

Transcription:

File: Elephant Talk\_Keith and Annie\_20170514\_mixdown.mp3

TC	Speaker	Dialogue
	KE	There's a part of me that was crushed in my early years...being let down, by some trusted people in a very intimate way so that affects me.
	AN	Part of being in a relationship with you is my interest in you trusting this partnership enough that you can be really messy and get through some of these things that are affecting you.
	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>Welcome to episode 31--this will be our last episode of 2017. We'll resume season two on January 2.</p> <p>Today, we look at trauma and relationship. We all have trauma of one sort or another. How does that trauma impact our communication?</p> <p>Keith and Annie have been together for a number of years. Their partnership is full of risk taking and adventure. And, like so many of us, childhood trauma is in there also... and it forces them to look at how they relate to one another.</p>
00:01:38	KE	<p>I don't ride as much as I used to but, I got a motorcycle 2006 and, , always wanted one as a kid and even though it wasn't practical, you know, because I can't take the dog on it, But I loved it, I loved the feeling of it, it has something relating back to- to being a kid I think, not being able to have one my parents did let me get a moped and I got it taken away within twelve hours.</p> <p>It was banished, they didn't know that I put over two thousand miles on it that summer [Laughter] I'd just do it at night, So I love that sense of that freedom, of doing something I don't think I'm supposed to do</p> <p>Every time I get on, the first thirty seconds is that euphoria of sneaking out of the house, ultimate freedom, nobody knows where I am right now.</p>
00:03:45	AN	You always have been open to sharing that experience with you me and you were concerned about getting me the right helmet and giving me the right jacket so I would be comfortable and be able to ride with you.
00:04:29	AN	So my experience growing up was that my dad was pretty overprotective and the two things- there were many things that I wasn't supposed to do but two of those things were riding on a motorcycle and also in a snow mobile we had a family member on my mother's side who was in an accident, a motorcycle accident and it was very tragic, so this was something that I really never felt like I was allowed to do or really, frankly, wanted to. So when I met you, I was fine with the fact that you had a motorcycle but I really didn't have any interest

		in getting on it at first and then we planned a trip to the Grand Canyon National Park, uh, first maybe driving in a car but that switched, uhm, after some discussion to getting there
00:05:49	AN	On your motorcycle and I was really scared. But the funny thing I'd like to also say is that there's a part of me that I like that feeling of sneaking out of the house and doing something that I'm not supposed to be doing, we share that and I didn't know that - I didn't know that that's what the motorcycle was, one of the things that was a pop[Phonetic] for you.
00:06:39	AN	It was April, we lived in Colorado.
00:06:49	KE	We had a couple of camp grounds set up, we had sent a box of stuff to the Grand Canyon Post Office so we were definitely going there and so April, you know, beautiful, shorts and t-shirt the week before and then the week of our departing, storm warnings, we woke up.
00:07:24	AN	The schools were closed that day because we woke up to a winter storm warning, yeah.
00:07:45	AN	I remember, standing by the kitchen window looking out, you were packing up, doing the final preparations and I remember thinking 'I can't do this, I'm not going to do this because, A. I'm scared of travelling...
00:08:09	AN	Five hundred miles on the back of a motorcycle which I'm not supposed to do and - we are leaving in a winter storm warning [Laughter] I was wearing, socks and then plastic baggies over my socks, and then tennis shoes. I wanted to cancel, I didn't want to go, I was really afraid but I knew that would let you down, that was an intense moment.
00:08:52	KE	I don't remember you telling me that you didn't want to go.
00:08:56	AN	I think I was crying in the kitchen.
00:08:55	KE	I was scared too but I didn't want to let you know that I was scared because I thought it would- if you really put your foot down, I was ready to put everything in the truck.
00:09:08	AN	And go in the truck, yeah.
00:09:11	KE	But you didn't so- so then there was part of me that was like 'man! She's not resisting, I've got to go through with this'. I remember that, like...
00:09:19	AN	Yeah, so we set out in that snow storm like dumb and dumber.
00:09:24	AN	I was going over, like worst case scenarios in my head. But- but...
00:09:45	AN	We set out and, I think you said- which probably made me feel better just, you know, we're just going to give it a try and see how it goes' so I felt like if it was horrible we could always come home. By the time we passed Rifle, Colorado, Fifty minutes from our house, we were frozen solid together, we were soaking

		wet and we had to stop
00:10:25	KE	You didn't notice but I was riding with my visor up in that sleet because I couldn't really see anything.
00:10:55	AN	So what made you...? Keep going.
00:10:58	KE	I guess it goes back to ego, I didn't want to miss a day of our vacation. Uhm, I think we had planned to get all the way to Moncello, right?
00:11:23	AN	Yes.
00:11:24	KE	Part of me thought 'once we get passed Glenwood, I thought it would lighten up and just be wet, and it got worse.
00:11:49	AN	It got worse before it got better.
00:11:49	KE	There's a part of me that doesn't like to admit failure, doesn't like to give in, a lot of times it goes well, you know, it was good for me not to give up and not quit but sometimes it can lead to peril, situations of peril, slight terror.
00:12:18	KE	The slush when the cars would go by and throw up that slush, you know, that was scary, that was very scary, I was nervous, you know, was I pushing it? as I making you do something you didn't want to do?, and you didn't say it, at least to me, then I thought, like 'I can't back down now, I can't be the one who says no, let's just scrap it.'
00:13:08	AN	I'm glad you didn't back down and I'm glad we did it together.
00:13:46	AN	The rest of the trip unfolded beautifully with so much fun in the Great Canyon. I think we do vacations really well.
00:13:56	AN	It was just a rocky start [Laughter].
<b>MUSIC BREAK</b>		
00:15:01	AN	I forgot the part where I didn't really tell my parents what I was doing because I was scared to, like, tell them.
00:15:11	KE	That really struck me, I don't know if you know this, a long time ago, my first wife, we had plans to get an apartment together and, uh, when we- when she called her parents to tell them that, they said 'no way, you can't do that and if you do that...' I don't remember the threat, it had something to do with wedding or not walking her down the aisle she was distraught and I just remember that really- made me angry that 'here I am in this relationship with this woman, and yet her parents are there, right there with whom I'm relating to'
00:16:18	AN	So you were angry? Did you feel angry at me as well?
00:16:19	KE	I wasn't angry. I just didn't want that to happen again.

00:16:55	AN	<p>That's something that I'm working on. Two things come up, I didn't want my parents to worry because they worry. But also I did know that it is about you and me.</p> <p>And I've been told that before by the therapist that I work with, we are the family now, you and... [Sighing] you are... you are my family and you are my priority and it's not about my relationship with my parents is very important but, uhm, but it's you- it's you and I who are, uhm, the most important people in the picture and I- yeah, and- I don't know why I got teary-eyed about that.</p>
00:18:07	KE	<p>Yeah. I like hearing that, it's like, you know, the dog catching the car finally, like, I love hearing that, that I'm a priority yet there's also part of me that's like 'oh, man, I'm the priority' thank you for saying that, I- is your- is your emotion about, the separation from your parents or...? You think?</p>
19:00	AN	<p>I don't know, I just feel conflicted because I care for you and my parents equally.</p>
00:19:35	KE	<p>I try to be patient about that, because I don't have that relationship with my parents</p>
00:20:33	AN	<p>This came up in the car yesterday too, the fact that I haven't met your parents and that I feel like I would really like to, and I'm wondering how you feel about that.</p>
00:20:49	KE	<p>There's how I feel about it and there's the reality of it. I wish it was easy' like 'all right, let's take a trip there'. But I don't have that. It's not available. There's also a part of me that gets annoyed, like, 'you don't need that- you don't need to know them, know me'. I'm not stupid to say that nothing that I am is, you know, because of them, a lot is because of them both good and bad, you know. All my good habits and all my bad habits, I've worked on those myself, created those, that's all my handywork. Parents aren't on my radar and for you they are. You can go without me, maybe.</p>
00:22:03	AN	<p>[Laughter] Yeah, I was wondering. Could I? What do you think about that?</p>
00:22:13	KE	<p>I don't know, I don't know.</p>
00:22:16	AN	<p>Again, you're the priority, not your parents. Even though I would like to meet them, you're the priority; your feelings are the priority so I feel like I need to be respectful of that.</p>
00:22:48	AN	<p>I feel really lucky to be developing a relationship with your sister and, I'm glad that- we get along so well she shared, her thoughts and feelings around, us not connecting with your mom and dad and how hard that is for her, and also how hard it is for your mom I feel that, parents may not always do the right thing but I think they're deserving of a lot of respect. Your mom is really, very sad that you don't have a relationship and- that makes me sad, it does.</p>
00:25:28	KE	<p>Ok, I hear you, I hear you loud and clear.</p>

00:26:09	KE	I think about it probably every day, I think respect is two ways and, it's not a gift, you know, it's earned. It can start as a gift but the maintenance of it is earned.
00:28:06	AN	It's interesting to hear you say you think about it every day.
00:28:10	KE	I was the bad kid, you know. It still feels that way now 'I'm breaking the family. We can't all be together.
00:28:38	AN	Oh, Keith...
00:30:51	AN	I hear what you struggle with, I hear how complex it is. I'm also conflicted. How much do I push us or you to reconcile, or not,' and, trust that, our family doesn't have to look like other families; I don't ask you actually because I don't want to hurt you or bring a sour topic but I am interested and I do care. Maybe that's what I... want you to know.
00:33:00	KE	I believe you, I know you do.
00:33:36	KE	Yeah, I wish I could figure it out, even just for me, you know, uhm, it's tough.
<b>MUSIC BREAK</b>		
00:35:38	KE	We have a habit that we talk very lightly about some heavy things or one of us gets triggered, we have these automatic joke games that go with that. Sometimes derails the conversation and we start laughing, and- and it brings us back.
00:36:04	AN	Humor definitely helps me get through some of our hard times. And I feel like if we're laughing then things are ok. Even if the situation hasn't been resolved or I may be angry about something or you're upset.  If you crack a joke, that's a signal, to me that we're still ok, you know? There's love there, behind the jokes and the joking around. I really like that.
00:39:54	KE	We also communicate important things to each other through I use birds, the birds that are outside and you use Muppets.
00:41:02	AN	I made two sock puppets for when your niece and nephew are visiting and they were patriots [Laughter]. They were patriots for football player puppets.  Well, kids use puppets, right? When they go to therapy, they often use puppets because that's a great way for them to express their feelings and I think that's just another joke that's between us, that maybe I mentioned it one day or actually did maybe talk about my feelings using the Tom Brady [Laughter] sock puppet [Laughter].
00:41:34	KE	I felt conflicted, it's Tom Brady but it's a puppet, but I want to hear what Tom Brady has to say, but it's a puppet and Tom Brady it's telling me about Annie's feelings so I'm really confused.
00:42:45	KE	There's a more serious part of that because I know that you feel and

		experience so much more than you often say and I want to find balance between, letting you speak your mind or not speak your mind I sometimes hear you slamming things and doing thing, uhm...
00:43:23	AN	[Laughter] That's not me! That's the puppets! [Laughter].
00:43:25	KE	[Laughter] ok.
00:43:27	AN	[Laughter] That is Tom Brady [Laughter].
00:43:29	KE	<p>All right, well, it's good to know. All right, I see, I've been displacing my emotions, I should be mad at the sock puppet of Tom Brady who lives upstairs in the guest room and only comes out to support you when you're upset, ok. I thought- I mistakenly thought that was you.</p> <p>But I know I'll take over something and just say what my issue is about something. And I know you don't and so I would love to find the place where we're meeting in the middle, you know, I sometimes feel like I'm being asked to decipher and ask you twenty questions, so that you can get your feelings out.</p> <p>But there's also a part of me saying we're both adults and if you want to say something then you can say it. I mean, the birds and the puppets are funny but I also hope you will say what you want to say and- and get my attention if you need my attention.</p> <p>I sometimes do feel like an asshole, you know, where I'm like 'something's going on over there but she's not saying anything, - that's a [Inaudible 00:45:11] you know, not much I can do about it.'</p>
00:45:13	AN	Sometimes I wish you'd say 'Annie, I clearly notice that you are struggling with something, would you please tell me what's going on?' and then that might give me the permission- it gives me permission. I know that I have permission...
00:45:24	KE	That scares me, that scares me so much.
00:45:27	AN	To just ask me? What's...?
00:45:31	KE	<p>Then I feel that the pressure's on me, that you can only speak if- you've just used the word 'permission', that just makes my stomach go in knots.</p> <p>I want to be a partner on the race[Phonetic] I don't want to be the permission giver.</p>
00:46:20	KE	I want us to be adults and speak our mind and you often phrase it in that way of permission or 'allow' and - because I have a fear - I could be a bossy person, I could be...
00:46:38	AN	But the funny thing is that you are - you do give me permission, that's a, what did you call it? FOOS?
00:46:43	KE	FOOS, yeah.
00:46:45	AN	Family of origin story that I don't ask for what I need and you know this, very well about me, that I don't feel like I have the permission to ask for what I need

		or... that my needs are not valuable enough that I can ask, for your help. It's really hard and I'm kind of stuck there and I know that that causes a lot of stress between us.
00:47:31	KE	That scares me, you know. I don't want to be your parent. I don't want to be in charge of teasing out your feelings and teaching you how to speak.
00:47:44	AN	I don't want you to do that.
00:47:54	AN	I feel like there is great potential between us to have the - the relationship that we, you know, both desire.
<b>MUSIC BREAK</b>		
00:51:35	AN	I met you at work.
00:51:46	KE	Yeah, dream come true.
00:51:46	AN	I just walked in one day; it was for a career <i>[Phonetic]</i> event.
00:51:54	KE	Well, you were teaching.
00:51:55	AN	I was teaching at the museum an art class and there you were, wearing a green, button down shirt, short sleeve. And I thought you were pretty cute, and you looked very kind, and we talked a little bit about teaching and I was interested in - in learning more about you.
00:52:36	KE	One of my resolutions from that year was to say 'yes'. You know, sometimes you get frozen in the unknown and my answer is 'no, that's not possible, we can't do that', and - so that year I had said 'alright, just say yes, Keith.
00:53:32	KE	I put in my work computer, in Outlook, a little chime twice a month, a little message that pops up and says 'say yes' and that day, that was the middle of November so it popped up like my fifteen of the month 'say yes' and I hadn't really say yes yet. So then the phone rang, it's six fifteen as I'm getting ready to leave which, I don't usually - I'm smart enough to not to answer the phone after we're closed. But for some reason I did, and it was you. I thought you were on the parking lot.
00:54:16	AN	[Laughter].
00:54:16	KE	[Laughter]. But it seems you weren't.
00:54:17	AN	No! An hour had passed since I left the U Center, pretty sure.
00:54:23	KE	I didn't know what I smelled like, I hadn't showered.
00:54:55	KE	Normally I would clean up and be prepared. And, so when you said 'you want to go for a beer right now?' I was like, my first instinct was 'no' and I was like 'oh! That dumb resolution!' so I was like 'all right! Fine!' so, yeah.

00:54:57	AN	Yeah.
00:54:57	KE	Yeah, we went and had a beer.
00:55:18	AN	Uh huh, and then, a couple days later we decided - you asked me to go to a hike and it was a hike that I had never been on before.
00:55:26	KE	Right, I hadn't been up there either.
00:55:30	AN	So something that I think is so endearing of the two of us is that - the day before the hike, we drove to the trailhead to scope it out so we would know where we were going so we could be on time.
00:55:49	KE	I wasn't a hundred percent sure what the trail was or where the parking was, I knew where the trail started but I didn't know if there was parking there. So, I didn't know you did that, we found that out on the hike.
00:56:02	AN	Yeah. And it was hard hike, it was uphill, it was hot, we were sweating but when we got to the top, you took out wine and cheese from your backpack and we had a picnic, it was really sweet.  And then something that I remember that makes me laugh about that hike is that I - well, that was our first kiss, I believe, and the way that went down was [Laughter].
00:56:28	KE	[Laughter].
00:56:28	AN	[Laughter] I'm sitting on a log that was kind of rolly and tippy , and I fell backwards and hit my head, and was kind of, like, knocked unconscious for a few seconds, and then you scooped me up [Laughter] helped me out, you put me...
00:56:46	KE	So that sounds like a police report [Laughter].
00:56:55	KE	I don't remember that. I remember you falling on the snow but I don't remember the 'oh, she's stunned, go get a kiss, Keith.'
00:57:05	KE	That sounds creepy. That's a total Chachi move there.
00:57:08	AN	I didn't take it as creepy. It was sweet. I was surprised. And then we held hands, actually, uhm, walking down. Do you remember that?
00:57:17	KE	Yeah.
00:57:17	AN	And we talked about our families pretty early on. We shared stories about our family of origin and stories and... yeah, opened up pretty quickly.  I miss that, actually, Keith.
00:57:48	AN	Just being so open with one another like we were when we first met and I don't know what happened.  Although we still have fun and laugh a lot, and we do share... it's just that

		there's still so much to talk about, and so much to explore, and I'll say it, I'll take responsibility for, getting into the habit of, not really talking. I need that, actually, to feel connected.
00:59:00	KE	I miss that Keith too. I mean, even before that and I was a lot more playful, less serious.
01:01:14	KE	You talked about the connection and how you like to have it or the way you like to have it, for me, I'm still figuring that out.  There's a part of me that, was crushed, in my early years, formative years, being let down, by some trusted people in a very intimate way so that affects me. There's a part of me that wants to dive in.  I remember being that way, being a processor, you know, talk about things forever and stay up all night, and figure out, and so I think the messiness of that scares me. It feels like a long slippery slope.  I want to know that I'm accepted without being the lynch pin, without being the fixer, the doer, you know, the permission giver, the captain. Your emotions sometimes, you know, frighten me a little bit, you know.
01:03:38	AN	Why?
01:03:38	KE	I don't have a boundary, how can I listen and not make all the things you're saying is my responsibility to fill by... Thursday at three o'clock. I got enough on my plate.
01:03:55	AN	So that feels messy?
01:03:58	KE	Yeah, messy and unmanageable.
01:04:25	AN	So, I heard you say 'connection means comfort' to you? Connection looks like comfort? What else?
01:04:30	KE	Acceptance, I want to know that I am enough even if I don't make all the phone calls, don't organize everything, you know? Don't fix your problems, you know. Can I - can I still be ok? Can I still be on the team if I'm, you know, on the bench?
01:04:50	AN	Maybe I should make clear that I don't - I don't ask you to fix my problems, I don't expect you to fix my problems, I don't want you to fix my problems.
01:05:01	KE	Yeah?
01:05:02	AN	But if I need your help, I hope that I'll be able to ask you 'can you help me with this?' which is something that you've told me before, helps you feel connected, when you're asked.
01:07:12	AN	For me, connection happens at the table eating together. What I really mean deep down is 'sitting with you at the dining room table and having meals together, an talking with you, even if it's for fifteen minutes, it's like really, really sacred, and we don't have it.

01:08:51	KE	It's funny, I wonder if, am I leaving stuff on the table to block that from happening.
01:09:09	AN	Why don't we take the puppets out? And ask the puppets what they think about [Laughter].
01:09:11	KE	[Laughter]. I do get scared with all that messy stuff coming out, you know. I'm afraid of what's in me, I don't know. Maybe I don't even want to look at what's in me so...
01:10:30	KE	I'm afraid of opening up those doors.
01:10:44	KE	Because there's a lot of gunk behind it.
01:10:47	AN	I think I'm able to take your gunk.
01:10:55	KE	Yeah.
01:10:57	AN	I want to know your gunk.
01:11:14	KE	I can't even think about it, I can't even, bring it to the forefront of my brain, that's too much.
01:11:26	KE	I'm the wizard of Oz, you know, the short guy standing behind the curtain, moving things with the giant picture of Oz saying 'ignore the man behind the curtain' and peeling back that curtain is... is hard, is hard.
01:12:36	AN	<p>A couple of things are coming up for me. I've assimilated to the way things are where you take your dinner most of the time on the couch, watching TV and I'll either join you just to be with you.</p> <p>Or I'll take my dinner at the table and I've just adjusted to that. But deep down, I know you're sitting on the couch for the reasons that you've just said and I... would like you to know that part of being in a relationship with you is my interest in you trusting this partnership enough that you can be really messy and get through some of these things that are affecting you.</p> <p>I just want to say, I feel like I am a person who you can be messy with and we can grow that way maybe I'm totally wrong but, I just want you to hear that.</p>
01:14:48	KE	Uh, it makes me feel sad, it makes me sad that my oz façade is not working, uhm...
01:15:19	KE	Sometimes I think I've had the same relationship probably since the eighth grade over and over again, you know?
01:18:33	AN	<p>Well, I have a lot of hope that we can help each other bust through some of these issues that are holding us back from being more loving and, more fulfilled.</p> <p>Keith, although is really hard to hear sometimes, I know you're asking me to - evolve and I want to, for myself and for you to have a really awesome</p>

		<p>relationship.</p> <p>This conversation is so meaningful to me because, again. I would love for you to bring that messier side of yourself to the relationship and let me show you what I'm capable of in relationship too and that I will stay by you and accept you, and love you when you're really messy.</p>
01:23:54	KE	<p>Sometimes it feels like I don't think I could survive it, let it all out, it's too old or too big. But I'd like to work on it, yeah. I'm not always sure how to do that, if you asked me, what I want to do, with the stuff inside me, the feelings of being let down and disrespected, I don't know, I remember being a kid, you know, being told I was someone that wore his heart on his sleeve.</p>
01:27:26	AN	<p>But you still are that, I see that in you every day.</p>
	AH	<p><b>I hear such open-hearted communication between Annie and Keith. There's a compassion they show and a longing for the other's true essence. Their conversation looks at the elephant in the room.</b></p> <p>THANK YOU TO KEITH AND ANNIE, FOR SHARING THEIR STORIES WITH US.</p> <p>FOR ADDITIONAL INFORMATION AND RESOURCES ON THIS EPISODE, FIND OUR SHOW NOTES AT ELEPHANTTALK.ORG.</p> <p>ELEPHANT TALK IS PRODUCED BY KIM POLETTI.</p> <p>OUR THEME MUSIC IS BY ROB BURGER.</p> <p>AUDIO PRODUCTION ASSISTANCE PROVIDED BY LESLIE GASTON-BIRD AND JOSH KERN.</p> <p>PLEASE REVIEW THE SHOW IN ITUNES - YOUR FEEDBACK IS GREATLY APPRECIATED.</p> <p>THANK YOU FOR LISTENING. I'M YOUR HOST ANDY HORNING. THIS IS REAL LOVE. THIS IS ELEPHANT TALK.</p>
		<p><b>END FILE</b></p>