

Transcription:

TC	Speaker	Dialogue
00:00:03	AH	<p>My name is Andy Horning and this is Elephant Talk. And as we wind down Season 2, we're going to be taking a break. During that break, we're going to cultivate some more stories, seek some additional couples. I'm not sure when we'll be back on the air. But on this last episode of Season 2, I thought I'd drift a little bit about the world of couples' therapy and why I chose to initiate this podcast called Elephant Talk, The Elephant in the Room. And as a therapist for 20 years, I was growing increasingly frustrated at the fact that couples struggled to talk about things that they needed to be talking about and either they'd come in hot and screaming and kind of avoiding it through fighting or they'd come in with this silent anger and they'd avoid the key issues by avoiding each other and avoiding their own emotions and shutting down. Neither of those perspectives was helpful for them talking about what they needed to talk about. And so it felt like at times I was pulling teeth to get them to deal with the issues that were on the table.</p> <p>And you know what happens is when people don't do that, then they end up acting out whether it's an affair or shutting down or leading parallel lives. That's the cause of not dealing with it. And every once in a while there were these couples who did in fact talk about what was going on. And so I thought let's highlight them, let's get the couples who are in a way the unicorns who are really wrestling with the complicated honest dialogue and let's highlight them because what we do know about the world of coupledness in the US and around is that it's really a silent issue. We don't share what happens behind closed doors with other people and often we even misrepresent what's happening behind closed doors with images of intimacy and success and happiness and joy and what we don't share is the struggle, the challenge.</p> <p>And so when people get into that, what they often come up with is one of two things, either A, I'm messed up, there's something wrong with me, or you're screwed up and there's something wrong with you. And that's the narrative people came in to couples' therapy with and that's the narrative. I help them unwind and realize that, "No, you're normal. You're just trying to figure it out. Welcome. Welcome to being human." And what I want to say is that at times even though Elephant Talk wasn't a commercial success and didn't bring in tons of money and sponsors, there's something about its value as a project. It put couples out there in the arena having live conversations with one another, something that isn't out there, something that isn't out there in the podcast world, but it's also not out there in the conversation world.</p> <p>How often do we have a chance to listen to people having a dialogue together with one another to be a fly on the wall so to speak? And that's what Elephant Talk does. It says, "Listen in. Pull up a chair. Listen to us as we share about us, about this thing called our relationship." And certainly what I felt like is there... well, let's put it this way. In the world of advice, it is a multibillion dollar industry around marriage, couples, how to prevent your partner from having an affair in 10 easy steps, the number of self-help books and radio shows and speakers,</p>

		everybody wants to tell you what to do. Well, at Elephant Talk, we may have done that a little bit, but what we also wanted to do was to share how other people are doing it and perhaps we can reference other people's living an as lived approach and maybe glean some wisdom from these stories, from these conversations. And I hope during these two seasons that you've had the chance to really drop in to the wisdom of how other people are showing up in their lives. I'm grateful for your listenership, for your questions, your comments, for you engaging with us in this journey, and I look forward to seeing you again soon. Signing off for Season 2, my name is Andy Horning. This is Elephant Talk and this is real love.
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