**Module 1: Getting Grounded**

**A Framework for Romantic Relationships**

**Group Coaching Call #1**

SANDRA: Hey everyone, this is the group coaching call for Module 1: Getting Grounded in the Relationship Course.

I’m really excited to be having our first call together! This first step, this decision that you all have made is so incredibly important. As I said in the email I sent out last Friday, you are showing such courage to even enroll in this course and to be showing up on a call and doing the material, doing the exercises.

Most folks aren’t trying to examine their relationships that hard. As I talked a bit about in the reading, most people are just trying to get by in their relationships, and y’all want to take it to the next level, which shows a tremendous amount of courage, and the fact that you really believe that you deserve a wonderful relationship, which you totally do.

So I just wanted to open up the call really acknowledging that about everybody who’s here. Without further ado, I want to start diving into the material.

The first thing I want to check in with people is the myths. In this framework that I presented for y’all, the first section kind of breaks down the different myths that you may or may not at one point—and maybe still do—believe in, because those are the messages that we get a lot around relationships.

I wanted to find out: did any of those myths really resonate with you? Did you find yourself nodding your head? Did you see its impact on your relationship? Did the myths not resonate with people? Did it feel like, “Oh, I’ve already unpacked those myths myself.”

Oh, a caller. 9-2-0?

920 CALLER 1: Yeah, I think neither of us felt like those myths were particularly applicable to us. So those really didn’t resonate particularly.

SANDRA: Did it help trigger other thoughts, other myths that you might believe in, that might be interfering in your expression of love toward each other?

920 CALLER 1: Yeah, I think so. A few of our own myths.

920 CALLER 2: There’s two of us here on this line. I think the one for me was feminism and relationships. We’re two women in a relationship, we’ve been together for a long time. We’re still very human in our power and balances, and how we share power, how we interact with one another. Even in the container of feminism sometimes doesn’t hold all that a relationship encompasses.

SANDRA: Yeah. I think oftentimes we focus on what’s not working, versus focusing on how to make things work and be respectful and be equal in our everyday life. Yeah, I can definitely see that. It’s something we’re obviously trying to address, but is not necessarily mainstream. Great, thank you so much for sharing.

So, the framework that we presented that we’ll be using throughout the rest of the course truly is focusing on seeing love as a practice, and not really as much a feeling. How did that strike people? Was that new for folks? Did it feel like, “Wow, if we did that, things would be different”? Or were people like, “I don’t see how that can work, or why that would be different.” What were your thoughts?

7-7-3, you want to share?

ERIN: This is Erin in Chicago. Something that me and my partner really recognized around this was how love languages work, and how I could expect love in a certain way that maybe she wasn’t thinking about giving it and vice versa. Maybe I need a hug when I’m upset, but maybe she needed something like an encouraging word or love in a different way. Does that make sense?

SANDRA: Yeah. And how did you learn that maybe the way that you express love wasn’t exactly how she most resonates with? How did that come out in the conversation?

ERIN: I think when it didn’t work! Like when I wanted to do something that I would need, like if we were arguing about something and in that moment I would feel love from her if she just reached out and touched me in some way. And if I try to do that for her, it did not go well. That wasn’t what expressed love for her. It was very much a trial and error kind of experience, and I think when we were going through this it was like, “Oh yeah!” That was something that we looked at and worked through. Most of the myths were things that we had come to recognize through trial and error and we’re just trying to figure out how to overcome them.

SANDRA: That’s great. So often we feel like what is true for us will be true for somebody else, particularly if we really care about that person, we kind of extend our identity often to that person. It takes a lot of self-awareness to start recognizing that it’s really not true. We all are very different and we have to learn what those differences are and to respect them and work with them, versus feeling defensive around them, which I think is often a feeling we have against those differences. That’s really great that you’re working all that out.

ERIN: Yeah. And I think recognizing that we have to intentionally seek out what does make them happy instead of… “I keep trying to hug you, and it doesn’t work,” but to intentionally seek out those methods. And even though the default might be for me to give someone a hug, I have to figure out the thing that she needs and how she best receives them.

SANDRA: And I think there’s a clear distinction: just because she doesn’t necessarily experience hugging as very much an expression of love, doesn’t mean that she doesn’t want to receive expressions of love from you, or love you. It just doesn’t work with her.

Alright, thanks so much for sharing.

ERIN: You’re welcome.

SANDRA: And then we also have 9-2-0?

JANAE: Hi this is Janae, Wisconsin. I thought it was a really interesting and challenging idea to express. It was really challenging for me to think about expressing love even when I’m angry and hurt. What I wrote in my entry was that it felt a lot like a spiritual practice, but I can absolutely see the value of that. It’s just going to be a huge challenge.

SANDRA: Definitely. I think you really hit the nail on the head, though, it being a spiritual practice. Spirituality, for me, at its core is really about being loving, both toward ourselves and to other folks. It’s not easy. We’re not set up to love each other, or to love ourselves.

What do you think would be different if that really was how you were in your relationship, even when you’re upset? What do you think would be different if you were able to act on your commitment to love, even when you’re upset?

JANAE: It would help maintain the feeling of connection to my partner. I think when I get angry or really upset now, I feel completely distant and very much alone. I think it would help maintain that connection that we still are in a relationship.

SANDRA: That’s great. I think that’s obviously the goal for this and I know that for me when I get upset and angry, the last thing I want to do is to be really soft and loving and vulnerable, so I take my time until I can release the chemicals that are rushing through my body and until I’m in a better place, I know I’m not going to lash out. Then I can move to a place where I’m recognizing why I’m so hurt.

It’s been over the years, that time that it takes to go from being hurt, to quickly going to anger in defense of myself, of that hurt, to being able to be with that hurt and communicate that so that we can actually deal with what’s really going on instead of the anger that’s masking it. That’s gone down so that it’s just minutes. It used to take hours, now it’s just minutes. So that’s definitely possible.

JANAE: That’s very encouraging to hear. I’m in the hours stage, myself.

SANDRA: Some people take days! I know folks who take days.

JANAE: Haha! Okay, maybe I’m in the days phase.

SANDRA: And it’s all about getting those tools. We don’t have access to them. So there’s definitely lots and lots of hope.

JANAE: Thank you.

SANDRA: Great, thanks so much for sharing. 3-1-5?

315 CALLER: Hi. One thing that really resonated with us was the part about treating your relationship as a third party: so you, your partner, and your relationship as a third party that you need to nurture separately. That was just something that took away the notion of trying to win an argument, or trying to one-up your partner because you’re both losing if you’re not feeding into the relationship. So that’s just something that really resonated with us.

SANDRA: Yeah, it’s a really different notion than, I think, what we normally think about. It is, as you said, a me-versus-you, either I one-up you or you one-up me tug-of-war that we have.

And I’ll ask you the same question that I asked the previous person. If this was how you dealt with issues in a relationship, if in addition to your own needs, you also thought about your relationship’s needs, what do you think would be different? Or what would be possible for you in that context?

315 CALLER: I think that it would help to simmer down things that could explode. There would be a lot more space for positive experiences, because the negative ones wouldn’t get so big.

SANDRA: Yeah. Great, thank you so much for sharing.

315 CALLER: Yep, no problem.

SANDRA: So I just want to check in with folks. Were there any things you want me to clarify around the framework, something that wasn’t quite clear, a little confusing, or you would like some more examples. If you have any of those questions, now is the perfect time to ask. 7-7-3?

773 CALLER: I’m curious about recognizing the needs of the relationship separate from the needs of both individuals, and what practice you might recommend for doing that.

SANDRA: What we’re going to get into in the next module is a better understanding of our own needs, which sometimes we’re not even terribly aware of because we’re caught up in the feelings and the chemicals rushing through our bodies. So I think, one, we need to understand what’s going on with us when there are moments of conflict and tension, as well as stagnation. So that’s one piece: going down release anger and defensiveness and what’s hurting, what emotional need is not being addressed.

That act can help point to what the relationship actually needs because there’s a context within which those needs aren’t being met. So say, for example, your partner doesn’t say thank you for something that you’ve done, and it took you a while to do it, so you get upset about that. In that moment, there’s the feeling of being taken for granted. Underneath it is acknowledgment, which your partner may not be aware is happening. Maybe your partner was really busy, or maybe it’s just a general thing they don’t focus on, they don’t realize how important it is.

So you look at both parties and what’s going on underneath with them and then you’re like, “We want to create a relationship where we are acknowledging people, where there is gratitude being expressed, where people feel like they are valued and not being taken for granted.” Trying to create a space for that in their relationship.

A practice that I do is, before we eat, we express gratitude. Sometimes we share that with each other, and it’ll be about each other. We also make a point of saying thank you in a really genuine way, even when there are things that I automatically would want to do for my partner or vice versa. Maybe their thought would be, “You don’t need to thank me,” but we still thank you even though it’s something you do everyday, like doing the dishes or cooking a really good meal. Instead of focusing on, “You didn’t say thank you for this,” and going down that train, you would go on, “We need gratitude, we want to create space in our relationship that has gratitude, acknowledgement, as part of every day.” Does that help?

773 CALLER: Yeah. It definitely gets me on the right track. Thank you so much.

SANDRA: It’s a new concept. We’ll work it out. You’ll see it more as it plays out in your life. It’s a new concept.

773 CALLER: Gotcha. Thank you.

SANDRA: Thanks. Anybody else have questions around the framework? 3-2-1?

321 CALLER: Just touching on the gratitude and equality and saying thank you openly, and actually making it explicit to your partner. I find it difficult when you get the feeling like there’s a lot of talking, but it needs to be more physical, or just taking a time out. I respond a lot more to my partner sitting next to me and maybe giving me a tap on the shoulder. I think the verbal aspect of it is just not enough for me.

SANDRA: Yeah, that can definitely be true. I think one of the great things about romantic relationships is that it’s probably encouraged to be physical with each other. I’m very pro-being physical and huggy with lots of people in my family. I think we need physical touch and sex as soulful creatures.

Some people need it more. For one of the other callers, hugging was not good with her partner. Some people are less. Finding out what works for you is really, really important and this course is not trying to say one thing or another, but is helping you figure out what works for you. It’s great that you know that about yourself.

321 CALLER: That love language is actually something developed by Gary Chapman about a different love language.

SANDRA: Oh, I’ve heard of it. It’s a book, right?

321 CALLER: Yeah, it’s a book and they have a website and you can take a test. We took it, and my partner responds to verbal (words of affirmation, they call it), and you really need to just pay attention to me for a few minutes, and that’s more what I respond to. After taking the test, we tried to practice that.

I do want to say, I know it’s important to verbalize these things, but it’s really necessary for me to have that physical aspect.

SANDRA: That’s great. Great awareness. I’ll share that with the rest of the course members. I’ve heard a lot of good things about that book. And it’s always fun to take assessments and learn more about yourself. Thanks so much.

So I wanted to check in about the acknowledgements. Hopefully most of you have done a couple, or at least have read about how to give and receive acknowledgments. This is particularly for folks who are more verbal. If you aren’t as much, then you can add a hug to it.

It can be very powerful, because it’s not a way of speaking to each other that we do very often. At most you might be like, “You did a good job on that,” if we do that. So seeing people’s inner qualities and especially around stuff that they tend to minimize, it can be very powerful to shine a light on that for them so they can see it, so it can be brighter for them.

I would love to hear about what people’s experiences were in sharing and receiving acknowledgements: if it was easy, if it was hard. Did anything unexpected happen? If you have any questions about how to do it, if it was really hard for you, this is also a great time to ask questions.

Great, 3-1-5?

315 CALLER: We were able to try this exercise out, and we found first that it’s kind of hard to keep them short and straight to the point, but other than that we really enjoyed the exercise and have been continuing to try to use these acknowledgements, even trying to use them with friends and family members. What we realized was that sometimes just saying, “Hey, thanks for doing that,” isn’t quite the same as an acknowledgement. It doesn’t strike the same chord inside of you. We just really enjoyed the exercise. It’s something we really do want to incorporate into our lives.

SANDRA: Awesome. That’s great to hear. Did you find it easy to give or to receive it, or did it just come out flowing, or somewhere in between?

315 CALLER: It took us a little while to figure out how to state them. We struggled with that a little bit. For instance, today something happened where I said, “Thank you for doing this,” and then I acknowledged it and said, “Wait, I want to say that differently.” Saying thank you is wonderful too, but I wanted to try an acknowledgement, so I said, “I’m going to try to say this differently,” and I gave the acknowledgement. It’s changing the way you communicate your gratitude.

SANDRA: That’s a wonderful trigger to help you replace what is a decent habit, a good habit: saying thank you with a more powerful, nourishing habit. Catching yourself when you’re going to say thank you, and replacing it with an acknowledgement. Combining those two in your head, so in the future you’ll automatically go to acknowledgement, instead of automatically going to the thank you. That’s a wonderful idea.

315 CALLER: And I think it really resonated with me because sometimes I felt really not acknowledged, like something was lacking in a thank you or a compliment, and because it was almost shallow. These acknowledgements aren’t like that. It’s really a great practice.

SANDRA: Wonderful. What impact do you think it’s having in your relationship as you’re doing them more and more?

315 CALLER: It’s pretty early to tell, but if I were to predict, it would make things a little bit more fulfilling. It would make those selfless acts a little more fulfilling if somebody was really getting it. I’m not really sure if I’m getting the note right…

SANDRA: Yeah, they see you more clearly.

315 CALLER: Yes.

SANDRA: Also, if you want longer, if that’s what works for you, just go with it. Sometimes people get a little rambling and don’t get to the point fast enough, which is why we recommend to keep it short, but if it works for you and it’s more impactful to do it longer, go with that.

315 CALLER: I think it’s just going to be a matter of practicing and figuring out how to turn these ideas into statements and sentences that make sense instead of going in a circle 500 times to get to the point. We’ll have to figure it out.

SANDRA: Yeah, and practice makes perfect. You’re just starting out. You’ve got a week under your belt, so you’re in a good place for a week! Thank you so much for sharing.

315 CALLER: Thanks.

SANDRA: 5-0-5, do you want to share?

505 CALLER: Yeah, I just want to share that I think for both of us, that giving acknowledgements was really easy, but receiving acknowledgements was really hard. It’s hard to just be quiet and not say, “But you’re that way, too!” This is definitely something that we both committed to really working on.

As the other caller just said, thinking about how to phrase an acknowledgement. Not simply saying thank you or offering a compliment, but how do we get to the traits that we really honor and admire in each other and really being able to express that. I found this really helpful and I think that we’re go to try to continue to share acknowledgements with each other, and to really be quiet and just listen and be open to receiving them.

SANDRA: Isn’t that funny how difficult it can be to just sit there and receive an acknowledgement? I think you’ll find that most people, when you try to acknowledge them, they get uncomfortable and want to deflect, go back to you, they don’t want to keep attention on them. It’s incredibly common, and I think that’s part of why they’re so powerful. It’s shining a light on some quality of theirs that they themselves don’t fully acknowledge, and therefore they can’t fully tap into. It just happens.

We are in such a beautiful place to help them see that side of themselves and to have a more fulfilling, happy life. If we could really see us as others see us, we’d be a lot more loving to ourselves. We’d be a lot happier, frankly.

315 CALLER: And I think it’s also just a sign of respect to that other person to just sit and really be open to listening to whatever it is they want to share.

SANDRA: Yeah, creating the space for that. What has helped you receive it with your partner? As you’ve been doing it and realizing how uncomfortable it is, what has helped you to let it sink in?

315 CALLER: Just sitting and being quiet and taking real deep breaths before saying anything.

SANDRA: That’s a good practice.

315 CALLER: That’s been true for both of us. Sitting and taking that pause it talks about in the write-up. Pausing and really appreciating that somebody said that. It goes to self-love, too. “That’s really nice, and it must be true. I deserve that.” That’s a hard concept for a lot of us.

SANDRA: Yes, yes it is. But it’s true that we do deserve it. Even though we don’t think we do, we do.

This course is obviously focused on partner relationships with another person, but woven throughout it will be things about self-love because the issues that we have with loving ourselves will show up in our relationship and loving somebody else. For a deeper dive into that, we have a separate course called Everyday Self-Love, but it will be woven in and out of this course as well. Thank you so much for sharing.

315 CALLER: Thank you.

SANDRA: 7-2-4, do you want to share?

724 CALLER: Yes. I somehow stumbled upon this a long time ago, and I really tried to incorporate this into relationships, regardless of whether they’re close or farther away. For instance, if I’m in a workplace or various situations, I kind of consider it being like a cheerleader and I try to see those little things in people and tell them. They kind of take a lot of people by surprise, and other people you can see that it pleases them a lot. That really helps build relationships.

The person that I’m with, he’s never had a deep relationship with anybody. So he’s never had any of these concepts at all. We’ve been together almost two years now, and I’ve been working on this stuff with him. At first, I would tell him these things, and he’d just say, “No, you see something different than what’s there.”

And after two years, like the course says, I just keep it short. I’ll say something short and little, and it’s slowly starting to build him up. He’s starting to acknowledge them in his own mind. He’s not really saying anything to me, but I can tell he is acknowledging them and it is helping our relationship start to build.

Now, he’s never done that for me, but one time he gave me a huge compliment that I would have never ever guessed he was even thinking. I guess by doing these things, it really has helped open that kind of communication line.

SANDRA: That’s really wonderful to hear. As you said, your partner probably didn’t grow up with people talking to him like this so it’s just never been modeled. Yeah, it does take time and practice, but he’s also learning from you. Even though it’s not normal for him yet, I imagine in a few more years it will be. He’ll be doing it right back to you.

724 CALLER: That’ll be nice. I’ll be looking forward to that. We all need that.

SANDRA: Yeah, it’s a very powerful way of loving each other, and not one that’s common, unfortunately. It’s much more common to be belittled, to be teased, to be put down unfortunately, especially by people who love us.

724 CALLER: I did want to say one thing. With this third person thing, that was really a new concept to me. I didn’t say a thing before, but that was really an eye-opener for me. I haven’t discussed that with him yet. I’m getting that stuff straight in my mind before I approach him because it’s going to seem like it’s bizarre to him. I just have to work out how to really approach that and bring it up and work it into these things.

SANDRA: We’ll talk about this more in the next module, communicating our needs and whatnot. I go for transparency. If it’s something you’re trying to figure out and applying it to your relationship, it might actually make him way more open to it to work it out with you, versus presented in this very clear package.

This stuff is messy. That’s partly what makes this so difficult. We’re obviously giving a framework and guidance around dealing with different things and making a positive, healthy, thriving relationship, but there’s no one clear-cut answer I can give everybody. Y’all got to work it out on your own, and it’s messy. Some people are very uncomfortable with that. Sometimes talking about how it’s messy can help, I find.

724 CALLER: It’ll all get there. One step at a time. But you have to work at it.

SANDRA: Yeah. And in the intention and effort to create it, you are creating it for that moment. The more you do that, the more the moments accumulate, until it actually becomes just a normal thing.

724 CALLER: The other day I said to him about this course and just a little bit about it, and he made out that it wasn’t that important, and I reminded him that if I hadn’t been doing this kind of stuff all along, then I would not have been able to be as patient and respectful with him as I have been. And I think that really hit home with him. He understood that. Then he later said he would look into some of this with me. So just little things like that get his attention.

SANDRA: Yeah, definitely. Very exciting. And I think sometimes you get caught up in wanting to be it all, just snap our fingers and have the new communication habit be in place for the rest of our lifetime. But it doesn’t work like that. As you’re talking about, it’s these little things. You insert them, you disrupt the pattern, you keep disrupting, you keep switching it over, as the other caller said. Instead of saying thank you, you give acknowledgements, so inserting it until they become more habitual. Then that energy is what dominates, not the one that you particularly dislike. It starts out with these little insertions, these little disruptions that you’re doing to the status quo. So you’re doing wonderfully.

724 CALLER: Thank you.

SANDRA: So I’m not sure if people have yet to get onto the second part of the module, if people did a weekend around relationship assessments, figuring out your values and doing some co-envisioning with your partner, or yourself if you’re doing it alone. If you have done it, I would love to hear what your experiences were in sharing that with your partner and doing that process. If you haven’t done it yet, do you have questions based on reading the directions, this is also a great time to ask. 9-2-0?

920 CALLER: We did all of the exercises kind of in one fell swoop. We did them last night in anticipation of this meeting today, and I think they were all different and all interesting. The values one—the two of us really share a lot of values, and what we talked about were things that we value in our professional lives and how they were meaningful to us. We listened to each other about what was important.

SANDRA: That’s great. Did you learn something new while you were going through that exercise, about yourself or about each other?

920 CALLER: I felt like it was stuff that we mostly knew about each other already, perhaps.

SANDRA: Did you see ways that you could bring those values more into your everyday relationship?

920 CALLER: I don’t know. I might have to think about that some more. I’m not sure. It’s stuff that we talk about a lot what’s important to us.

SANDRA: That’s a wonderful thing, then. You’re already way down the journey, then.

920 CALLER: Yeah, this is pretty much where we live.

SANDRA: Could you share a bit for folks where this is not where they live. If you can think back to when this wasn’t an everyday reality for you, what’s the difference? What can we offer as a benefit if they are able to do this? Live a very value-driven life?

920 CALLER: I think we’ve always been this way. I think it’s what brought us together fourteen or fifteen years ago when we met. I think it’s what we had in common, in terms of where we were in the world, what we chose to do with our time, what we cared about deeply, acted on deeply, shared, and still share.

SANDRA: That’s amazing. And that’s wonderful that you’ve been able to support each other, and even go further to living a value-driven life. Thank you.

And then, 5-0-5, do you want to share?

SUE: Yeah, this is Sue in New Mexico. We thought this was a great exercise looking at values because we both felt that the values are part of a foundation of a relationship, and if your values are off, then it’s either lots more discussion, or it might be a clue that what’s going on in your relationship might be related to that. I know personally I’ve had some relationships where the values were way far apart and we didn’t really look at it this way, and if we had—not that the relationships would have worked out, but we probably could have cut our losses earlier. I just thought this was a great exercise.

SANDRA: Wonderful. Were you surprised by anything? Did you learn anything new about your values, about yourself, about your partner?

SUE: I think that my biggest surprise was how many values we shared. We phrased them a little differently, and that was probably more of a discussion than big differences in values was. I changed some of mine because they were richer, or more descriptive of what I was getting at when Eileen would say it, and vice versa.

The last part of the exercise where we had to—we wrote each other’s down as we did it, and it was really interesting that at the end of the discussion, we added some more and modified some—both of us did. It was eye-opening.

SANDRA: Wonderful. I really thank you for pointing out the potential conflict that happens. If you have a relationship where the values aren’t clear—as you said, they can be in conflict, and you don’t even realize what the source of that conflict is.

One thing I want to point out to folks, generally, about this exercise, is that it’s wonderful when there’s lots of overlap and you can help strengthen each other in fulfilling those values in your life and deepening your understanding of what is important to you. That’s wonderful.

Just like Sue is saying, there are times in relationships that are so far apart, and that doesn’t make them wrong. There’s no right or wrong around the values, and I think that’s really important to keep in mind and it may mean that, yes, there are some severe differences in how you see the world, but sometimes there’s a lot of richness there. Maybe because you see things so differently, you can really learn from someone else’s perspective. Your partner having one that seems very different from yours doesn’t negate it.

That’s something that’s really important to remember as you’re doing these exercises. For the people who haven’t done them yet, just be really conscious of the fact that there are no wrong answers. Sometimes, especially if you’re doing an assessment and you’re in very different places, you have very different perspectives about where the relationship is in a certain area, this is not meant to cause you to get into fights. “I think we’re doing really well.” “I think we’re doing really badly.” “I think you’re wrong about that.” “No, I think we really suck here.”

That’s not what we’re trying to do here. It’s more like, “Huh, you see it like that? What’s happening that you think that way?” Or, “Oh, that’s a value for you. Can you explain that to me more.” Or, “What does that look like if you had more of that in your life?” Coming from a place of curiosity and being respectful that this is how they see the world. You may not like it, you may not agree with it, but that’s fine. That’s how they see it.

The first step is just to understand what’s going on. A lot of defensiveness and initial hurt that may come from being in a different place from your partner, especially if you didn’t know that, will be dealt with. It’s just a different reality for them, and it’s okay. It’s really okay if your partner and you are in very different places. The point is to understand each other and be able to work with them, versus making them wrong, or making their value or perspective wrong. That’s the process.

Thank you so much for sharing. I know I went off on a tangent, but I wanted to thank you.

SUE: Sure, thank you. And thanks for clarifying that when people have different values in a relationship, that can also work. I didn’t mean to say that, but in my personal experience, I don’t think any amount of communication would have helped.

SANDRA: Haha, sometimes it doesn’t! But sometimes it can be a really rich learning experience. My partner and I—it’s interesting because we have very similar values, but we see the world in very different ways in terms of what stands out to us and what is important to us. I’ve learned tremendously, and I’ve grown to be a very different kind of thinker, to see things and see people in different ways, as has my partner, because we are very different.

And we had to work at it. I don’t know if folks are into Meyers-Briggs here, but we are very big fans of it. It’s a personality assessment helping understand people: the way they think, the way they process, the way they interact with folks, where they get their energy, that kind of stuff. And we’re different on most of the categories.

And so we would practice having different types of conversations. He would like to have more theoretical conversations, and I would like to have more concrete, like what we did that day, what was important that happened that day. He’d more like to talk about politics or whatnot.

So we would practice having different types of conversations. Before, if I asked him how his day was, he would say, “I’m fine,” and that would be it. And now he’ll describe in greater detail, and he enjoys it. He enjoys sharing it with me now, when before it just wasn’t a skill that he had. And I’m able to talk about things that aren’t necessarily relevant to my day-to-day life, but they’re fun to think about as well.

There’s a lot of richness in our differences, but we’re taught to dislike difference in somebody that we love. It means that we’re not on the same page, somehow. But it’s a wonderful thing, too!

But sometimes it doesn’t work, like Sue said. Sometimes we’re just not compatible. We’re just not gonna work it out. They all exist. Everything in between exists, I’m sure.

So, we are coming to the end of the call, and I want to just make sure that we answer and questions folks may have. You can always post a question on the forum, because I know not everyone is comfortable talking in public like this, which is perfectly okay. Just make sure to post it on the forum, and I’ll respond and I’m sure other people in the course will respond.

I hope that you really delve into the rest of the materials. They are, I think, a lot of fun! I love doing assessments, I love finding out new things about myself. I don’t think I’m unusual in that sense.

I hope everybody schedules out some time to do this, and if not, next week, you can also do it. This is to do at your own pace. You have full lives, I’m sure, lots of stuff going on. It’s better to do something when you can, versus going into the mentality, “I can’t do everything on the timeline she’s asking to me, so I’m not going to do anything.” That’s not the attitude to have. Try to do something when you can.

Alright, folks! Thank you so much for joining us in this call. It’s been really great to hear what people have been experiencing and learning. So thank you all for sharing so much.

EVERYONE: Thank you!

SANDRA: Well take care, and have a good night, everyone.