

## Transcription:

File: ET\_EP37\_JO\_JACOB\_RC\_mixdown

TC	Speaker	Dialogue
00:00:20	AH	<p>It is great to be back with you guys, Jo and Jacob. I want to just start off by reading what I said prior to your recording.</p> <p>Jo and Jacob have what many consider a typical relationship. They met, dated, married and now have a newborn baby who is a three-year-old running around the room. but then I went on to say, "Underneath it are layers of insecurity, apprehension and distress." And in hindsight, I regret that. Would you reference what happened after it was aired?</p>
00:01:15	JO	<p>So we were so appreciative of the beautiful editing and it was really cool to listen to it and that lead-in, my stomach dropped a little bit because I thought, "Wait a minute, that feels kind of deficit oriented." And as a therapist who works a lot with couples, I think so much of our distress is actually normal. I think we expressed a lot of vulnerability in the interview and I wasn't sure how I felt about it being reframed as anxiety and distress.</p>
00:02:21	AH	<p>Distress, right. I mean, reading those words now, I'm like, "Oh my gosh!"</p>
00:02:28	JA	<p>I guess I felt like they missed us a little bit. we were vulnerable and open and it did feel a little bit like that was turned against us.</p>
00:02:58	JA	<p>Yeah, when I was listening to it, I felt like you missed us a little bit. There was certainly or there are some insecurities when I think about sharing my story with the general public. But overall I guess I don't see myself as an insecure person and I didn't want that to be a framework that the people I know approach me with.</p>
00:03:39	AH	<p>In hindsight, it just seems a total swing and a miss, a strike. So I'm sorry about that you guys. I'm really sorry.</p>
00:04:01	JO	<p>I really appreciate the opportunity to have an ongoing dialogue and to repair it and keep talking because I feel like this is something that happens a lot with marginalized communities. You can get into this place of... the vulnerability is very easily sliding in to somehow kind of the deficit right into the model versus a strengths-based way of looking at it.</p>
00:04:35	AH	<p>I really appreciate that. You know the thing about privilege is that, in a way, you don't know what you don't know. And so we were doing something which was seeing it from a deficit without realizing that that's what we were doing. So I appreciate the call out and I also appreciate the way in which you did it, which was really supportive of our own learning.</p>
00:06:15	JO	<p>I once was working with an African-American queer gender nonconforming woman and we were talking about how all of these intersecting identities actually I think [inaudible 00:06:32] perspective on the world because she's had to understand her own experience and the dominant experience.</p>

00:09:21	AH	What do you guys remember about beyond the layers of distress unfortunate comment? What do you remember about your dialogue?
00:10:13	JO	What really sticks out to me was we were able to talk about the whole process of bringing a kid into the world in a way that we haven't been able to before having that conversation.
00:10:43	JA	I think we did sort of go deeper with some things that... none of it was new information for me but just having the space to really dive in and to be present with each other was different than our day-to-day check-ins.
<b>BREAK</b>		
00:17:04	JO	So right now, given the current political landscape, I think there's more than ever a need for people to support and advocate for LGBTQ folks. And so it's not that I ever want to stray away from talking about the difficult stuff, I just don't want it to end there because I think there's a lot more to the picture. There needs to be meeting people where they're at and supporting that, getting away from all the judgmental, good, bad, right, wrong language. Your openness is really what I appreciate because then we can actually continue the conversation.
00:18:02	AH	Also be an ally, that's a big role for dominant culture of people.
00:18:32	JA	You have to keep challenging your assumptions and I think [inaudible 00:18:49]. I'm very appreciative that you were willing to have this conversation.
00:18:53	AH	I love that as a step one, challenging assumptions. I heard Robin DeAngelis speak who talks about white privilege. And one of the things she says is, "It's the water we swim in and so that sort of what we grew up in." So if you ask a fish, "Are you in the water?" The fish has no idea. It's just what is there. And so I love the idea of challenging assumptions. If you could give a couple of other suggestions beyond just challenging assumptions, be an ally, challenge assumptions, what else?
00:19:31	JO	I think it is really important that we all are swimming in this water and so we all have this implicit bias and to be able to see that all of us are therefore implicated. I mean I think we can't skip pass our social identity differences to this place of interconnectedness. And if we forget that we're interconnected, we lost at the mark. we all are in this together challenging this at some level [inaudible 00:20:02]. I'm not immune from heterosexism or transphobia.
00:20:31	AH	Focusing on that internal piece is part of the problem, that's part of the oppression rather than owning it, referencing it, talking about implicit bias in the world.
00:23:02	JO	I've been really fond of thinking about unlearning and undoing rather than these additive models because I think we need to shift the paradigm.
00:23:12	AH	I love that. We're born that way. So it's not about denying, it's just about unlearning it, undoing it. That's fantastic.

00:25:35	JO	I think this is where mindfulness is super helpful and in terms of realizing that if we become really identified with our experience whether it's becoming identified with anxiety, addiction or even a social identity that it really I think closes and limits are possibilities in life.
00:27:25	JO	So how can we again use the both end of these differences matter and how do we work with those differences and again realize that there is more to us than these conditioned beings.
00:31:54	AH	Well, thank you guys for coming in.
00:31:56	JO	Thank you.
00:32:01	AH	I'm just grateful for the chance to continue my learning and our learning and what it means to show up.
00:33:40	JA	Thank you guys.
00:33:42	JO	Yeah, thank you.
00:36:56		[Audio Ends]
		<b>END FILE</b>