

Marcy coaching Lori 1 transcript

Coach (00:03): Hey Lori.

Client (00:06): Hey Marcy, how are you?

Coach (00:07): I am well, thank you. How are you?

Client (00:12): Pretty good. Pretty good. Glad to see you today.

Coach (00:15): Oh, well, I am glad that, um, that it worked out and we were able to get it scheduled. And, um, before we get started, I just want to thank you again for allowing me to tape today's session, um, for my learning purposes, that really means a lot. So, thank you.

Client (00:35): Absolutely. Glad to help. Thank you for being there for me, always.

Coach (00:42): Sure thing. Um, so tell me what is your energy like today coming into this session?

Client (00:51): Oh, goodness, I would say, if I was going to do it on a scale of one to 10, I would say a five-and-a-half? But not too bad for this time of day.

Coach (01:07): Yeah, the afternoons are, are rough sometimes, right?

Client (01:12): Yeah, yeah. Just, just getting there, coffee's kicking in, so I'm getting better every moment.

Coach (01:19): Awesome. Well, feel free to drink away.

Client (01:22): Yes.

Coach (01:22): Um, so what did you bring today that you want to work on?

Client (01:29): Well, I am trying to really process being the parent of adult children. We have four children, and they range from ages 31 to 22. So, there's a lot going on in different phases of their lives. But the 22-year-old is, um, getting married in a couple of months and about to leave the nest. Um, so that's one phase. And then the other three are all married, and then different parts of their marriage and relationship, and one grandchild. And sometimes honestly, it's like I want to be a mom, and I enjoy being a mom, but I don't really know how to be a mom sometimes with these adult kids. So, trying to figure out my role, and just process that. So that's, that's what's going on.

Coach (02:48): So, it's interesting that you describe yourself as a mom, but a mom wanting know, to know how to be a mom again.

Client (03:00): Mm-hmm.

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Coach (03:00): Um, and I just wonder, um, what else is, what else is there, added to that?

Client (03:12): Yeah, really, really good question. Because there is a lot of layers to that. So, that was, that was a very surface layer. So, the other layers would be, um, how much do you, you know, supervise them, like with this wedding coming up? So, we've got, you know, it's a boy getting married, so the girl takes care of all the wedding details. And that's, she's amazing, and she's older than him and so she's very mature. Got, and got a lot of that taken care of. But, um, he's kind of, he's younger, all the details from finding the, um, counseling, the premarital counseling, the pastor to do the wedding, the, actually, a huge thing is he has 10 groomsmen and he has not contacted them yet to tell them about what they're wearing. And he's figured it all out, but he hasn't told them what to do. And so, I have the brothers and the brother-in-law, so three others that are in the wedding, asking me, "What are we wearing? How, the wedding is like two-and-a-half months away? What are we supposed to be doing? Is there anything we're supposed to be doing?" And I'm like, "Ask Samuel, ask Samuel," and they say they're asking him, but then they come back to me, and I feel like I'm just sandwiched in the middle of these conflicts.

Coach (05:08): How is that being sandwiched in the middle for you?

Client (05:13): I don't like it. Probably because I, I feel like I want to, I fall in the defensive mode for Samuel. I'm like, "Well, he's busy. He's, you know, he's been out of, across the country for four-and-a-half months," and make all these excuses for him. And then when he, when he comes home, and I ask him the same question, he's like, "Oh, I'll figure it out. I'll get to 'em, I'll get back to 'em." And I said to him, I said, "Samuel, you, they're asking me. I don't want to be involved in this. But they're asking me, so I'm just throwing the question right back to you." And he's like, "I know, I know." And then he feels bad about himself, and then I feel bad that I've made him feel bad. Sounds like a messy sandwich, doesn't it?

Coach (06:16): Hmm, yes, it does. So today, as we work, what do you, what do you want out of, out of working on this messy sandwich that you're in, in being a mom inside adult relationships?

Client (06:42): Mm-hmm. Well, I guess ideally, I would just like maybe, maybe a, maybe a goal or a plan, an action plan to say that, how's the best way to communicate with both sides, without, you know, I'd say Marcy, I think deep down in, in me is this fear of being the mother that is a busy-body, or is, has to be controlling and know-it-all and be involved in every little thing. I just never want to be that person. And I probably feel like I'm walking a tightrope, trying not to be that person, and yet trying to be supportive.

Coach (07:58): So, it sounds like to me, you want to work on, um, this concept of being a mom to adult children, who is both involved and supportive, with boundaries.

Client (08:24): Mm.

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Coach (08:24): How does that sound?

Client (08:26): That sounds exactly where I am. And if I could just identify those boundaries, that would be, that would be a good goal today. I like that.

Coach (08:37): Okay. And so, you would like to have a goal or a plan, or a list of boundaries?

Client (08:50): Yeah, just, um, I don't know about, yeah, a list would be good. I don't know how you list boundaries. But maybe we can just talk through that and figure that out.

Coach (09:10): So, where do you want to begin on the journey?

Client (09:16): Well, let's start, let's start with this, the most pressing thing is figuring out how to communicate with the three, two sons and a son-in-law that's in the wedding, about what they're wearing, their attire for the wedding. How do I communicate with them, and with the groom, Samuel, to accomplish what needs to be done? Which is going to be like measurements and shoe size and all that. Should I just jump in and do it?

Coach (10:09): So, where do you want to be at the end with, at the end, so the end would be the wedding. So, where do you want to be?

Client (10:22): I think I want to be I guess viewed in a supportive role but not a controlling role.

Coach (10:46): And so, if you want to be viewed as supportive but not controlling, and that's your end, where are you now?

Client (11:04): Um, probably more, I don't know how to identify this, more checked out. It, that's kind of like I don't know what else to do but to check out, because I don't know how to be supportive without being controlling.

Coach (11:33): What's your biggest fear?

Client (11:39): Ah, I can't say it, can I? Maybe I can. Um, I love my mom so much, but I don't want to be like her with the whole having to ask a million questions and have to know everything, you know? I don't, I don't want to have to do that. I don't want to be the mom that has to know all the details.

Coach (12:16): How is that fear directing you now?

Client (12:24): Well, I think it's probably making me want to just check out and not be involved at all. And that, and frustrated when I, when I get pushed into the, you know, when the other siblings call and say, "Mom, I haven't heard what am I supposed to do?" I'm like, just want to la-la-la-la-la, don't talk to me, call your brother.

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Coach (12:53): So, if you're, if you're coming into this session wanting to, um, know how to communicate with two sons and your son-in-law inside this scenario with Samuel the groom . . .

Client (13:13): Mm-hmm.

Coach (13:16): . . . how does that relate to these boundaries that you want to identify?

Client (13:27): So, I guess it relates in the fact that I . . . oh, I don't, I don't, I don't really know. Maybe, maybe I just should think through this and say, and, and get permission, identify with Samuel what has been identified to me as the issue, which is he's not communicating, um, or communicating clearly, and say, "Would you like me to help you, or how can I help you, with this process? You've got a lot on your plate. I'm here, I have some time." Um, maybe I can approach it that way, instead of just ignoring it, because I think I've just been ignoring the cries for help from the brothers and, because I don't want to get involved.

Coach (14:56): How is the ignoring the cries for help from the brothers, and that ultimate fear you expressed about loving your mom but not wanting to become her, how are those two things related?

Client (15:14): Well, I think if I, if I get involved, then I feel like I'm being more like her and having, having to know all the details. And when I'm ignoring it, I'm being opposite from her. Probably neither one of those are very good ideas, are they? I need to come somewhere in between.

Coach (15:44): Hmm. A concept of balance can definitely, um, bring about some growth in a lot of situations. So, I heard you say that two ways that, that you, that you came up, with working inside the situation, were to identify with Samuel, so that, that's communication. Um, what needs there, there are, in the area of communication. And then also to ask him how he needs help, how you could support him. How does that snapshot, even though it's an idea, how does that snapshot differ from a snapshot from your mom?

Client (16:48): Wow, I think, I think it, it's, it's big, because it's, the initial involvement is done with consent. Um, I think that's different, because what I see in my that's annoying to me is just the question, well, you know, question after question after question after question. And I don't know the answers to a lot of those questions. And when you don't know the answer, it really is annoying. It's not her fault that I don't know the answer. But I guess it's annoying to me when I'm like, "I don't know, they're adults, mom. Don't, I don't know. You can ask them." That's kind of what I say to her.

Coach (17:54): How can you be supportive without asking questions?

Client (18:09): I guess just you can make statements and say, "Hey, I'm here. Let me know if you need anything." You know, that's not a question. Or, um, supported in, like in this particular area with the wedding details. Unfortunately, there are a lot of questions I have to ask. Err.

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That's just life, you have to ask, have to ask questions. But I guess it's maybe the way you ask the question is, yeah, the way you ask it probably makes all the difference.

Coach (19:07): A little while ago, you said that you wanted to get permission, that you wanted to ask him if he wanted help or support.

Client (19:16): Mm-hmm, mm-hmm.

Coach (19:20): When did your mom do that with you?

Client (19:25): Well, she doesn't. Yeah. So, then that is the big difference.

Coach (19:31): Mm. So, as we kind of take a look at, um, you know, the two ways that you've come up with, um, making sure that you're not checked out or ignoring the scenario, but rather reaching your end, which is being viewed as supportive, um, we have about 10 minutes left in our session, and I just wonder where you'd like to, um, go from there?

Client (20:13): Well, if I could identify, um, maybe some, some good, good questions, and also maybe the timing of the questions. So, for example, if we were talking about the, the attire for the men, the groomsmen, you know, if I, you know, I get a call or a text from one of the brothers, and sometimes I just blurt it out right then and the timing might not be good.

Coach (20:59): Mm.

Client (21:00): So, if I just say, maybe, "Hey, Samuel, can we set up a time to talk about wedding details, after dinner tonight, would that work for you?" And then he's maybe more mentally prepared for it, then that seems a little more supportive than just, I get a text and blurt out a question while he's in the middle of something, that just doesn't go well, a lot of times. So, maybe I should really be more intentional about setting up a specific time and not just doing my convene-, not my convenience.

Coach (21:48): Mm.

Client (21:48): I think that would be helpful. I think that's a good boundary for me to stay within. And not try to solve the problem when it comes up. Because the timing, a lot of times, it's not, doesn't work with that. And it comes across as I'm being, I'm trying to be controlling or nosy or whatever you want to call it. And it's, it's annoying to him, just like I was saying, my mom's annoying to me, because she asks me questions when the time is not good. Ah, ah, timing, I'm, think, figuring that out now, timing. Okay, I like that.

Coach (22:32): So, if you're saying yes to, um, being considerate of timing, what are you saying no to?

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Client (22:43): I'm saying no to, um, spontaneous questions that come up, you know, just for whatever reason, and I'm saying no to my own impulses, and setting up a constructive time that works for both of us.

Coach (23:14): How do you think Samuel will respond to this path?

Client (23:21): Much better than what has been happening. And he might even want to say what, um, "That's good mom, Courtney will be here," who's the bride, you know, "and she can help with that." So, it maybe will take some of the pressure off of him, because she'll be there with him to field questions, if we set up, you know, a certain timeframe.

Coach (23:54): So, what might get in the way of setting up that, that following through with this timeframe, this commitment to the boundary of timing?

Client (24:08): Um, I guess, well, just scheduling and he's going to be out of town. But also, just the temptation to resolve. I like to resolve conflicts quickly. And the temptation to do that is probably one of my biggest issues. There's an, if there's a problem, I just like, solve it now, and then I won't forget about it later. So, I probably should write some, maybe that, coming up with another thought. Write down questions and things I need to resolve ahead of time, and then that'll make me think I won't, I won't forget it. I need to ask about the menu for the rehearsal dinner, well, we can talk about that at the same time we talk about the groomsmen's attire and the Airbnb that needs to be rented. And I need to make a list, that would help.

Coach (25:22): How will having that list of questions and needs ultimately affect your desire to communicate, um, with your sons, and the groomsmen and son-in-law, all of the details?

Client (25:44): Well, it won't drag it out. It'll be, okay, this is figured out and resolved, communicate that to whoever it needs to be, and ask Samuel, "Can you, is that something you need me to do for you?" Or, you know, "I'm happy to do that, unless you want to do it." That way, I'm not controlling the issue, I'm just being more supportive after we answer, you know, what needs to be answered. That make sense?

Coach (26:20): Mm. So, a little while ago, you, you said that, um, you like to resolve things.

Client (26:29): Mm-hmm.

Coach (26:30): Um, and just from an observational perspective, um, there seems to be a tension between that desire to resolve and the desire to not look like you're in control.

Client (26:58): Mm-hmm.

Coach (27:00): Does that, how does that sound or sit with you?

Client (27:07): Sounds kind of like an oxymoron, doesn't it?

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Coach (27:10): Mm.

Client (27:11): Mm-hmm. So, I don't know if this is defensive or just clarifying, I don't want to make it sound defensive, but I think the resolve is, is more of an accomplishment feeling, that it's done and everybody's happy.

Coach (27:44): Mm.

Client (27:45): Rather than a control thing, I hope anyway, that would be my hope that it would come across that way.

Coach (27:58): Mm-hmm. So, how, how, how do you think we're doing working through this?

Client (28:08): Well, I feel like I have, um, some tools that I haven't thought about before, which would be some parameters, like don't spit out questions as they come up, because that's overwhelming to him. Um, kike keep a, keep a bank of questions or thoughts or whatever, that I need to run past him, and maybe even filter them as time goes on. And then, you know, choose the timing when he's not involved in something else, and he is in agreement that this is a good time to talk about these things. So, the timing and the list could make all the difference in the tension that I'm feeling between two sides. And then permission, maybe, maybe the other thing, permission, consent, whatever you want to call it, from him, "Is this, is this helpful to you for me to, um, to take this on for you?" Which, which would be like communicating with the groomsmen and that kind of thing. I'm happy to do that, but I don't have to do it.

Coach (29:42): So, who can support you in this shift?

Client (29:54): Mm, well, I mean, I could, I could talk to my husband, and kind of tell him these are, these are some things that, that I'm going to try to do differently. I can definitely talk to him.

Coach (30:17): It's nice to have that support.

Client (30:19): Yes, yes. And I'm happy for, at our next session, for you to ask me, "How did that go?" I would appreciate that accountability, actually. Accountability is good.

Coach (30:34): Mm. Well, you know that will happen for sure.

Client (30:37): Okay.

Coach (30:38): Um, so as we're closing up, do you have any, um, an aha! moment you'd like to share?

Client (30:49): Actually, I think I had two, which was the timing thing, which would include not just scheduling a time, but not blurting out questions as they come up in my mind. So that, that

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was huge, because I think I've been doing that. And I guess the other would be, um, I can't remember, did I just say like scheduling a time to talk to him, that's part of the timing. And what was the other one? Um, sorry, I just lost my train of thought. The timing, oh the list the list, like acquiring a list, sort of like I do with other things, you know, that like grocery list or whatever, things that come up, I don't have to do it right then. But if I write it down, it feels done, kind of a thing. I could do the same thing with these kinds of things. I think that would be helpful. Just keep a notebook out, you know, within reach, on my bar, whatever and jot down things. (Crosstalk)

Coach (32:12): A really productive session. Um, thank you, um, for again letting me tape it, um, I want to make sure you, you get to have the final say, is there anything else you'd like to say in this session or bring to it at the close?

Client (32:34): Um, I just, I'm very grateful to just, it's sort of like you feel like talking through it brings things to the surface, and maybe I need to think more about the whole situation with my mom a little bit more, um, before I talk about it again. But just very, very insightful. I discovered some things in me that I didn't realize was there, so thank you for bringing that out.

Coach (33:13): It's always a pleasure. I hope you have a wonderful rest of your afternoon and evening. And, um, I'm going to sign off.

Coach (33:23): Thank you so much Marcy, see you next time.

Client (33:25): Bye-bye.

Coach (33:26): Bye-bye.