet.

Ann (05:32.939)

No, I was going to say that I realized because we titled that series in an insecure world. And that I think was part of how we started to title our book. It's that we were really talking about secure relating in this active kind of as a verb in our podcast. And I don't think we had titled our book. This is kind of the genesis of what we changed it to holding your own in an insecure world rather than secure relating in an insecure world. And then titled the book secure relating because that's

as we integrate all this information, that's what we're trying to use it for, that's what we're trying to do. You know, and we did it, so we did that series, which was, I say it was a hard series because what we were talking about is what is making the world feel and experience so much insecurity around us, and we covered really tough topics that are not fun.

Sue Marriott she/her(s) (06:24.646)

Yeah, well, and I love totally. And I love like we're zooming out a little bit and not just looking at individual relationships, but looking at systems and structures that impact our sense of safety. It impacts us on a biological, physiological, psychological level in our development. So that series that you're referring to is just scratching the surface on that. But yeah, it was definitely less enjoyable than the difficult personality series, which is kind of silly that difficult personalities is more enjoyable. But it was more, yeah, I don't know. It's because it gets so big that it's hard to talk about when we're talking about systems and that create insecurity.

Ann (07:10.855)

Right. Well, and it's hard to, like when we're talking about difficult relationships and the problems we're having every day with that person in our household or at work or children, it's so directly applicable to our everyday lives. We tend to be more hungry for that information, which is wonderful. But what we wanted to do in that series, actually what we did in that series is we cover the topics that we like to dissociate from, distance from.

or that completely overwhelm us if we get too far into them. And well, again, like the series was on, we covered climate change, racial tensions. We covered experiences about poverty and systemic inequities. And so that's what I mean about like how difficult that was. We don't wanna sit around.

Sue Marriott she/her(s) (07:45.71)

So what were your favorite ones from the series?

Ann (08:07.163)

all the time and talk about those topics because they're hard.

Sue Marriott she/her(s) (08:10.55)

Right, well I wanna name names, right? So there was one that I really appreciated on intergenerational trauma with Linda Tai and she is fantastic somatic therapist. That was fantastic. There was one on racial trauma, two on racial trauma with Gliceria Perez and Deborah Chapman Finley.

Ann (08:12.827)

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Yes.

Ann (08:19.608)
Mm-hmm.

Ann (08:30.847)
too, yeah.

Ann (08:37.039)
And they were such, they were so wonderful. You just have to listen to them. And I got to have, I wasn't part of those interviews, but I had to have deep conversations with them later related to the book. And I could not tell you how much I enjoyed connecting with them. And it's a great, those are great episodes.

Sue Marriott she/her(s) (08:52.03)
Yep. Yep, and to keep your ear out because I think that they will be doing more things, which is very cool. And we did two on climate, but it was not about climate, but it was more about the psychological impact of it and in particular, how to kind of stay connected and stay engaged, especially across, what were you gonna say?

Ann (08:59.56)
Yeah.

Ann (09:17.251)
No, right. We didn't talk about like a less solved climate. We weren't there to like say, hey, let's solve the climate crisis. But we are like, if we don't talk about it, if we don't learn, if we get it back into the secure relating concept, it's like we have to be able to manage all the parts of us that want to run away and dissociate and ignore and pretend it didn't happen or yell and get mad, but not be productive.

and shame people, et cetera. And yeah, we had a conversation with Anna Graybiel and we talked about just how to have these hard conversations, but also how to get past your own resistance the morning that you have to go through. But the focus was getting past your resistance to having the deep conversations. And that's the part of secure relating is if we don't have it, we can't join collectively to make a difference, to relate to one another.

Sue Marriott she/her(s) (10:12.298)
And then we also did one that was very special to us because we've had a lot of conflict in our own family about from the youth perspective of climate and how seriously they've taken it and how it's really changed the trajectory of some of our kids' lives, like whether or not they stayed in school and things like that. So really tough conversation. So Mason Marriott Voss, I just, yes, just.

Ann (10:15.963)
It was too totally special.

Ann (10:24.21)
Oh yeah.

Ann (10:38.003)
who is our oldest.

Sue Marriott she/her(s) (10:41.318)
incredibly proud of him and that was a very special one and not just it's this isn't just nepotism of like oh look how look at my kid playing the violin you know he actually has a lot to add to the conversation super smart and challenging so that was good

Ann (10:44.424)
Yeah.

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Ann (10:58.791)

Well, and in that episode, just for the fun of it, you kind of get a really sneak behind the view information about just imagining doing the dishes in an intergenerational way, having these conversations. So you can relate to possibly having conversations with your own kids, your own adult kids, your teenage kids, or just your family members and trying to have these conversations and how activating they are. So yeah, we have some real behind the scenes, really

vulnerable open conversation about what would happen in our own family and how we got through it. So it's an intergenerational conversation and how important it is to have it.

Sue Marriott she/her(s) (11:29.852)

Yeah.

Sue Marriott she/her(s) (11:37.61)

Well, and with the point being, again, less about sort of a focus on us and more of encouraging you to stay engaged, even with people that you disagree with or that are doing things that are particularly scary for you or, yeah, just morally what you don't understand or don't agree with. Yeah, just how to stay connected. So what else? What are the other ones that you liked?

Ann (11:43.024)

Yeah.

Ann (12:01.479)

Well, then we ended that series, which I really liked ending the series on that positive note, that always hits me, because we ended that series with one of my favorite episodes, I think, of the year, and that was with Dacher Keltner, talking about awe. And I think that was one of my favorites. I just loved interviewing him, reading his book. Yeah.

Sue Marriott she/her(s) (12:12.876)

Yeah.

Sue Marriott she/her(s) (12:20.05)

All of it, so much so. And because it was both of our, you know, way up there in some of the favorites from an interview standpoint and from a content standpoint that we are putting together another reading pod on the book starting in early January of 2024, depending on when you're hearing this episode. And just a quick thing about that is that there are small reading groups.

Ann (12:31.11)

Yeah.

Ann (12:35.773)

Oh yeah.

Sue Marriott she/her(s) (12:48.75)

It's a wonderful way to get yourself to read a book that you've been meaning to read, but it's also a great way to build community and to study and learn together and be able to apply the material more deeply and more personally in your life. So we hope to, when we look ahead, host more of those, including potentially if there's enough interest. You have to, the only ways that these work is if, the only way these work is if there's enough energy and interest in people signing up. So we can just offer.

Ann (13:15.517)

Mm-hmm.

Sue Marriott she/her(s) (13:19.258)

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So you guys are going to make it where that we actually get to deliver it. But if there's enough interest in doing a series even of reading a reading pod on some of these bigger questions about equity, about decolonizing mental health, about, you know, these wider perspective system, system differences and kind of getting out of just the Western model of mental health and learning more widely. Those are all things I'm very, very interested in.

Ann (13:44.637)

Yeah.

Sue Marriott she/her(s) (13:48.87)

you know, slowly being in the process of expanding out of what we think is normal and what, you know, we would normally, we like, I used to call it traditional, you know, the traditional way that we're taught therapy. And that's not at all accurate, because we've left the traditional and the indigenous and the some of these natural knowledge bases. So I don't even like to use the term, you know, like traditional mental health. It's not true. It's

Ann (14:04.796)

Right.

Ann (14:12.077)

Mm-hmm.

Sue Marriott she/her(s) (14:17.546)

It's Western mental health or, you know. So anyway, that is a possibility. So if you're interested in that, stay tuned, let us know, send us a note, you can always reach us at info at Therapists Uncensored. Okay, what else? What were some of your other ones?

Ann (14:30.167)

Meaning, before we jump to what else, what you're meaning is if you're interested, we'd like to help form deeper conversations and deeper networking. So yeah, if you were interested in kind of forming, yeah, raise your hand, forming sort of groups that get together and are able to, through a reading pod or a discussion group, have deeper conversations on these systemic issues. That's our excitement for this next year for sure.

Sue Marriott she/her(s) (14:37.098)

Yeah. And, and, yep. Raise your hand.

Sue Marriott she/her(s) (14:51.958)

Totally, and these are, totally, yeah, absolutely. These are, yeah, you can learn more about those. We don't have to necessarily spend a ton of time there, but yeah, and that, and you know, that, actually even doing that, Ann, is another example of us really trying to walk the walk, and if we are wanting to encourage security and,

Ann (14:58.416)

Yeah.

Ann (15:02.001)

Yeah.

Ann (15:11.231)

Mm-hmm.

Sue Marriott she/her(s) (15:15.218)

secure, like learning how to hold on to ourselves and stay in a secure state of mind, whatever's going on around us, and to be connected, then I think these reading pods are another example of us trying to get nitty-gritty and like actually do it, like trying to provide opportunities for you to meet your podcast listener neighbor in another state or in another country and come together with these like-minded people. So I think that's cool. Are we like tooting our own horns too much?

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Ann (15:27.421)
Right.

Ann (15:34.94)
Mm-hmm.

Ann (15:41.295)
Yeah, I agree. It sounds like it a little bit in this one, but I, it's.

Sue Marriott she/her(s) (15:45.31)
You know what makes me so mad about that? I don't think, I think it's when women, women have to be worried about that. If we were two dudes doing the podcast, do you ever hear men like worried that they're, I mean, it's just not the common, they're not socialized. People that are socialized as men are not socialized to worry about is their voice taking up too much space or are they drawing too much attention to themselves? Would you agree with that? Yeah.

Ann (16:08.945)
Right.

I would totally agree with that, yeah.

Sue Marriott she/her(s) (16:14.046)
So even though I feel it and I said it, it's like, I hate that I feel it and I hate that I said it.

Ann (16:18.787)
I know you get that. I think also the truth of the matter is what we're tooting, to be honest with you, is our passion about these subjects and getting people involved more than, you know what I mean? That's really right. What we're excited about, I mean, like even doing a series on really hard topics like racial trauma and intergenerational trauma and climate, part of the...

Sue Marriott she/her(s) (16:29.836)
Right, it's not us, we're pointing to the idea.

Ann (16:46.643)
major part of our goal is for all of us to be able to have these conversations with more self-insight, more reflection, and more connection so that we can move into more productivity together. So that's the part about relating more. See, we have to move more productively. And if we're all activated and pushing it down, it's not helping us, right? It's not helping us feel more secure ourselves for sure. We just go into all those different kind of...

avoidance tactics, which is for everyone different, eating, drinking, you know. So this is like get to know thyself and thy neighbor on a much deeper level so that we can have more thorough connections. So the reading pods are an avenue to do the connection. The work is about being able to connect with anyone around you in a more insightful way and a less defended way where you don't recognize it. Actually, that also brings up one of our, we did a

I guess it wasn't a series, two episodes on dreams. And one of the reasons we did that is like, how do you know, like how do you get to your unconscious? How do you get to that part where you're kind of pushing it out and said nothing to see here and you don't let it come into your everyday awareness. And so we did two episodes on what do dreams, you and I did one that was, I thought a lot, I had a lot of fun doing that with you. Like what, how do we use it in our therapy practices and how do we view dreams?

Sue Marriott she/her(s) (18:15.15)
Totally, love that. Oh, totally, yeah, yeah. It just makes me smile thinking about it actually. And how, I mean, dreams have changed my life. Like me listening to my dreams have literally changed the course of my life. And others that I

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know. So yeah, that was fun. And then you also, you interviewed a Yangian therapist, I believe, is that right? Two, that's right.

Ann (18:23.816)
Yeah.

Ann (18:35.391)
two of them, two union therapists, they were their co-host on this union life podcast, which if you haven't checked that podcast out, it's really, really great. It's a Lisa Marchiano and Deborah Stewart, and that's episode 201. And it's, they talked about interpreting dreams through the union lens. And I felt like, like their perspective, I felt like I got a lot out of that one. And one of the,

I've always been somebody, my own therapist is a union therapist. I'm a real advocate for what looking into our collective unconscious, how we all connected and we're unaware of it. The thing that they talked about dreams is it's not just looking at what you're personally struggling with in your current and everyday environment, but it's like a path forward. It's like...

dreams, one of the quotes is dreams as a birthplace of new ideas, right? So it's not just looking at what you're struggling with, but it is by getting in touch with your unconscious that dreams give you that avenue to be more of a full person of a path forward. And I felt like they did this really great

deep dive into it that I gained a lot out of it. Even though I've been doing dream work for a long time, I felt like I had some aha experiences in that. They also, it's kind of fun because they talk about symbols and how they interpret symbols generally. And in their podcast, you can like throw in a dream and they're analyze it from more of a symbolic gesture. It's like, that was a lot of fun.

Sue Marriott she/her(s) (20:15.31)
Mm-hmm. You know, that's one thing about doing the podcast, isn't it? That I've never, I mean, every single time I do an interview, I learn so much. And it is such a great way for us to keep our pencils sharpened or our crayons sharpened or whatever. Y'all know what I mean. Just listen to what I mean, not what I'm saying. But yeah, super. That's.

Ann (20:21.15)
Oh yeah.

Ann (20:27.41)
Yeah.

Ann (20:34.831)
Yeah.

Sue Marriott she/her(s) (20:45.546)
It's just such a pro, it is such a privilege to be able to sit with some of these really brilliant people. What are the other ones that came to mind?

Ann (20:50.351)
Yeah, and it was just, well, we did multiple ones on attachment, our true and core cells. You and I did a few of them. So we did, which I think it was good, we did a couple on like back to the basics of attachment. We just interviewed, or we just had a great discussion with one of our Patreon members. We just got to do a meet and greet because she's a Patreon member. And I...

Sue Marriott she/her(s) (21:08.447)
Oh yeah.

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Ann (21:20.007)

found out that she keeps referring her students to think episode five for the back to the basics. And I was horrified. I'm like, oh my God, I can't even imagine. I mean, don't get me wrong. I love it. It's wonderful that something back that far is providing meaning to her students. But I was glad to remember that we did a back to the basics. I think that was like in 208, episode 208, we did a back to the basics on attachment. And then we did one where we're talking about what we're talking about now. What's the difference between attachment

having secure attachment and having a secure state of mind. And I think that was, that's an important distinction that we keep articulating more and more and more we do in our book, but we do, I think throughout the episodes this year. And you also interviewed Carol George, which was just a phenomenal interview. Yeah. That was your second interview with her, I think. Yeah.

Sue Marriott she/her(s) (22:03.807)

Yeah.

Sue Marriott she/her(s) (22:07.938)

Amazing. Did we? Yes, it was. The first one, it was so dense that you and I got on afterwards and did a whole episode about that interview. This one, I almost, was it two? No, it wasn't two interviews. I guess it was just one. Well, again, that's the density of it. And a term that people have repeated that, and it was part of why I reached out to her, is this idea of failed morning.

Ann (22:17.373)

Yeah

Ann (22:23.827)

It wasn't too, yeah.

Right.

Ann (22:35.655)

Mm-hmm.

Sue Marriott she/her(s) (22:35.914)

And so we went into depth about that. And yeah, and we've been, yeah, she's just delightful and wonderful and available and interested and continuing to teach. And so.

Ann (22:47.667)

Well, yeah, I like the distinction when y'all talked about the failed morning, connected to dismissing attachment and the disconnection. I got the most out of when she talked about preoccupation of personal, say, yeah, personal. Yes, preoccupation with personal suffering. Yeah, say a little bit of what you got out of that from her because I thought that was

Sue Marriott she/her(s) (23:01.906)

preoccupied with personal suffering.

Yeah.

Sue Marriott she/her(s) (23:12.202)

out of that particular one? Oh yeah, I'm gonna have to pull that up because I actually got a little bit confused because it was also related to dismissing attachment, not just preoccupation. Another just thing about dismissing attachment is kind of the difference between avoidance and, oh no, I'm gonna get lost in this.

Ann (23:13.451)

Yeah.

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Ann (23:25.739)

Mm-hmm.

Sue Marriott she/her(s) (23:38.99)

Well, that's one of the fun things, right, is that we can go so deep. And then when you come out of it, you're like, now, what did I say? But preoccupied with personal suffering is kind of just the sense of always being in loss, in nostalgia, she talks a lot about nostalgia as a as a sign of insecurity, like not wistfulness and enjoying something more, but it's kind of like

Ann (23:45.136)

Yeah, yeah.

Sue Marriott she/her(s) (24:06.93)

you're orienting towards the past and what you... Like it's a grief moment. And of course, fine in passing, but some people are more oriented towards disappointment or like these separations that then keeps them in a state of mourning or... I guess the idea is that you don't then continue your process of grieving the loss. Instead, you hold onto the loss.

by holding on to the impact on you, and it's a way of not processing it actually. And it kinda keeps, defending, that's right. So it keeps us stuck. So then, and then the other one with failed warning, same thing, and it's, I mean, who does it not apply to in some ways? But when we've had to pull up our boots and keep on going, and, or weren't signaled that something was important when it really was, so.

Ann (24:42.819)

It's a way of defending, right? It's a way of blocking.

Ann (24:54.973)

Yeah.

Ann (25:05.256)

Mm-hmm.

Sue Marriott she/her(s) (25:05.81)

we follow along with the family and like, oh, you know, mama's death doesn't matter or whatever, or you know, or you just, oh, you're sad here, let me distract you so that you're not sad, those kinds of things. Then what it means is that we carry these little pockets of unresolved loss at times, you know, and that's what some of her research is showing. Yeah, great, but she has a great new book and that podcast, do you know that podcast number?

Ann (25:34.324)

Follow me.

Sue Marriott she/her(s) (25:40.538)

And these will be linked if you just go to this episode's show notes. We will give hyperlinks to some of these that make it real easy for you. Did you happen to find that?

Ann (25:50.067)

So the episode number is 210 for Carol George. And these will be linked, so don't worry about it. It'll be in our show notes, so it'll be linked.

Sue Marriott she/her(s) (25:53.332)

And okay, yeah, yeah.

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Yeah, definitely. And the other thing is, and another thing I'm proud of, is that you can go to the website, therapistandcenter.com, and then there's a little search bar, and you can put in whatever you want. You can put Carol George, it'll come up. All three interviews will come up, the first one, ours, and then hers again. Or if you're interested in internal family systems, put that in, Frank Anderson, that was a great interview.

So many things. So the thing you're interested in, just see, just poke around and see if we've done one, like look into our old catalog. But please, like Anne was saying, please do forgive our early audio and our early editing. And oh, I just cringe thinking about it too.

Ann (26:42.119)

I know when she said that. Although I think that was fun, I also found out is how often podcasts are being used in graduate programs or in even undergraduate programs being assigned, both actually graduate and undergraduate, being assigned podcasts for individuals trying to learn about different topics. That was exciting to me to hear that, that it's a good avenue.

Sue Marriott she/her(s) (27:04.894)

Me too, and that reminds me, have you mentioned the poverty? We have done more replays this year, and I wanted to say something about that, and then with my ADD brain, I'm gonna forget to go back to the poverty thing. I'm writing this down, so maybe I'll remember. But now I don't remember what I was gonna say. But anyway, it'll come back. But part of the reason that we did more replays this year than we have before.

Ann (27:09.918)

Right.

Ann (27:21.851)

No, I'll remind you. You got it, I got you.

Sue Marriott she/her(s) (27:33.994)

And it wasn't a ton, but it was just a little bit more than we typically do. There was two things. One is we were totally, you know, head down working on the book and fill the value of that and are really happy that we did that. Like it's important to have it in a different medium. But also Ann and I, we don't wanna just create content for the sake of creating content. And you know, when we come on, we wanna have something to add or something to contribute.

or something significant to react to or to process or to explore, we're resisting just like, oh God, we gotta come up with something to record. We don't want to do that to you. And yeah, so we've kind of shifted a little bit on thinking of like the catalog is so dense and so good. And so many people tell us that they listen to an episode over and over and over that, and also it took pressure off of us, to be honest.

But it began to feel performative, like, oh, we have to create something. And I didn't like that. And I thought that you all would probably appreciate that when we come together, you know what I mean? We are gonna really focus on quality content. Did you have any thoughts about that?

Ann (28:49.895)

No, I think it's taken a little bit of pressure off and I love that. So I love that you're saying that. And it actually, it's exciting. I mean, not that we weren't already doing that. I think we always kind of felt, but that we were holding a sense that we were letting everybody down if it wasn't a content every single two weeks. And if this was all we were doing, that would be great, but we have these other endeavors. And so we want to have something really important to say before you put the mic on because we don't wanna waste anybody's time.

Sue Marriott she/her(s) (29:06.19)

Totally, totally.

Sue Marriott she/her(s) (29:17.854)

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And this is still a hobby. And this is still a hobby for us. We're working our little tails off. And that was the, I think, and you and I both, we kind of carry the audience in a way that isn't true of like kind of a little bit probably more critical or more like, yeah, like you said, that we don't wanna disappoint them or we don't wanna look like we're sloughing around. When what I really believe is that they would be cheering us to like, y'all girls go take a break, you know?

Ann (29:28.978)
Yeah.

Ann (29:36.836)
Yeah, yeah.

Sue Marriott she/her(s) (29:46.866)

Go have fun in Portugal, which we did. Like, I know that we work really, really hard and we produce a lot and that we would absolutely have the support of people saying, take your time, model for us what self-care looks like. So we've, we had to kind of settle ourselves down to be able to do that. But then that's our secure relating journey, right? We wanna have a secure attachment to our audience. And.

like the audience that we carry inside us, which isn't necessarily you listening or the real people. But, you know, so if my internalized audience is supportive and encouraging, that helps me. So it doesn't really matter what you think, listener. But how I'm gonna, it does have that very much, but how I'm going to try to carry you is in a more secure way and not anxious about letting you down.

Ann (30:17.268)
Right.

Ann (30:33.115)
It does.

Ann (30:42.527)

because that just kind of grounds you to be your best self rather than being preoccupied with the idea that the audience out there is looking for things to critique negatively instead just trying to get the most that they can get out of what we have to offer and that they're I mean we just have a great positive audience anyway so by the end so getting back to you were mentioning that the poverty when you're talking about your Sharon Lambert

Sue Marriott she/her(s) (31:00.862)
Oh God, I love it. It's one of my favorite things.

Sue Marriott she/her(s) (31:06.731)
Yes.

I did. Oh, okay, now I remember. Good, phew. It's so sketchy if I'm gonna ever remember those things. But so one of the things that she had mentioned, we did replay that one. And again, we only picked the replays of the ones that really stood out or that were real popular. And we know that you would love again.

Ann (31:12.377)
Okay, good.

Ann (31:23.939)
it out. Yeah.

Ann (31:28.903)

Well, and that one applied, sorry, that one applied to kind of our theme for the systems, really looking at systems and how poverty is in and of itself traumatic. It's just, it's an experience, right?

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Sue Marriott she/her(s) (31:33.314)
The systems.

Sue Marriott she/her(s) (31:43.046)
a biopsychosocial, right, like a physiological impact. And not to put labels on people, like to really look at the system, not just to look at the individual, which I love. But one of the really neat takeaways from that particular one was that she had done research on whether or not podcasts help, like mental health podcasts, do they matter? And she actually got data showing that they do matter and they make a difference.

Ann (32:03.081)
Oh yeah.

Sue Marriott she/her(s) (32:11.094)
but especially they make a difference in under-resourced areas, which was just near and dear to our hearts because that's part of our passion is making all of this incredible science and application of these ideas accessible widely all around the world. And we're so pleased. I wanna mention we're at basically nine million downloads.

Ann (32:16.991)
Mm-hmm.

Sue Marriott she/her(s) (32:39.046)
have been heard in almost every country in the world. So to me, it's like, one, I would have never, ever, ever imagined having that kind of a platform ever. Would you? I mean, right? 40 people in a room and I'm happy.

Ann (32:52.494)
Mm-hmm. No, no.

Right, I remember when we got our first 200 downloads, we were so excited. Yeah.

Sue Marriott she/her(s) (33:00.386)
Right. But I just mentioned that in the sense that you are as a listener, you are part of a bigger movement and people are tuning in. And again, not to us, but to these ideas of building security and creating secure ripples wherever you are and really kind of pushing one another. You all pushing us, us pushing you. The idea is pushing us all to work on learning to regulate ourselves and stay in our ventral vagal connected heart, mind, full body.

Ann (33:11.056)
Right.

Sue Marriott she/her(s) (33:30.422)
and to be able to help others do the same, both things. And so anyway, to me, that is the most meaningful, exciting, incredible thing that we're all in it together. And so you listener, wherever you're listening from, there are other people listening and being moved to kind of do their own work as well. You're not alone.

Ann (33:30.958)
Mm-hmm.

Yeah.

Ann (33:52.207)
And it helps you to imagine, like we're talking about imagining our audience out there as being supportive and caring and wanting our rest. And it's also sending the message to you listeners out there who is your imagined audience. We can carry with us. Everyone carries with them sometimes an imagined audience. They think, they're gonna think. And sometimes it's really interesting to go, who is that, right? And we can.

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Sue Marriott she/her(s) (34:10.786)
oooo

Sue Marriott she/her(s) (34:18.965)
Mm.

Ann (34:20.411)
we can build resentments through our audience and we can build connections in how we imagine our audience to be. And so, what...

Sue Marriott she/her(s) (34:29.246)
And by now, right now you're talking about the listeners, audience, whoever that is. Right.

Ann (34:33.415)
whoever that is that is in your head that is your natural audience. Can you imagine them more positively? Can you imagine them caring? And you know, we're also really, really trying to cross the divide from the level of divisiveness that's been out there in our community. And I know that's been our real passion through this is helping people connect and to relate with themselves with their relationships, but also across.

cultures and systems and be motivated to be connected. So if you can imagine the audience that you are even angry at or that you're fighting against, if you can imagine them in a less critical, more connecting way in order to then still have really deep, challenging, hard conversations, that's the goal. And if you're out there listening like you're saying to, you're part of a group that wants to do that.

because people don't stay on this podcast if they're wanting to stay. It's one thing I love about thinking about our listeners. When I think about the audience, I think people don't tune into this if they wanna stay in their set fixed place. Because if you wanna stay there, why would you listen? Like you're not listening and you feel like, you know, I like, I'm just gonna stay exactly I am and I'm gonna focus on the world exactly. And you're there because you wanna grow yourself.

Sue Marriott she/her(s) (35:28.994)
That's right.

Sue Marriott she/her(s) (35:41.01)
Yeah, and a defensive, yeah. Right.

Sue Marriott she/her(s) (35:49.215)
Yeah.

Move. Mm-hmm. Yeah.

Ann (35:53.923)
and look at your own defenses. So that's the, when we're speaking out there, that's the audience and that's the part of what you're connected to when we talk about the reach. It's like imagining lots of people out there wanting to relate more securely with one another. And that can really change that internal narrative story that can be, oh, nothing's gonna change, the world sucks. We all suck. When we start saying that, like, wait, no, there's a lot of people in this very positive way wanting to reach out and connect.

Sue Marriott she/her(s) (36:08.033)
Yeah.

Sue Marriott she/her(s) (36:21.282)
that are on this journey, yeah. And so, Anne, what do you think about the difference? Like, what's the difference between the audience and versus like just negative self-talk in general?

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Ann (36:22.82)

Yes, in different cultures across the world.

Ann (36:33.671)

Well, I guess it depends on what frame of reference like you're thinking about, like if you're thinking about our audience, those that are actually listening to us, that's the audience. Well, I guess what you're saying is like, is the audience, the negative self-talk coming from out there, they are going to be judging me negatively? We're projecting the outside world as being a critical.

Sue Marriott she/her(s) (36:57.618)

No, what I mean is when you were just challenging and inviting the listeners to consider their own internalized audience, right? So I'm talking about that, our internalized audience. Like to me, the quickest example that came to my mind was like in graduate school, or actually as a new, as a baby therapist, and how much time I spent like worrying about the board or worried about my supervision. And so I'm sitting with a client, but...

Ann (37:04.819)

Yes.

Okay.

Ann (37:15.196)

Mm-hmm.

Ann (37:22.019)

Oh yeah. Oh yeah.

Sue Marriott she/her(s) (37:27.646)

largely holding in mind, like making sure I don't get in trouble. You know what I mean? Like that's an actual audience that isn't even real, but it's the way that I'm relating to it. And so very early on as I kind of got older in my practice and stuff and started helping neuro therapists and doing consultation, I was one of the first things that I would really help them get the board out of their brain and really be in the room with the person.

Ann (37:32.193)

Mm-hmm.

Ann (37:53.347)

Oh, that's such a great example.

Sue Marriott she/her(s) (37:56.846)

And because that's really what the actual board, whatever that it means, that's what they want is they want quality care. And so the best way to have quality care is get them out of there. You're not practicing to them. You're being with your person. And so that's to me an example of like a, it's still, it isn't a real person, but it's not exactly my negative self-talk. Like I suck as a therapist or something like that. It's not exactly that. So I guess in answering my own question a little bit, it's like there is something a little different between kind of

Ann (38:01.04)

Yeah.

Sue Marriott she/her(s) (38:27.312)

an imagined audience and negative self-talk. What do you think?

Ann (38:30.551)

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Absolutely. Oh, I think you're spot on. And you can kind of recognize where the fear is coming from. Like I love your example. I was thinking I related to that where some people is like, oh, if I do this, I'm going to get sued. I'm going to get sued. I'm going to sue. Right. So we have the externalized fear base. Somebody's going to come get me audience or somebody's going to come judge me. My CEO is always judging me. They're going to, you know, my boss. So it's that

Sue Marriott she/her(s) (38:44.869)
Right, exactly. Yes.

Ann (38:58.471)
projected thing where then you're reacting to that and getting back into yourself like, oh wait, like shifting that audience to what's really important is grounding ourselves in that moment, in this room. That's hard to do.

Sue Marriott she/her(s) (39:12.158)
Mm-hmm. And then the difference between this idea of having a balcony of people that are in your audience, but they're cheering you on. They're saying, you can do it. They are, you know, and I've sometimes have like envisioned like who would be my balcony people and like almost kind of cultivating and again, a secure audience. Like that's who I want to tune into. I don't want to tune into the basement, you know, in the gremlins and the.

Ann (39:28.127)
Mm-hmm.

Sue Marriott she/her(s) (39:38.542)
creepy monsters that are in there just trying to pull me down. But I think of the, what did I call it? The, I mean, the balcony. I think of them as more accurate representation. They're not, they're seeing me mess up, but it's like, that's fine that you messed up. Versus, yeah, go ahead.

Ann (39:38.867)
Yeah.

Ann (39:50.242)
Mm-hmm.

Ann (39:55.56)
Right.

Ann (40:01.412)
I think that's really key because it's like we don't always have to have and we do that. I do that with the audience here, right? Like with you guys out there, our real live audience, right? We could think about you guys so much that we aren't in ourselves or we can connect enough with you to go, okay, that's why we call it therapist uncensored. I think we've acknowledged it. We don't go back and...

review these. We don't go back and go, oh my God, Sue said that, let's take it. I mean, hopefully Jack takes a little bit of our arms out, you know, but we fairly are uncensored. So with that, what we have to tolerate in there, in this audience dialogue, is that some audience that you guys out there are going to have critical thoughts about something I've said today or something Sue said today, or you're going to have an agreement. So the

Sue Marriott she/her(s) (40:30.331)
Oh, a lot, many, especially mine.

Ann (40:52.991)
tolerating, you can have a negative thought and still find value in me, in us. Right? And so it's having that audience out there doesn't always have to be cheering us on. It could also be thinking, you know, I have a personal judgment of what you just said, but can you have somebody judge you?

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Sue Marriott she/her(s) (40:57.795)
Yeah.

Sue Marriott she/her(s) (41:04.075)
Right.

Sue Marriott she/her(s) (41:09.102)
or disagree or have a critical thought or I mean like a like a criticism like a healthy criticism of like you know but wait I don't agree.

Ann (41:12.708)
Yeah.

Ann (41:18.683)
Right, and you can hold that and still find your own value. The great question I asked was, so what if somebody, like you said, that it's not as easy as we make it sound. So what if somebody has that negative thought? But I do invite, and I do that personally, I'm like, okay, so let's say that is true. Can I handle that? Would it be okay? And letting yourself not just stop with the audience, I think we get stuck with the audience, whether like you mentioned, the internal audience of our self-flagellation or the external audience, echo chamber of the therapist in Austin.

Sue Marriott she/her(s) (41:35.35)
That's right.

Ann (41:47.955)
having judgments or whatever that is, coming back into, okay, what the grounding really is, I'm okay even if that's true, still a whole valued person and people can have it. And it's more of a resilient way to use that audience.

Sue Marriott she/her(s) (42:02.414)
I love it because we're also, since we're talking, the audience is an internalized voice. So really we're talking about developing and cultivating a secure relationship with yourself. And I love the idea of no matter where you are and even like if you listen to this a year from now, we could still be connecting. You know what I'm saying? Like across the airwaves, like it still matters. Like if we can evoke in you,

Ann (42:07.87)
Yes.

Ann (42:14.032)
Exactly.

Ann (42:24.091)
Right.

Sue Marriott she/her(s) (42:31.438)
the very true feeling that we care that you're doing this and that we respect you and that we're cheering you on and that you don't have to be perfect. Those are all gonna still be true no matter when you listen to this. And how cool to think of this asynchronous, incredible connection. And if we can do this, like there's so many things in your own world if you just kind of look around. Oh, that was the other thing I was gonna say when you mentioned the Docker.

Ann (42:49.724)
Right?

Ann (43:01.011)
Backer, Backer Keltner.

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Sue Marriott she/her(s) (43:01.654)

Dacher Kellner, I'm sorry, I always get that wrong. But one of his points was that when we are in a secure state of mind, many points, but when we are in a secure state of mind, that we evoke that in others. So the work that you're doing right now on yourself, oxygen mask on you, top down thinking for you around like what do you need versus trying to change the world to make you more comfortable. Like that, from that perspective.

Ann (43:14.825)

Mm-hmm.

Sue Marriott she/her(s) (43:32.534)

then you really are changing the world because when we are in our ventral vagal connected state, we're more generous, we're less prejudice, we evoke kindness and we give kindness. So another point about where we're going is that this isn't, you can't be secure by yourself. You can't be secure as an island. This isn't about like, I'm good, okay. This is about security has to be that we

Ann (43:52.028)

Right.

Sue Marriott she/her(s) (44:00.766)

elicit it, we grow it in ourselves and others. And that means whole communities, they get pressed down from oppressive systems and histories and institutions that literally hold people back. That we have to care about that. We have to be a part of resisting that and making change and making people more conscious of it. And doing our own work about uncovering some of the ways that we have been, that it's embedded in us still. So.

Ann (44:15.167)

Mm-hmm.

Sue Marriott she/her(s) (44:29.65)

security, when we talk about security relating, it's always gonna be, this isn't just go be happy. This is do the work to look at your demons and get free to be actually present in the moment and then get busy doing it, helping others do the same, lifting people up.

Ann (44:51.379)

That's well said. Mic drop.

Ann (44:57.567)

Well, I think you kind of wrapped it up in a great organized way about kind of where we see this next year going, you know?

Sue Marriott she/her(s) (44:57.611)

Cool.

Sue Marriott she/her(s) (45:01.706)

Well, and you know, the other thing, right, it is, absolutely. And the other thing, like that's, I mean, I just feel like, okay, I'm not gonna say it. I'm not gonna say tooting our horns. But it makes me think of the book. Like that's the passion that we brought to the book. And we're gonna, there's gonna be lots of opportunities this next year. We're gonna be traveling a little more. We're gonna be doing meetups in different cities. We're going to, by the way,

Should we mention it now? Have we already done the announcement?

Ann (45:35.443)

What about me?

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Sue Marriott she/her(s) (45:36.737)

Uh huh.

Ann (45:38.663)

Don't remember when we did the cap. I'm not positive.

Sue Marriott she/her(s) (45:40.17)

All right, well, okay. So for those of you, if we've already announced it publicly, then that's cool, but if not, then you're hearing it for the first time, which is that we are, along with Austin and Connection, going to be having a live weekend with Ann and I in May, it's May 3rd and 4th, tons of activities to do and fun, both for the general public and for...

folks that are more into it and want an advanced training. So we're gonna do an advanced all day workshop.

Ann (46:13.391)

Yeah, the training itself is gonna be one day. On the fourth, yeah. And then on that.

Sue Marriott she/her(s) (46:16.074)

That's right. Saturday, that's right. And it's gonna be great. You know, it's gonna, we're gonna bring it all. We're gonna be planning it all year. It's gonna be really fun. And people have asked before, hey, should I fly in for this? Like when we did a little meetup. And I'm like, no, that's not the one to do that on. This one, if anybody's interested in traveling, we're gonna have a little host committee that's gonna help welcome you. There's gonna be side events. And this would be the one to do.

Ann (46:22.334)

Yeah.

Sue Marriott she/her(s) (46:45.97)

So, yay, I'm super excited about it. And it's gonna be different than other conferences. Anyway, we'll say more about that as it comes, but this is a save the date, May 3rd, 4th. Then there's also, if you, I wanna mention, again, related to this idea of promoting security wherever you are, if you are in a community where you have enough, have access to enough of a community, whether it be a therapist community or what have you.

Ann (46:56.123)

Yeah, we're going to detail later.

Sue Marriott she/her(s) (47:15.65)

We, you know, Anne and I are gonna be doing some traveling. So if you could arrange a meetup with enough people, we might be able to swing by and do an event, you know, whether it be a talk or just a meet and greet or what have you. So think about that. And if you can get that going, we wanna support you in doing that because that's gonna build relationships in your community and we would like to be a part of that.

Ann (47:40.463)

Yep, it's all about community building. That's what's really, really important. That's the goal, is we want people out there meeting one another, so if we come in and we can help form a connection like we did in the meetups, that's what would be really, really invigorating and exciting for us. And again, it's connections around forming networks of people who want to do and talk and be around together and pushing, yes, exactly.

Sue Marriott she/her(s) (48:06.51)

pushing themselves, that's right. That's right, and yeah, for sure. And this is also especially true, like one of the dreams in my mind is part of these little networks can really be specifically the people that have been pushed out and marginalized. So whether they be BIPOC led, whether they be trans, queer, whether they be...

Ann (48:24.526)

Mm-hmm.

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Mm-hmm.

Mm-hmm.

Sue Marriott she/her(s) (48:31.138)

disability, whether they be body, it doesn't matter. It's like anybody that's been pushed out, women. That's right. And which is, can we say again for a minute how cool it is that we are still ranked in the top 10 Apple podcasts for social science as two women teaching. Normally for science, you're listening most likely to a man, which is, we love men, there's no problem with that.

Ann (48:37.427)

group of women who want to join and feel empowered, group of men who want to join.

Sue Marriott she/her(s) (49:01.206)

but that this is different. I love that about this. And yeah, so women for sure, uplifting women's voices, especially.

Ann (49:09.043)

So I'm having to deal with my internal audience environment saying that we've said too many positive things about the podcast and I'm feeling, I'm feeling my own level of discomfort, just acknowledging, self-acknowledging.

Sue Marriott she/her(s) (49:20.334)

Okay, I'm gonna be like a secure voice to say. Here's the thing, everything we're saying is accurate. We're not, it's actually all true as far as like some of the good things that we're saying is true, right? Like we are in the top 10 and we have to have those things and all the, but also even if we're coming across a little braggadocious, which I don't think we necessarily do, but even if we are.

Ann (49:23.475)

Hahaha!

Ann (49:37.817)

Mm-hmm

Sue Marriott she/her(s) (49:46.578)

the people can hear that and like just know that we're excited and know that we're proud and know that we've worked really hard on this and that we're we get our moment in the sun of saying there's really cool things happening here and we invite other people into it and this isn't we're not cultiv we're not cultivating people to circle us

Ann (50:01.695)

I want to emphasize the last part. That is what I want to come back to as we end. This is not about we're asking people to get people together to circle us when we go to a city. It's we want people to get together who feel really motivated about the idea of connecting on these really important topics of getting through your own defenses and being able to connect in a very secure way across the aisles. And if you're, I mean, I would love to have a...

I would love to have meetups that have a division of people with different political connections. Yes, and that we're going to get together and actually have really, that's my passion, right? Let's have these really hard conversations with people that we might not otherwise and quit having it be an us and them. There's a lot we wrote about getting out of the us and them and getting into the us, all of us. And so, yeah.

Sue Marriott she/her(s) (50:34.046)

Oh lordy.

You're doing crazy talk right now.

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Sue Marriott she/her(s) (50:55.798)

Well, again, okay, I'm gonna say something positive about us again, which is that I think that we're pretty good at not doing like those clients over there, those people who struggle over there. You know, we're the therapists and we know, and we're going to impart our wisdom that we, that we're, I think we're pretty good at not doing that divide that it's easy to fall into as an educator and as a therapist.

Ann (50:59.475)

Thank you.

Ann (51:04.86)

Right.

Ann (51:19.127)

I mean, I agree with you. I think I can be really good, but I think I can be a raw ass sometimes when I'm really activated politically or if I'm activated around a topic. Like I can get the us and them like the best of you if I'm not paying attention. Like I think about myself around three or four years ago and how much I contributed to the problem with what I posted and how I posted it and.

Sue Marriott she/her(s) (51:27.334)

Oh yeah. Yeah, that's.

Ann (51:45.027)

And again, this isn't, I want it all to be ignoring the really, really important topics and say, oh no, let's just all get along. We are the same and we all agree. Like, hell no, I'm not ready to do that. But I have been extremely motivated to like connect on a less reactive defensive way so that I can quit seeing the world so polarized and adding to it.

Sue Marriott she/her(s) (51:53.077)

Mm-mm.

Sue Marriott she/her(s) (52:04.995)

Well, also, yeah, exactly. So you're going to be more effective in the change that you want to see happen, that we're going to be more effective from our secure place.

Ann (52:09.169)

Right.

Ann (52:14.083)

And this is, that's the past. This is why I'm excited to form groups out there. If people have groups that are motivated by that and they wanna have these deeper conversations about how to do that, that's what we'll travel for. That's what we want to do. That's what we wanna spread. And so that's, yeah, just really kinda wanna come back to that. It is not that we're wanting everybody to come see us. We're wanting everybody to have these conversations and we wanna be the impetus for that.

Sue Marriott she/her(s) (52:28.51)

Absolutely.

Sue Marriott she/her(s) (52:39.719)

I think that's a good caveat. It is a really important one, and obviously we're both totally on that same page. So, love it.

Ann (52:44.481)

All right. It's an important one.

Sue Marriott she/her(s) (54:37.974)

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All right, and for those of you, we're gonna ask something of you. For those of you that have stuck with this or still listening, we would like you to give us a holiday gift. And that holiday gift is to go to your, wherever you get your podcasts, and just leave us a rating and review. It makes a huge difference. This is gonna make Ann totally squirm. But I really mean it. It actually really helps get the word out and we just haven't been asking for them, and they've just kind of fallen off. So it would be really cool and awesome and wonderful to leave us a rating and review, and we will read every single one of them, and it matters a lot. So thank you very much for listening.

Ann (55:39.215)

All right, thanks for joining us today and we'll see you around the bend.