

Input sound file:

Christine coaching Jamie

S1 00:02

S2 00:04

S1 00:05

S2 00:07

Hi, Christine.

S1 00:08

[laughter] Thanks for letting me use this call for my coach credential-ing process.

S2 00:14

No worries.

S1 00:15

I really appreciate it. Um... So what are we talking about today?

S2 00:26

Um... I-- I would like to talk about, um, I guess continuation of maybe something we were talking about last time, where I was talking about divorce and talking about what it would look like, feel like, be like, um, and you told me to go and, um, talk to somebody--

S1 00:53

Mmm. Mm-hmm.

S2 00:54

--a friend--

S1 00:55

Mm-hmm.

S2 00:55

--about it. And so I did. Um, it wasn't the first person I was thinking of, but, um, it was... It was-- I had to [?] through my cousin. So I have a cousin - my cousin, Tesa - who is just moved a couple of months ago, um, and she's lived in Seattle and she's very...strong - not just like a feminist - but she's also, like-- y'know, she's, um, started her own company right now and she's, like, "take life by the balls." Um, she's very self-aware and everyone says she should be a coach. [chuckles] Uh, so this is-is a-- very interesting on multiple levels, because she is family, and I didn't expect to talk about this with family. Um... so I'd like to maybe kind of unpack that, because there were some questions you had and stuff that I can answer and--

S1 02:02

Mm-hmm.

S2 02:02

--and I think it'd just, um-- yeah, a lot of s-- a lot of thoughts going on.

S1 02:11

Okay, so you want to unpack the conversation?

S2 02:17

Mm-hmm.

S1 02:18

Okay.

S2 02:18

Yeah.

S1 02:19

And so if we unpack the conversation, what are you looking to have that you-- at the end of the conversation that you don't have now?

S2 02:31

Um...I-I think I-I'm getting my head around just the whole-- the concepts. You know, like, we were talking about normalizing it so I can even, like, feel okay talking about it, handling it, thinking about

it. Um...so I guess it's just, just part-- feels like, to me, part of that. I wanna make it safe to handle [chuckles].

S1 03:05 Okay. So normalizing the concept - divorce is a concept that's safe to handle.

S2 03:13 Right.

S1 03:14 Okay. Are we looking for the whole enchilada today, or just moving the needle forward?

S2 03:21 I'm just looking to move the needle forward.

S1 03:22 [chuckles] Okay, okay. So what does-- what does that actually look like?

S2 03:27 Moving the needle forward?

S1 03:28 Yeah. And maybe it's not a "look like." Maybe it's a "feel like."

S2 03:34 Sure... I mean, I think that there were-- she asked me a question that I couldn't fully answer-- I-I struggled to answer, struggled to actually ask you.

S1 03:48 Mm-hmm.

S2 03:49 Um...I-I-I guess I-I...think I feel more comfortable, and I think that I'm willing to actually open up about it more. Um, right before I, today, actually had lunch with a friend from college - female, actually - um, and I wasn't talking about what divorce is like, wife or anything, but I was surprised that we started just talking about marriage more and, y'know, the difficulties and now she-- 'cause-- anyway, because she was in a place where she was taking a break from guys, y'know, dating, I don't know-- any-- but anyways, just talking more about, um, what marriage is, because she's never been married or whatnot. Um, I think that was-- I don't know if it's evidence, but it felt like I was getting to a place where I felt more comfortable to even approach it, especially with somebody-- I-- I-I mean, w-we're very friendly, but we, we only got back in touch during the reunion so, it's not a...yeah. It's not, like, a close friend.

S1 05:13 Mm-hmm.

S2 05:13 Um...so there's that.

S1 05:17 Okay. So what I heard in your share, if I may reflect?

S2 05:23 Sure.

S1 05:24 Um..."moving the needle forward" might look like the experience of being more comfortable to open up in these conversations with people of-- perhaps that are not as, like, best friend or family to talk about marriage and divorce.

S2 05:42 Yeah.

S1 05:43 Okay. Cool.

S2 05:52 Oh. Should I...?

S1 05:53 No, I was just-- was just waiting to see if there was anything-- is there anything else in there that maybe I missed, or that there is for you to say?

S2 06:05 I-I-I, I don't think so? Um... Can I just dive in or...?

S1 06:13 Let's do it.

S2 06:14 Okay. Well, let me start with a question that my cousin Tesa asked me.

S1 06:21 Mm-hmm.

S2 06:23 Um...y'know, 'cause I was trying to explain what I was doing with you and this project--

S1 06:29 [chuckles] Mm-hmm.

S2 06:30 And by the way, she totally just dug it out of me. [laughter] It wasn't like-- we, uh... she ha-- we ha-- we had dinner a month ago or two months ago, like, her with Gloria, my family, and my mom, and she knows everybody, right? And so when I, um, uh, was talking t-to Tesa recently, she was like, "What's going on with your marriage?" as if it was just super obvious, y'know, to her that there was something weird going on. Um...

S1 07:09 What's funny--? Y-you have a-- [chuckles] You seem get to great enjoyment out of that. What's...what's funny about that?

S2 07:20 I don't know. I just thought it was-- it was very perceptive and, like, unexpected and how-- I didn't actually kinda, I think, accomplish what I was looking to do anyways, because actually, I wasn't originally thinking of talking to her. I was gonna talk to my friend, Andy.

S1 07:41 Mm-hmm.

S2 07:42 --you know, about it, um, and I'm just-- life is funny, just... A-a-and Andy was just tied up, and he's still tied up, and I just can't get through to him. But then, I dunno, life got-- I dunno, whatever, presented another...avenue. Um, I just didn't expect it. Andy's probably, I dunno, more helpful, but it was-- it was-- it was, what the word is, just um... It felt good to open up in a very honest way, not just to a friend, but also to your family, who's very, um, who knows and yet she's known [?] for a long time, too, so...

S1 08:32 Mm.

S2 08:35 And she's a mini-coach, I guess [chuckles]. I kept telling her that she should, uh-- I think you still do the coach thing, right?

S1 08:44 Uh, yeah, yeah, yeah. We can talk about that later.

S2 08:47 Sure.

S1 08:47 Yeah.

S2 08:48 But anyways...

S1 08:48 Yeah.

S2 08:49 Um...

S1 08:50 Well, I notice that there's, um, there's a real warmth in your voice when you talk about your cousin. So I'm wondering if-- I'm wondering if that is-- when we, when we talk about what the outcome of the call-- if that's the experience you're going for, the feeling good to open up?

S2 09:14 Yeah, I think that it...could be something just like that. It was-- yeah, it was relief. It was comforting. It was somebody who wasn't trying to judge me. It was supportive, it was... you know?

S1 09:35 Mm-hmm. Cool.

S2 09:38 Um... But she did ask me something that I wasn't prepared-- um... Like, there-- like, I didn't know exactly how to answer, and she was just asking "Why do I need to understand this concept of divorce? Why do I need to dive into it? Y'know, because she was saying,

basically, that, you know, you should...know what you want and then just go there. W-w-w-why do you need to do this stuff first? Why ca-- why shouldn't you just...?" And I also liked it, because she was very practical [chuckles], like, "Do this, do that. Wr-write a letter." Um... But w-why, why did I need t-to feel comfortable with the concept of divorce first before just talking to her directly?

S1 10:39 Mm-hmm.

S2 10:41 And I thought I understood prior to her asking that, but I'm not sure if I do, actually.

S1 10:49 Right.

S2 10:49 And I'm not sure if we even necessarily spoke about that.

S1 10:58 Okay.

S2 10:58 So?

S1 10:59 So, okay. Shall we dive in?

S2 11:03 Sure.

S1 11:04 Okay. Um... Where does it make sense to start for you? With what you thought it was, or the questioning of it?

S2 11:23 Either, either or, like, um...Th-the questioning, maybe?

S1 11:32 Okay. So [silence] what are you f-- what is the-- what are you curious about around the questioning?

S2 12:03 I think that, directly, because I was having trouble answering it, it made me feel like there was some aspect I was missing, that-- I guess maybe there's some self-doubt, like, "Oh, maybe I'm not going about it the right way," you know? Um... Right, or, or, or that I-I'm missing the point, more generally? So...

S1 12:55 Okay.

S2 12:55 Self-doubt, I guess, mostly.

S1 12:57 Okay. It sounds like there's a judgment on self-doubt.

S2 13:08 Judgment on self-doubt... Well... Yeah, perhaps... Yeah, judgment on...myself, judgment on maybe the process, um...because I guess it's sort of like she said "Why aren't you doing it this way?" and I'm like, "That's true, why aren't I doing it that way?"

S1 13:46 Mm. So why aren't you doing it that way? [laughter]

S2 13:55 Um... Well, one, I never-- I didn't think of it that way.

S1 14:01 Okay.

S2 14:01 Number two, I think I trust you and us and our process and--

S1 14:08 Mm-hmm.

S2 14:09 Um...I don't know. There's probably not a right answer, really.

S1 14:15 Mm. Okay, so how does that relate to-- how does there not being a right answer relate to the questioning?

S2 14:35 Not being a right answer relate to the questioning...

S1 14:38 So... [silence]

S2 14:52 Like, is it something that you-- that maybe I don't fully believe?

S1 15:00 Well, that's interesting. What do you mean?

S2 15:03 Like, if I truly believe there was no right answer, that doesn't matter.

S1 15:07 Mmm.

S2 15:10 But...I don't know. It just kinda stuck in my mind, like... I dunno. I thought-- pretty sure I don't know if there's a right answer. It's just, y'know, this-- y'know, it's different for every person. Um...

S1 15:25 Mm-hmm.

S2 15:27 I do believe that. Um...

S1 15:28 Mm-hmm.

S2 15:29 It just-- it did stick in my mind. It just bothered me that I couldn't-- why I felt like I-I couldn't, uh, explain it to the level of detail that--

S1 15:41 Mm-hmm.

S2 15:42 --I'd want to.

S1 15:45 Yeah. I notice your voice is getting a little tense and rushed, or your tone.

S2 15:51 Mm-hmm?

S1 15:52 What's coming up for you?

S2 16:02 Actually, I don't think-- I don't think too much is. I-I think it's, um, might be tentative, might b--just 'cause I'm trying to find the words to describe the sensation, a-and, um...it's not fully clear to me.

S1 16:25 Mm... Well, things not being fully clear has kind of been a theme of our conversations, and really, the theme of the overall question around "What's next with your relationship?"

S2 16:41 Right.

S1 16:46 So I'm curious what you see i-in, in that.

S2 16:57 Hmm. Maybe... Maybe, subconsciously, I'm using it to slow myself down.

S1 17:14 [laughter] Okay.

S2 17:18 Um...I mean, I think that, y'know, whenever things are uncomfortable - it's definitely a topic that's uncomfortable - y'know, I... I look to uncover every nook and cranny. As a, a-as-as that, uh, just a strategy for, y'know-- t-to know everything there is about something. Um...to conquer it.

S1 17:59 Mm.

S2 18:00 Um...

S1 18:04 So...is this strategy - to know all and to conquer the thing - does the strategy, does the strategy actually move the needle forward?

S2 18:31 Maybe, but very slowly. Yeah, I mean I think, I think I've, um, used it in the past and I figured it out eventually [laughter]. You know? Um...

S1 18:56 Yeah.

S2 18:57 Eventually, I'll be a expert on divorce. Y'know?

S1 19:05 Well... Okay, so...I noticed I say "so" a lot in this calls [laughter].

S2 19:26 So I feel like-- I feel like you could tell me th-- like, the answer, or you won't?

S1 19:30 [laughter] No, I wish I had the answer, um... But that's...that's really, that's really astute.

S2 19:45 What is?

S1 19:48 Is that your experience, that...other people have the answer and they're just not sharing it with you?

S2 19:55 Oh, yeah.

S1 19:56 Oh.

S2 19:59 Totally. I told you that before though, no?

S1 20:02 I don't think so.

S2 20:04 Yeah, I think we, we were walking around SoHo and, um-- that's the first time I had heard-- that you had told me about this concept of, you know, "What if nobody had the answers?" or "Why do you go around thinking that other people have-- yeah, have the answers?" Um...but I do. I trust other people's opinion more than my own.

S1 20:34 Mm. And so, I'm curious if the strategy is a way for you to compensate for nobody having the answer.

S2 20:50 Perhaps. I mean, if y-you, y-- Actually, y-y-you're kind of right. It's...it's, like, because I feel like I don't know the answer and I'm too...afraid or embarrassed, necessarily, to ask other people for the answers. I-I do want to over-compensate by becoming the expert more than what I feel everybody else knows.

S1 21:16 Mm-hmm. Mm-hmm. So does the experience of "expert," is that currently giving you-- or so when you say "expert," does it actually feel like relief, comforting and support? Relief, comfort and support?

S2 21:37 To be--

S1 21:37 Mm-hmm.

S2 21:38 --knowledgeable about something?

S1 21:39 Yeah.

S2 21:46 Well, not all of those things, but I think it does give me confidence that I could know what I'm talking about. And when I talk to other people-- yeah, um... Yeah, I-I-I-I stop feeling, like, um...y'know, the, the, the fogginess, the unclarity.

S1 22:17 Mm-hmm.

S2 22:18 Y'know. Um... It's probably all in my head, but i-it's something about knowing makes me, um, feel like I can handle it, feel like I can figure it out.

S1 22:36 Mm. How're we doing?

S2 22:44 Excuse me?

S1 22:45 Are we-- or, how are we doing in, in, um, moving the needle forward on your request? It seems to be-- that was a totally horrible segue [laughter], but there's an interesting-- it seems you got something there, um, so I wanted to quickly just double-check and see how this was in moving the needle f-forward, so that you can be more willing to open up.

S2 23:12 I-I-I actually think that's-- th-th-there's truth to, to this concepts that we're talking about right now, about, you know, how I'm dealing with this, um, I dunno, it's this-- w-what I feel is, a lack of knowledge, like a-- it's a deficiency, you know, on my part. And so, it's like even me bringing it up, it's like, "I need to find out more and figure this out," you know? As opposed to just being, "Okay

something that-- a question that I-- that w-- that my cousin asked, and I answered, and that's it."

S1 23:50 Mm.

S2 23:52 And I made it a thing. Um...

S1 23:56 So...may I offer you an assertion?

S2 24:03 Sure.

S1 24:10 If we look at the thing that you're trying to get - relief, comfort and support--

S2 24:15 Mm-hmm.

S1 24:16 --the strategy to know everything and have confidence seems to have-- it seems to have-- be a different objective. [silence]

S2 24:36 Or it's very, very roundabout.

S1 24:41 Yeah. Yeah.

S2 24:45 Fair enough.

S1 24:46 Okay.

S2 24:50 Fair enough.

S1 24:50 So what do you notice about that, the r-roundabout-ness?

S2 24:59 Um...well, I think I tend to take the roundabout way anyways [chuckles], so, s-so that's not surprising. Um, surprised that I didn't detect that sooner. Um...might be, uh, slightly distracting. Um, I mean it's, it's unclear how roundabout. Like, is this setting me back months, years, permanently? Yeah... I'm not focused.

S1 25:58 Mmm. Okay. So is "focused" important to you?

S2 26:05 Mm-hmm.

S1 26:05 Okay. So what would bring focus to the divorce conversation? [silence]

S2 26:23 Hmm. [silence] Well, prior to this I thought [chuckles] knowing more would bring focus.

S1 26:37 Mm-hmm.

S2 26:38 I didn't even talk about, like, all the articles my cousin is [laughter]. Like, "The Five Stages of Relationships," y'know? "Marriage 101: There Are No Soulmates," etc.

S1 26:49 Mm-hmm.

S2 26:50 Um... [silence] I don't know. Um... [silence] Well, talking more directly about the topic itself, divorce...about my experience in it, as opposed to the theory [chuckles].

S1 27:44 Mm.

S2 27:51 What do you think?

S1 27:52 [laughter] What do you think?

S2 27:54 Damn it. Uh...yes.

S1 28:04 Okay. So with whom will you have this direct conversation? [silence]

S2 28:18 Besides you [laughter]?

S1 28:20 Yes.

S2 28:24 Uh... My cousin, Tesa, is definitely a candidate--

S1 28:38 Mm.

S2 28:38 --or Andy. Um... so, so this is-- this isn't to say, though, that we didn't actually talk about--

S1 28:48 Mm-hmm.

S2 28:50 --things more directly. You know? Um... Even though this was the first thing that I brought up, um... Like, the things that my, my cousin recognized, um, you know, was that, um, she didn't like the way that Gloria was treating me, and I guess there was a little bit of, I don't know if it was vindication or validation [chuckles].

S1 29:38 Mm-hmm.

S2 29:40 Because I...wasn't sure. I-I-I built up, perhaps, so much resentment that I-I wasn't sure if I could see, like, the real behavior.

S1 29:50 Mm-hmm.

S2 29:54 Um.

S1 30:00 So, if we were to extrapolate out, I'm wondering if moving the needle forward is sharing with somebody who may know Gloria, but be a bit more of a Switzerland?

S2 30:17 Mm-hmm. Who would that be? Someone you know?

S1 30:24 Who would that be?

S2 30:30 My best friend Andy doesn't count. He knows both of us.

S1 30:32 Well, it could be Andy. Right? I mean, what I heard in your share was that, um, your cousin saw something and actually asked you.

S2 30:45 Mm-hmm.

S1 30:47 And there's a level of comfort in kind of a first step, like a baby step. This is someone who's on your side and you-- you've said, "I felt vindicated."

S2 30:57 Sure.

S1 30:57 And so if the intention is to feel more comfortable and be willing to open up more, the next step may be - and it doesn't have to be - it may be opening up to somebody who's not necessarily kind of in-- so in the inner circle. They may know you both, but love-- you know, be your friend. Right? I don't know. So Andy, may be the candidate. The only thing with Andy is that he's busy right? You said he was busy.

S2 31:22 Mm-hmm.

S1 31:23 So if it's not Andy, then who?

S2 31:31 Hmm. Maybe my friend Joe.

S1 31:43 Okay. Well, when would you--? Sorry.

S2 31:50 No, nothing. It's just it's a small circle that I feel comfortable enough to talk about.

S1 31:58 Yeah. How many people are in that small circle?

S2 32:02 Two?

S1 32:02 [chuckles] Okay, Andy and Joe?

S2 32:06 Yeah.

S1 32:08 Okay.

S2 32:09 Uh, yeah, it's either that or a stranger I'll feel comfortable to, right?

S1 32:17 Yeah. Okay. Are you willing to practice with Andy or Joe? Or Andy and Joe?

S2 32:25 Sure.

S1 32:26 Okay. By when will you have a conversation with them?

S2 32:35 Next week?

S1 32:36 So before our call next week?

S2 32:39 I hope so, yeah.

S1 32:41 Okay.

S2 32:42 Shoot. Okay.

S1 32:46 Okay. Cool. Is there value in noticing if you are operating in service of distraction or focus?

S2 33:03 Mmm.

S1 33:05 Bringing awareness to...to it?

S2 33:09 Yeah, I think so. I-I do have a tendency to get distracted, and not just in this, in lots of different things.

S1 33:16 Mm-hmm.

S2 33:18 Yeah. So yeah.

S1 33:21 Okay. And what would, you know, what do you see to take on after you kind of notice, y'know, that awareness is created?

S2 33:34 Mm. How to get back on track, I think, is the key thing.

S1 33:41 Okay.

S2 33:41 Um... And I think that's one of the things-- reasons I'm interested in meditation, just training to stay focused. Um...

S1 33:53 Wow, okay.

S2 33:53 My m-- my mind wanders.

S1 33:56 So is that a practice, daily meditation?

S2 34:01 Yeah.

S1 34:02 Cool. How long?

S2 34:05 Oh, I don't know.

S1 34:06 Five minutes, 10 minutes, 20 minutes?

S2 34:10 Uh... Five minutes, or it sounds daunting.

S1 34:17 [chuckles] And it [crosstalk]--

S2 34:22 Huh?

S1 34:22 No, no, what were you gonna say?

S2 34:23 M-meanwhile, my mother-in-law goes for, like, three weeks. She's on a three week retreat, meditation retreat, Buddhist thing, like [laughter].

S1 34:38 Okay.

S2 34:38 Yeah.

S1 34:39 Alright. So it feels like we're coming to a natural close.

S2 34:47 Yeah.

S1 34:45 Yeah. Um... So is there anything still on your mind that we didn't cover?

S2 35:01 Perhaps, though now I'm trying to think of s--
how focused it would have been. There were
just a lot of aspects to the conversation with
my cousin.

S1 35:16 Mm-hmm.

S2 35:18 But, you know. I don't know if it was roundabout
stuff.

S1 35:26 Okay. Is there anything that you need to say
now, or share now?

S2 35:36 Um... I'll say one thing. She thought it was
commendable that, um, I didn't take our-- that
I didn't take divorce so, um, lightly, or that it
seemed, you know-- um...just, yeah. But then I--
I wasn't sure if that was really her not being
married and th-that the idealistic, romantic
version of [chuckles], you know, of marriage.

S1 36:23 Mm.

S2 36:25 Um, I di-- I didn't think she should commend
me for that [chuckles], 'cause the way I think
of it I think it's, it's blocking me from doing
other thing, you know, so.

S1 36:39 Yeah. Is there more that you'd, you'd like to
explore around that? I mean, not today. I
mean, I'm just saying--

S2 36:49 Right.

S1 36:50 --we can keep that in the lodger for next, next
conversation.

S2 36:54 Oooh, maybe. Yeah, maybe. But I think, I
think there are similar themes, though.

S1 37:02 Okay. Cool.

S2 37:07 It's fine.

S1 37:12 Um, so when you look at where you started
the conversation, wanting to know [about?]
the concept, move the needle forward, the
experience of relief comforting and support as
you practice opening up, what did you, um,
what'd you actually get?

S2 37:35 I got that, um, I'm very good at distracting
myself.

S1 37:40 Mm-hmm.

S2 37:43 Like I have a better sense what I'm doing,
asking a lot of questions, trying to become this
expert, um, at a theory. Um, so just, you know,
what I'm doing and perhaps what I'm not doing
in service of this goal.

S1 38:08 Mm. Mm, yeah. Cool. Complete for today?

S2 38:15 Mm-hmm.

S1 38:16 Awesome. Alright. Let me stop the recording. I'll
be right back