

Transcription:
File: **Elephant Talk_EP23_Transcript_FINAL**

Speaker	Dialogue
BEGIN CLIP: Elephant Talk_Alli and Peter_FC_v1	
PETER	<i>"We all kind of have things like that, that make us uncomfortable or things we wish...we hadn't done." When you opened up to me about that...I could see that it was a very emotional thing for you."</i>
EM	<i>"Well, take couples' court...little, tiny, dumb arguments...they don't need to have a serious conversation...We could let this turn into a bicker or even blow up into a fight' or we could make a joke out of 'this is a dumb thing, we just, one of us wants to be right so it goes to couples' court."</i>
AH	<p>MY NAME IS ANDY HORNING, AND THIS IS ELEPHANT TALK. IT'S ABOUT ALL THINGS RELATIONSHIP - THE SOULFUL, THE SILLY AND THE SEXY.</p> <p>Before I got married, I was good friends with a woman named Molly. We would endure one another's stories about dates and life in the single world. And, we always knew we had each other. It was a great friendship. We remain great friends. We were in a way proud of our friendship that it could be sustained through my marriage and then through her marriage. Studies show that over time those opposite sex friendships eventually fade. We're showcasing two couples today who are friends. And, that's one way the research says that couples can remain friends with their opposite sex friends by socializing together. The two couples today do just that. Allison and Peter, Emily and Dylan have this great friendship with one another.</p>
ALLI	I remember going to the orientation. I'd seen your name in the email and I know who you were and I immediately was attracted to you. You're so handsome and the fact that you're also so interested and clearly talented with biology. That was, you know, something that I can have in common with you that I didn't always have in common with the boys I was seeing in college. I felt like we immediately connected on an intellectual level and that made you all the more attractive to me.
PETER	Yeah. I would definitely agree.
A	We had a really nice start to our relationship where we would just stay up really late talking to each other.
PETER	It would be a school night. We'd have class early the next morning, but we would just stay up till two or three in the morning in bed just talking.
A	Yeah.
PETER	The conversation came naturally.
A	I just wanted to get to know you better. I found you so interesting and everything about you seemed better and better the more we would talk about each other.

PETER	Neither of us had really had a significant other. Neither of us, I feel, really opened up to somebody that wasn't a friend or a family member the way in which we were opening up to each other. It was just really holistic.
A	Yeah. I never shared that much of myself with someone romantically. It always been a best friend that I was confiding in, but you were the first person who I had both, like, romantic intimacy and emotional intimacy.
A	I feel like when I actually knew that it was time to share myself with you that just came so naturally. I've been in plenty of like small flings and relationships at college but never once had I really considered opening up to any of them. And with you, it was like I didn't need to think about it. I just trusted you. And you evoke such a caring and love that even before we said I love you, I felt like I could share myself with you.
PETER	Yeah. As we grew more and more comfortable with each other, I think something just kind of clicked and then we started really showing more intimate details of who we are and really kind of what shaped us.
A	I felt like as soon as I cracked the door and opened up a little, you would like crack your door just as much and like share just as much with me or vice versa. You would share some piece about your family history or other thing and then I would crack my door open and share like that much more.
PETER	None of us are perfect and I think when you kind of recognized that your partner isn't perfect and you accept that they aren't perfect, that's kind of where the strength comes from.
PETER	I remember couple of the things that you told me. I know you're very emotional about it, but it didn't really influence us all that much.
A	What are you thinking about?
PETER	What you had going on when you're in Australia
A	Oh, yeah. We can talk about that.
A	I had an eating disorder for a while. So when I was like a junior in college, I had bulimia. And when I went abroad, I pretty much decided that was where I was going to end it and I had a friend there who is also trying to get over hers as well. So we sort of overcame that together. And I like to think of myself as being like a confident, competent woman who wouldn't degrade myself to having something like that because of being self-conscious about weight or image or anything like that. And, yeah, that was something I shared with you that I haven't shared with many people, like most people don't know about that.
PETER	I don't think you even told your parents that you...
A	No. I think my mom knew.
PETER	So, when you told me that, you told me. I found you very attractive, I found you very beautiful. Like, I was kind of surprised that you had that self-image of yourself. But to me, it was like, "No, you're beautiful. Don't feel that way at all. You don't need to worry about that. That's not a skeleton like we all, we all kind of have things like that that make us uncomfortable or things we wish we, we hadn't done." When you opened up to me about that, that was... to me I could see that it was a

very emotional thing for you and I just want to be there to let you know that I love you, don't feel that way about yourself ever.

Alli I actually feel good talking about this now. As much as having an eating disorder, like that was born out of being self-conscious and then I feel like I came into a better place of my life, felt better about myself and was able to share that with you. But at that time, sharing it, I was self-conscious about the fact that I didn't feel self-conscious to have something like that. I don't think I'd mind sharing that with most people now. But you were the first one who really got to know that and help me through it.

PETER I'm just kind of here wanting to be able to still let you lean on me, be here to support you, and...

BREAK
AH The reason she couldn't remember her eating disorder, is because when she shared it in college Peter was so loving, and so kind, he almost took it away from her, took it out of her memory. He made it so ok that she was able to release it and let it go. That kind of response allowed her to forget it in a way. A beautiful conversation ensued about that moment that she shared it.

Alli It was during that period of time where we were like really still getting to know each other. It was during those long late night conversations where we could just stay up for hours because all I wanted to do is hear more and more about you. And I think you may have been the one to have brought up, skeletons in the closet or just things that like we don't know really... like you don't share things with other people all the time and I think that might have been the first one that I really shared with you.

PETER I think we just watched an episode of "How I met Your Mother" when I talk about skeletons in the closet or baggage or something like that.

Alli Oh, it was the one about baggage.

PETER Yeah. Through that TV episode, we had a more in-depth discussion of, what are your thoughts on this, what are your feelings on this, kind of what do you have carrying around with you, and.

Alli We were lying down and that was like one position that we lay in where I fit, like my body fits really nicely into yours where my head is like on your shoulder and one arm and one leg are over you and the other on the bed, but I can still look up into your eyes.

PETER You can still easily make eye contact.

Alli I feel like I remember shifting my head to look up at you and like feeling the tear starting to come because I felt like I was going to share that with you, like I'd finally gotten to a point where I could do that.

PETER I just remember wanting to hold you, I think I took my other arm and just kind of wrap it around your shoulders and really just kind of held you to my chest and kind of just cooed in your ear that it was okay. We didn't say I love you at that point, but I think that was one of, I just told you that it's all right, that you're beautiful, that you don't need to worry about that anymore.

These were the nights when I would kind of gently whisper I love you into your hair so that you couldn't hear it but that I was at least expressing it in a way that I was getting it out of myself.

When I kind of saw that side of you, that part of your soul, I think that's kind of one of the first moments that I knew, that I really do love you and that I really did care about you.

Alli	I think I knew in that moment too because I was opening up and I wouldn't have done that if I hadn't felt so strongly about you.
PETER	I'm glad you did.
Alli	Me too.
Alli	Right after I graduated, I was going to get a job teaching kids how to ski. You were super supportive and decided you were going to join me once you graduated too.
Alli	And one of the first friends I made there was Dylan. I mean we just instantly got along and I remember calling and talking to you on the phone about the friends I had made and I was talking a lot about Dylan. And you were sort of like, "Who is this Dylan guy?" And I was like, "You're going to like him. He has a girlfriend."
PETER	<p>You moved up like the week after we came back from the Phish shows Las Vegas. I think that's the first time I met Dylan and Emily.</p> <p>I still had a pretty heavy coffee addiction and Emily was working at Starbucks and Dylan just recommended that, "Hey, why don't you go work? Emily can get you a job."</p> <p>We had the two opposite genders working with each other really kind of helped strengthened it because for a while I was much better friend with Emily and you were a much better friend with Dylan.</p>
Alli	Do you remember like the first time we went and hang out with them?
PETER	Yeah.
Alli	It was like going on our first date.
PETER	I think we called it a couple's date, but it wasn't like one of those forced, awkward double dates. Like, the conversation just went very naturally.
PETER	But I think kind of similar to how when you and I first started dating and we would stay up to like two, three in the morning just talking. It's kind of the same thing just naturally happened, like there are jokes going around and next thing you know it's three in the morning and we all have to work the next day. Just, we were enjoying having like another couple to hang out with.
Alli	And we haven't really had that before. After that, it sort of became a regular thing.
PETER	Yeah, it just, the relationship was really developed with them to a very healthy point. They've definitely helped us maintain a healthier relationship.
Alli	I think we talked about how after one of our bouts of long distance, we weren't in a super healthy place and we were working on rebuilding and healing and trying to bring our relationship back to what it had been.
Alli	They were in a very healthy point during this period and us spending time with them helped us to heal, like it was a good influence being around a healthy relationship. And so I think as much as we've grown together with them, partially out of that.

PETER	I remember the first time Couple Court came about. A song on the radio came on and I was, just, you know, kind of nodding my head to it.
Alli	So the song comes on, on the radio.
Alli	It's part of our relationship is just how much you're obsessed with this band, Phis, and that's fine. You know that I get carsick really easily. And you started dancing and while you're dancing, like the steering wheel was kind of moving quite a bit and I was starting to get pretty nauseous. The way I remember it is that I offered to drive so that you could dance in the seat next to me and that way I wouldn't need to vomit out of the side of the car.
PETER	But I felt really bad because you were just driven for four hours. I was like, "No. I got this. I'll drive. I'm fine." And then I was kind of taking it as a slight against my driving skills where it's like, "No, we're going to get there fine. I'm just trying to like nod my head. This is fine."
Alli	Your head was definitely not the only thing that was moving.
PETER	We weren't really getting anywhere. It wasn't a very serious argument. And I finally, I was like, "Fine. You know what? We're going to present our cases to Dylan and Emily and they'll decide who's in the right."
Alli	And we both agreed that, like, whatever they decided we were going to go with it. It was okay, it was done.
PETER	I don't think we called it "Couple's Court" when we say we're going to bring it to them.
Alli	I think Dylan coined that name actually.
PETER	I think Dylan did coin that name.
Alli	After this was solved because he pretended he had to gavel and pounded his fist down the kitchen table.
PETER	And I was like, "All right, all right, guys, who's right?"
PETER	And they ended up siding with you that if you are getting carsick I should have respected your wishes, which I eventually did on the drive route.
Alli	You're much better about it now.
Alli	I feel like it's helpful and that it almost alleviates the burden of some of the small things where, we got really stubborn and then we can just say, "Okay, I guess we're not in charge anymore. Can you just decide for us so we can drop it and not really need to think about it again?"
PETER	Oh, yeah. It's always been about the small things, like, "Are you going to be allowed to eat the last box of Girl Scout Thin Mint cookies or not?"
Alli	I lost that one.
PETER	We've never used that for like a serious thing and I don't think that's really the purpose of it.

Alli	No.
Alli	It's a fun way to let someone in a little bit. It's like you get comfortable enough to share big things and you're comfortable enough to share little things too.
PETER	It opens the door to them a little bit.
Alli	Yeah.
Alli	And sometimes it's nice to just like pick up the small thing and put it on someone else's plate and I think that's more the purpose of it.
PETER	One of the things that started or that I love about relationships, still do, is kind of the juxtaposition of you loving Dave Matthews and me loving Phish and they're kind of being a rift between the two communities, almost a Romeo and Juliet story.
Alli	Oh my God!
PETER	I mean, I've brought you to 10 different Phish shows in three different states in one different country.
Alli	You road trip like 18 hours in one day, yeah, to come see Dave Matthews' band with me.
PETER	I did. I did do that, but that was more to see you.
Alli	Yeah, but did we not see Dave Matthews?
PETER	We did. We did. Yeah. Phish has been a massive part of our relationship I would feel.
Alli	I'd say it's a big part of our relationship because it's so important to you. At least from my understanding, you feel like you are who you are because of the influence of that band. I can even see like when you're in a bad mood, I'm just hoping for you to put Phish on because then I know you're just going to get out of it and be fine. And at first, I think I sort of underestimated maybe how important Phish was to you and your life. But I mean I'm okay with it and I like their music. I just don't feel the same way you do
PETER	I mean for me, it's when I'm at those shows, like that's kind of what I'm... I don't want to say at my happiest points but just kind of gives me... like it's home to me.
PETER	I can talk with anybody there. For somebody like myself who's very much of an introvert, it's a great experience then to be surrounded by a bunch of other people who are kind of goofy like myself, likeminded people that I can just really open up to and express to.
Alli	That almost is the only place you turn into the extrovert and I turn into the introvert are at Phish shows.
Alli	What's a nicer word for obsession? Enthusiasm? Commitment?

PETER	Dedication?
Alli	Dedication, something like that for Phish. I didn't really know what that was like to have someone be so entrenched within the culture of like a band.
PETER	Well, you've seen me in my bad moods. You can tell something is wrong and you ask me what's wrong and I say I'm fine and I just kind of go into my own little world.
Alli	You just withdraw. You'll come home and I feel like it happens a little more with your current job since you're not really doing what you're passionate about right now. I can see it immediately. You'll come home and you won't come in and like give me a big hug and a kiss. You'll sort of come in and be like, "Hi! Okay," and then, you know, walk into the room. I'll ask you if anything is wrong, you're like, "No. I'm fine." And that means that you're not fine. And I feel like when it's little stuff, putting on Phish actually makes a huge difference for you.
PETER	It does. Even when I'm like in a bad mood or if I'm just overly stressed like just putting headphones on, lying in bed, no lights on and just closing my eyes and listening to a show or listening to a couple of songs. It's the trick to get me to just relax is like listening to some of those shows because you can really...
Alli	When you're in a bad mood, all I want to do is like fix the problem that's put you in a bad mood. I feel like I've learned to try to like take a step back, partially because sometimes like I can't fix that problem or you don't want me to fix the problem. I've learned that sometimes if you just have the chance to like sit down and put some headphones on and do whatever you need to do that you'll come out of that half an hour later feeling so much better and you'll come give me a kiss like with a smile.
Alli	"How I Met Your Mother" is a show that I watched a lot. It was sort of my background show like while I was doing homework or other thing.
PETER	It's mashed potatoes. It's like a comfort food.
Alli	Yeah, it's totally, but it's not terrible for you. It's like a comfort food that's halfway good for you, like soup, like chicken noodle soup.
PETER	I feel like we've always been able to relate to the characters in the show.
Alli	Yeah. The characters in it who are almost chronically single and characters who are like chronically in a couple and I think we've talked about before how previously before we were in relationship with each other, we could relate to being single and all of those problems and everything that came with it and then now that we're a couple, we really relate to Marshall and Lily who are a couple and have all these different things come up.
PETER	I don't know how much it's like helped our relationship. They go through similar things that I think we've gone through in terms of like a couple. Or like, Marshall has student loan debts when trying to get a house. And, like, It's just a very relatable show for what they're going through.
Alli	That really did bring up discussions sometimes too for us. Did we get the idea for Couple Court from "How I Met Your Mother?"
PETER	I don't think so.

Alli	They didn't call it that, but didn't they like bring decisions to the group sometime over like parachute pants or something like that?
PETER	There are episodes where Marshall and Lily have like their first couple's date and they got really excited about it and Lily cleans the house and they get all like these fancy cheeses. I feel like maybe like that was kind of a similar emotion we have when we first went on our couple's date with Dylan and Emily.
PETER	One of the things that I kind of want to discuss and get off my chest was just like doing the long distance and kind of how the first summer was easy and then the next summer was very difficult for you. And I think that was kind of, maybe the lowest point of our relationship because it wasn't so much the physical distance but the emotional distance that we had from each other, like we're more emotionally distant than I felt we were physically distant and I think what helped us get through that was going on a road trip together where it was just two months, 24 hours a day, you and I in the car driving around the country just talking.
Alli	Yeah. I thought that was so therapeutic for us after that like really unhealthy point in our relationship. We had to spend twenty-four hours a day together and it was for over a month and we got everything out on the table and it happened gradually like some days were great and some days were rough because we were rough discussions. But it's like at the end of it, we came out of that so much better.
PETER	<p>When you're doing long distance, you kind of build the person up to really focus on the perfections, kind of similar to when you're first starting a relationship because you don't want to think of them negatively when they're gone from you and your job was working eight days out in the remote woods of Oregon. So there's no cellphone service or anything like that. So we were just kind of holding onto the good that we couldn't always talk with each other. When we finally would be able to talk, it was great. But then when you see each other, you kind of realize, "Oh, yeah, you're not perfect. There are small little quirks about you that do kind of sometimes maybe get on my nerves, and vice versa.</p> <p>When you're apart for awhile and then you come back, that's - it's very strengthening aspect of your relationship if you can make it through it because you're forced to confront the idea that things aren't always going to be perfect and that the other person, your partner, isn't a perfect person.</p>
Alli	Yeah. You can grow and change away from your partner too. I felt like we were changing away from each other.
PETER	We talk about growing as individuals outside of our relationship and not kind of morphing into like one blob of a human that like attached to the hip, like you know still having our own friends, still having our own passions.
Alli	That was rough, but yeah, I think that helps us now to be independent still knowing you can like, exist separate from that person and still be your whole self and then come back to them and be whole together.
PETER	I feel like sometimes we get so caught up in our day-to-day that we don't take a minute and drink some coffee or tea and reflect on where we've come from because I think that's probably been the best part of this. We've been through a lot. We've been through ups and downs. We've traveled. We've done a lot as a unit and I think to kind of just talk about, talk about everything and lay it out all on the table is good because sometimes you get caught up in the day-to-day. You got focused on like, "Oh, well, this person did this today and that kind of bugged me a little bit," but when you put it in perspective of where you want to go, where you've been, sometimes the day-to-day small

little things don't actually matter that much.

Alli Yeah. I love you so much and we've been together long enough that I am who I am at this moment because of what we've experienced together.

AH Oftentimes what couples argue about and disagree about aren't the really, really big things. It's the little things. And, what Alli and Peter and Emily and Dylan talk about is just that. It's the little things that they disagree on. But, of course, what we know is it's the little things often symbolize and provide meaning around the big things. Couples court becomes this place to resolve these minor issues. And, you put your fate in the hands of this other couple. Emily and Dylan, Alli and Peter call it couples court.

EM We were becoming friends and getting to know each other October through December and then the beginning of December we really started exploring our relationship.

DY We were at this party, and till this point Emily and I had never gotten time alone. I talked to my roommate about this and I knew we wanted, like, I wanted to kiss you really bad! [Laughter] I kind of briefed Chris, my roommate, and we gone in knowing that somehow he needed to distract Maddie, your roommate,

EM [Laughter] That's funny [Laughter] yeah, we were downstairs.

DY Yeah, we were downstairs and then we walked outside into a bike garage.

EM We were pretty alone at that point.

DY Yeah, we were pretty alone and... yeah. I kissed you and it was awesome.

EM Yeah. I think things changed from there too

EM I couldn't stop thinking about you.

DY Yeah.

DY When we got back, we- I think we texted like every day

EM And it was Christmas.

DY And it was Christmas. I was at home and my mom asked me who I was texting, and it was like 'I am texting this girl from France' and then we drove back out to Oregon, me and my mom did, to move me back to school and we stopped in my aunt's house, which is right outside of Portland

EM Yeah, about twenty minutes from my parents' house.

DY And I convinced you to come out and hang out with me that night.

EM Which was supposed to be just like 'ok, I'm going to go out and meet your aunts and your mom, and your cousins, we'll have dinner'.

DY	And at that point you were just, like, 'a friend from France' I think, to my mom.
EM	Right. My mom knew [Laughter].
DY	I think. Your mom knew, my mom might've known.
EM	She probably did.
DY	I think she did, I think I told her on the car ride that I liked you but [Laughter].
EM	But then...
DY	But then [Laughter].
EM	There was a massive ice storm
EM	You were iced in at your aunt's house at the bottom of the hill. And you met me at the top of the hill to try to get down the ice because I had to leave my car at the top of the hill.
EM	And then it was like, sometime during dinner, it was, like, starting to get late and I didn't really- I wasn't like in a hurry to go home and then I realized that the storm had kept up and when it was finally time for me to try to go home you helped me get up to my car where we realized it was completely iced over.
DY	It was because there was a sheet of ice everywhere and you decided it wasn't safe to drive.
EM	Yeah.
DY	So then you came back down.
EM	and then, yeah, we went back inside [Laughter] accidentally spent the night at your aunt's house.
DY	Yeah [Laughter].
EM	The day I met your mom. I think that was a pretty good sign that were both committed to making this be something and when we realized, like, 'ok, so the UofO is only about sixty miles south of Western Oregon, we can easily make that commute but let's just see how it goes.'
DY	Then the next weekend I came and visited you.
EM	Right.
EM	I had, like, cleaned my entire bathroom, like, scrubbed my bathroom, vacuumed the bedroom, cleaned the kitchen, like, warned my roommates 'I like this guys, be cool!' [Laughter]. I remember hearing a car pull up and looking at the bedroom window, and seeing you get out of your car and just, like, getting butterflies. Yeah, and then opening the door for you and, like, being kind of overwhelmed with both excitement and nerves and I remember that you were wearing those sunglasses and you were, like, clean shaven and I felt like you had that purple plaid shirt on that I like a lot. Uhm, but yeah, then we made the plans for me to go down the next weekend and I got to

	experience the distance, if you will, the sixty miles drive. Is that- was that the Facebook weekend? That we were...
DY	Yeah, that's when we- were, actually, became 'in a relationship' on Facebook.
EM	We were hanging out, this is now our second weekend back together. I'd come down to visit, met your roommate, saw your house
DY	We were hanging out doing college kids' things and...
EM	When we woke up the next morning, I was checking my notifications and was like 'I'm in a relationship with you on Facebook. [Laughter] Do you remember us discussing this? [Laughter] and we agreed that we had talked about it the night before but didn't realize we had taken action on it
DY	It was difficult not being able to see you during the week when I had down time but we were also both very busy
DY	I know I still made sure that we talked every night that we weren't together.
EM	every single night that we weren't together, you would call me or we would arrange time to talk on the phone, not texting or Facebook messaging, we would talk on the phone and that became really special and I think crucial too just kind of build the habit of telling each other about the mundane thing in our day.
DY	Yeah, definitely.
EM	A change was adding a boyfriend to the picture of my roommate and I
DY	We both sort of made a decision where we almost picked each other over our friends and not- that hurt a lot of our relationships, I felt like. I know that was emotionally taxing for me to, like, constantly make the choice that I wanted to hang out with you and make sure that we worked because that was the only time that we could work, really, it was on the weekends. I think that was very different from a lot of other relationships where 'oh! You can see each other during the week' and then you can still go what you normally do on the weekends.'
EM	I think other college relationships where you kind of go to each other's houses or you hang out around campus or whatever, like, we had that extra layer of 'we're staying in each other's spaces' and I think you learn a lot from somebody by being immersed in their space and having to share your space with someone.
EM	I spent most of the beginning of college trying to be ok being single, having come out of a pretty long-term relationship in high school, as a baby! I was learning to be on my own. I'm like ready and actually want to be single' and I was ready to just kind of do my own thing and so I think that helped me emotionally when you came into my life, that I was- I wasn't trying so hard, I wasn't looking so hard and so I was able to really recognize the real feelings that I was having as, like, the wow, this is something special and something different that I want to hold on to' and so I was really willing to make the sacrifices to make it work, uhm.
DYLAN	Do you want to talk about Bob?

EM	[Laughter] So, when we moved to Denver we started experiencing a few more of the little, like, irritating things, I guess, about living with somebody [Laughter]
DYLAN	I like to have a stack of papers on my desk and I know where things are in it. And I can find them, and it's fine, and that's just how I've always worked. You can't stand that [Laughter] especially when we live in a very small space that's- really everything is shared, like 'my desk,' it's really your desk that I've coopted as a desk.
EMILY	And one day I was [Laughter] I went to the bathroom and found the paper roll empty and it was just, like, so exasperating and then had this idea and took the toilet paper roll, I glued googly eyes on it, put little paper clip antenna and arms, and drew a face and wrote on the back 'Hi, my name is Bob, the passive-aggressive reminder guy' Then, I piled all of your stuff
DYLAN	All of my stuff that you had been asking me to pick for probably a week at least. It was a bad pile at that point, had a little Bob sitting on it.
EMILY	And put Bob on top [Laughter] And then just like sat back and waited to see what would happen. And I was hoping that calling attention to being a very passive-aggressive reminder would lighten the situation as opposed to being just more nagging,
DY	I thought it was really cute and really funny, I wasn't mad.
EM	I was so relieved! [Laughter].
DY	[Laughter] passive-aggressively reminding me that you needed my stuff cleaned up. Bob's still around.
EM	He only has one eye now but he does the job [Laughter].
	- BREAK -
DY	Humor definitely is a way that we both vent frustration, it's at least the way I vent frustration. I feel like you are very good at listening to me, especially if I say something isn't small, but, like, if it's small and we both think it's small, we make fun of each other and we can take humor into it. And sort of brush it off that way but if it ever becomes no longer funny to one of us, I feel like you're very good at saying that.
EM	I'm glad you feel that way. Well, take couples' court like, little, tiny, dumb arguments that just - they don't need to have a serious conversation, it's sort of like we could let this turn into a bicker or even blow up into a fight' or we could make a joke out of 'this is a dumb thing, we just, one of us wants to be right so it goes to couples' court.
DY	Couples' court is an invention of my imagination. Our friends, Peter and Ali, I forget the first time, what they were arguing about. I want to say it was music in a car or something, I believe?
DY	They asked us who was right. I got all up in a huff and grabbed a cup, I think, and smacked on the table and was like 'oh, yeah, yeah, yeah, yeah. Oh, yeah, yeah, yeah. Oh, yeah, yeah, yeah. Couples' court is in session, the Honorable Dylan presiding' and they each got a chance to state their case because they were just yelling at each other before. We're going to have order, you're

	going to tell each other outside and then we're going to take this back' [Laughter].
EM	We discussed it. Yeah
DY	And told them who was right [Laughter]. Since then it's become a thing when any of us really need a ruling on who is right in a small situation. They've needed rulings on-
EM	Thin Mints
DY	Thin Mints that was a bad one.
EM	Finishing- who gets to finish them or...
DY	That was a bad one.
EM	We had sort of solved this before taking it to couples' court but we just kind of wanted that last piece of another opinion on the way home, a couple blocks from home and I have the habit of saying 'I need to pee!' and so I stated that in the car and it was really late at night, I was really tired and I was really desperate and also on crutches so I wanted to make sure that you knew I wanted to go first in our tiny, one apartment bathroom- one bathroom apartment so I called dibs. Then, the next night, on the way home, I said 'I need to pee!' and you called dibs and I was upset by that because I thought dibs was implied, I thought implied or auto-dibs goes along with saying 'I need to pee' otherwise why else would I'd be announcing it? And then whether or not implied-dibs were a thing, went to couples' court. I feel like in the wrong mood it could've easily turned into a dumb fight over nothing [Laughter] like, it was probably about something else that we weren't identifying or something.
DY	Yeah, diffuses situations.
EM	Yeah.
DY	I won that ruling by the way.
EM	Kind of Laughter].
DY	I won the ruling that I wanted to win, how about that?
EM	Sure.
DY	I got the 'you were right' in the moment but moving forward you get to be right.
EM	Yeah.
DY	Yeah.
EM	It's fair.
DY	Which is what- which is what I wanted, the acknowledgment that I was not wrong in the moment [Laughter].
	- BREAK -

EM	Peter and Alli have been really beneficial in our relationship as having other couple friends where we are close as a group of four and all of the different pairings of two.
EM	It's good because Peter and I are really similar, and you and Alli are pretty similar but Alli and I are the girls and you are the guys so it's good to get Alli's perspective, I feel like she understand you in the ways that she can relate to you and I can understand Peter in the ways I relate to Peter. It's a little bit less bias of an opinion.
DY	Yeah.
EM	Which is more helpful [Laughter]. It may not be what you want to hear but it's more helpful.
EM	I think it helps to that it's not another girl explaining that to you and that you don't have to differentiate, like, 'Is that a girl thing? Is that an Emily thing?' that it's coming from another guy too.
DY	Yeah.
EM	And a guy in a relationship, a long-term relationship.
DY	Yeah, exactly.
EM	I think that beyond the kind of cliché of the beginning of our relationship feeling different and kind of knowing that there has never being a moment, even in our worst of fights where it was 'Are we going to get through this?' It was always a 'How are we going to get through this?' When we started talking about our futures, they just seemed to fit well together. We have a lot of the same goals and a lot of the same values and priorities, and that's a big piece for me too, knowing that we kind of want the same things.
DY	You can make fun of me in a way that no one else can, like, to point of 'oh, my God, I hate you so, so much but I still love you and just want to tackle you.'
EM	[Laughter].
EM	I know another piece is our families. I learned the importance of getting along with your significant other's family pretty early. The first time I met your family, just being absolutely blown away, and absolutely loving how I was treated and I was welcomed in, and seeing how you fit into your family and how they all treat each other, how you all treat each other. And how it felt right instantly, like, I felt like I know these people and I love these people' And seeing you meeting my family, I mean, from the first time you met my grandma, you took the time to talk to her and forever now have been the golden child. And you've been pretty much the only guy I've ever dated that could stand up to my dad's sense of humor and, uhm, and go along with it.
DY	I had one shot at that.
EM	My dad has a funny habit of meeting new people and just purposefully not learning their name. Fred is his go-to name and the way you instantly responded with 'Hi, Earl' my dad's name is Steve, not Earl and your name is Dylan, not Fred, and that you guys have been Fred and Earl to each other, and I think he was blown away by that.
DY	I think we're Fred and Earl in each other's phones.

EM I think so [Laughter].

AH Experts will tell you that using humor and keeping lightness and joy and some funniness in the relationship and intimate partnership is incredibly important. Especially when relationships get heavy and there's lots of stuff to deal with to not take ourselves too seriously. To relax a little bit to lighten up. And, one of the things I love about Emily and Dylan is their capacity to do just that. To be funny and fun with one another.

Thank you to Alli Peter Emily and Dylan for sharing their stories with us. Please join the conversation. Talk to us. Visit our website for additional information on couple friends, on eating disorders and relationships, on body image and more topics discussed in this episode. Thanks for being a part of the conversation. This has been Elephant Talk.

IF YOU'D LIKE TO SHARE YOUR STORY SEND US COMMENTS, OR BECOME A SPONSOR, VISIT US AT ELEPHANTTALK.ORG. JOIN THE CONVERSATION.

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