

# *Fear Me Out Podcast*

## **Episode 34**

Hosted by Clinical Psychologist - Dana P. Saperstein PhD.

*Guest Speakers*

**Meredith Baxter & Nancy Lock - Love**

**Kim Fauskee 00:00**

As the Beatles once said, All You Need Is Love. And boy, is that a true statement as we begin our series on relationships. We're joined in this episode by former guests Nancy lock and her wife Meredith Baxter. Yes, that Meredith Baxter. Both Nancy and Meredith offer a candid and vulnerable insight into their relationship and how through adversity, trauma and fear their relationship has not only endured, but continues to evolve and get even better each day. I hope you'll join us for this special love story. So here's our conversation with Nancy lock, and Meredith Baxter.

**Dr. Dana 00:46**

There are two basic motivating forces, fear and love. When we're afraid, we pull back from life. When we're in love, we open up to all that life has to offer with passion, excitement, and acceptance.

**Fear Me Out 01:05**

Coming to you from our studio in Santa Barbara, California. This is the fear me out podcast. We're not your typical Self Help Program. Our show takes a deep dive into those psychological issues that affect us on a daily basis. We hope to shift your perspective and have you experiencing emotions differently. Now here are your hosts, Kim Fauskee. And Dr. Dana Saperstein.

**Kim Fauskee 01:28**

All right, so this should be fun. It should be better be yes. Oh, Nancy, welcome back. Thank you for having me, bet. And Meredith, thanks for coming.

**Meredith Baxter 01:37**

Glad to be here.

**Kim Fauskee 01:40**

So for our audience, Nancy lock, and Meredith Baxter, our guest today, they are a married couple. Nancy has been a previous guest. And we're going to kind of continue on that conversation that she briefly touched on when she was here a couple months ago about her relationship and finding her her person kind of later later in life. So again, looking forward for the last month for you guys to come and do this episode, because we're starting this series on relationships, and I couldn't think of a better two people to start this series with. So again, again, again, welcome and again, look forward to to this conversation. So I don't know which one of you would like to start and kind of begin where how you guys met and how this all happened? Hmm.

**Meredith Baxter** 02:39

Well, you kind of have to start with that. Because you you made you approached Sarah.

**Nancy Locke** 02:46

Okay. Oh, how we met, we met. It's kind of a strange way. Meredith and I came from very different worlds, there was absolutely no reason why we met there. I mean, it wasn't like, you know, we hung out with a group of same people or we went to the same places, or it was completely out of left field that we met one another. I was seeing a therapist at the time. And I was seeing her error is my personal therapist. And along with that I belong to a women's group that she had, she had a women's group on Tuesday night, and she had a women's group on Thursday night. Meredith was in the women's group on Thursday night, I didn't know anything about Meredith, I just knew about the women that were in my group. And I was coming out of a horrible relationship. And I was involved with somebody that was completely wrong for me. And I was at a pretty dark point in my life, a lot of I knew that I needed to make a lot of changes in my life, which is why I was seeing a therapist.

**Kim Fauskee** 03:59

And I was a good start, at least. Yeah,

**Nancy Locke** 04:01

exactly. And so one of the things that came to, to my realization was that I had a drinking and alcohol, alcohol and drug problem, and that it was interfering with life that I wanted to have the life that I thought I should be having. And so that was a well known fact, in that women's group because I was very open about that. And I had talked to us I brought it up in group that you know, I wish that I could meet some women was I didn't say I was looking for a girlfriend. I wish I could meet some women that that were you know, more interested in the things that I like to do. And you know, right now I'm involved that all my friends are party people and that's what we do is we go out and we party and have a great time and but I'm looking for somebody to have a serious conversation with or to go look at art with or to go look at Theatre with and you know, I just wanted something different and I My therapist at one point suggested to me that I might want to speak to somebody in her other group, that's a sober woman, she thought it would be a good thing for me to speak to a sober woman about wanting to become sober. And so I said, Okay, great. Give me your number. So she gave me Meredith's number just gave me a number. And it she checked it out with Meredith. And she didn't give me her last name or anything. She just said, this is your number. So I finally gave her a call. And I sit down, I'm thinking about getting sober. And can you talk to me a little bit. And so we talked on the phone for about, I would say, I don't know, six months or so we

**Meredith Baxter** 05:39

frequently

05:40

hadn't met each other at all, it was just a phone never met each other.

**Meredith Baxter** 05:43

Okay, not unusual in the sober world. You know, people don't know who they're calling. And the fun thing, from my point of view, is that Sara has sent other people to make us. I'd said, if you have anyone who wants to get sober, happy to take them to meetings and talk to him. So getting a call from Nancy was nice. I knew a little bit about her. And but the mode is basically get her talking, talking about what's going on from where you are and everything. So I was learning a lot more about you. And I really, I might have told you something about me, my past and my experience with alcohol and how I got sober. And I don't remember if I did or not

**Nancy Locke 06:29**

very low. She didn't. You didn't really talk anything about yourself. It was mostly me or, you know, I'm mostly just like, cried, do you, like my life is my life is falling apart? And I don't know what to do. And

**Kim Fauskee 06:40**

so it was the relationship over the phone was more of a confidant like, yeah, Meredith had been through this process before she got herself sober. Yes. And so she was more of a support mechanism for you. Exactly. Okay,

**Nancy Locke 06:53**

exactly. So she had invited me to meet her at a couple of AAA meetings, and I attempted to meet her and I was living in LA at the time, of course, and I was living in Silver Lake, which is on the east side. And she was living in Santa Monica, just on the west side,

**Kim Fauskee 07:07**

which isn't that far apart, except for traffic, Jaffa three square

**Nancy Locke 07:11**

meters, trying to get to these meetings, I was trying to meet her out, I would always, for some reason or another I, I couldn't find a meeting or we never got to meet. So long story short, we never got to meet. But we talked on the phone. And then it's so I always go into a couple of meetings in the Silver Lake area. And then I decided, you know, I'm not really an alcoholic, I don't really need to do this. I'm not gonna go to meetings. If I stop calling her. And

**Kim Fauskee 07:35**

How long had you been in AAA, when you decided to?

**Nancy Locke 07:40**

Probably a couple of months, maybe I didn't realize I was new to you. So new didn't really stick with me. I just kind of was dabbling in it. And so I stopped calling her because I wasn't gonna go to meetings. And about six months, maybe three or three to six months later, I was saying to Sarah, you know, I'm still really wish I could find some people that were some women that were more like minded to me, I'm, you know, I'm kind of lonely out here trying to, I don't want to meet people in a bar. I don't. And she said, You know, I don't know why you don't call Meredith. And I said, Well, that was about me getting sober, not about me finding a friend. And she said, you could probably still call her as a friend. So out of the blue, I just called Meredith and I said, hi. I don't know if you remember me, but I was

wondering if you'd like to have coffee with me sometime? And she said, sure. Let's have coffee. And so we made a day to have coffee. And

**Kim Fauskee 08:35**

sorry, you know, Rob, do you feel any connection with her at that time thing?

**Nancy Locke 08:39**

Okay, nothing. Okay. I just felt like I'd had no idea that I didn't have in my mind's eye I didn't conjure up an image of what she might look like or who she was at the time Kim, it was all about me, right? I was in distress. I was in a bad place I needed somebody to talk to. So we made a date to meet it at Starbucks on this particular day. And I said I don't know what you look like How should I know who you are? And she said well, let's just see if we can find each other just slightly out of the blue Yeah, yeah, let's just see if we can find each other

**Kim Fauskee 09:14**

I kind of liked that actually. Okay, well done man. No description

**Nancy Locke 09:17**

of like well I'm blonde and I've you know, I'll be wearing a you know, a blue coat or something like that. So I I get to Starbucks and I was wondering maybe five minutes late

**Kim Fauskee 09:28**

so you did but you didn't also didn't know about her acting background or any of that. She never mentioned any that I've just Meredith and nothing Zoo. I am yeah, okay.

**Nancy Locke 09:36**

So I get Starbucks. I'm running about five minutes late. parked my truck.

**Dr. Dana 09:42**

Turns what kind of sloppy using

**Kim Fauskee 09:45**

there was some debate

**Nancy Locke 09:47**

everywhere. Five minutes early. I always get everywhere. Five minutes late. So okay, maybe bring her at his head. It was 10 minutes late. Well, that makes

**Kim Fauskee 09:53**

you as a couple on time. Sometimes,

**Nancy Locke 09:57**

so I was kind of going to Starbucks. And as I was walking into the door, the door opened and a woman was walking out. And it was Meredith. And I looked at her, and it kind of was like, how do we know this

one? And I said, Meredith, and she said, Yes. I'm Meredith and I went, Okay, are you? You're Meredith. And she said, Yes. And then it clicked in my head. She was Meredith Baxter. I recognize her as being a TV actress. And I was like, Oh, my God. I looked her and I said, maybe you could have told me who you are.

**Dr. Dana 10:33**

And you might have been on time you think?

**Nancy Locke 10:36**

She looked at me? And she said, Why would I do that? Yeah. And I was like, That would be weird. By the way, I'm Meredith Baxter. So we turned around, and she was leaving, because she thought I was not showing I

**Meredith Baxter 10:48**

was going to get a book. So I'm going to fill the time. Because

**Nancy Locke 10:54**

I'm always late. So we walked back into Starbucks, and we sat down, and we got a cup of coffee. And we had this connection that was instantaneous, in, not in like, Oh, my God, this woman is beautiful. I want to be with her. It was just like, oh, wow, this is really interesting. human beings. And our conversation was really easy, and immediately in depth and immediately talked about things that we were n't all just about me. We were having a conversation. And it was like, Yes, this is this is this is a yes to me. And so I had no idea that Meredith was gay, I didn't know anything about her. I just knew that she was an actress. And so I said, you know, I'm sorry, I have to cut this. I have to go to my women's group. It's right down the street. I have to go to my women's group now. So I, but I would love to spend some more time with you sometime, if that's possible. And she said, Okay, that'd be great. And she said, and I'm actually literally up out of my chair, putting on my jacket and leaving, and she goes and the woman I'm dating right now, and I went What, wait, wait. And so I sat back down. I said, Okay. Am I allowed to swear on this show? Absolutely. I said, okay, so shut the fuck up and back up a second. I said, Are you trying to tell me that you're gay? And she said, yeah.

**Kim Fauskee 12:22**

So so you didn't have that feeling? Or that wasn't a topic of discussion. You guys were face to face? No. So you didn't get that at all? No. Okay. No,

**Nancy Locke 12:33**

not at all. So I was like, Okay, wait a second, you're gay. And she said that that's maybe some theme I would have told me about. And she again said, How do I say that? Matter? Exactly. Why does it matter? And I said, Well, you know, it just would have been good information for me to have. It's just it makes a difference, I guess. And so I sat back down, and we talked for a while longer, and we decided to see each other again. And so we met for coffee several times. And every time I spend time with her, it was just I was so interested and curious about who she was. She was just a fascinating human being to me. And it wasn't about her being a star. It wasn't about any of that. I mean, obviously, she's a

beautiful woman, but I just had this connection with her. That was undeniable. I couldn't I was like, I don't know what's going on here. But this is unexpected. Um,

**Dr. Dana** 13:38

did you feel the same way Marilyn was it was equally a draw for you.

**Meredith Baxter** 13:43

Um, I wasn't there yet. I really liked her. And the reason I said that about the woman I'm dating, is because I'm thinking she's gonna leave. And she won't know. I don't know how to say it. So I just said, that is such a non sequitur from where we were. That's why she kind of looked at me and sat down. What what? So I just threw that out there. And I didn't really have an end of the sentence except someone I was spending some time with. And there was nothing to pursue.

**Kim Fauskee** 14:21

Did many people in your life at that time know your lifestyle?

**Meredith Baxter** 14:26

Anyone close to me? Okay. My kids like anyone close to the not the work world. It was the work world I was protecting right? I really liked her. I'm just an isolated person. I don't know. I don't I'm not gregarious. And I didn't know many people. But Sarah, the therapist had told me just a little bit about who I'd be meeting and so I knew that you were gay woman and so I was prepared for that. Which piqued my interest too, because I hadn't had a lot of gay friends to spend time with. So I didn't want to let an opportunity pass not like, Hey, honey, take my number. It was just I want to see again.

**Kim Fauskee** 15:13

So were you in a relationship at that time? I wouldn't call it. Okay. But you had somebody that you were okay. She was dating. Okay.

15:23

So when did the romantic attachment start to happen? How long was it that you guys were hanging out before you started to really feel a long time? Was it a long time?

**Nancy Locke** 15:31

Yeah, yeah, it was a long time. It took us a long time. We went to lots of lectures. And we went to go, we went to lots of museums and we spent a lot of time together, just talking and talking and talking and becoming friends. And during that time, I was like, Oh, I've got feelings for this woman torn. That's not a good idea. This is not a good idea I used I never dreamt that she would feel the same way back. And I even spoke to our mutual therapist about I said, you know, I'm I have feelings for her. And I don't know what to do about this. Or you

**Kim Fauskee** 16:10

didn't mention it to Meredith though. And she said,

**Nancy Locke** 16:13

oh, oh. You mean like girlfriends, you want to be like girlfriend? I said, Well, we'll probably boy. I said, I just have feelings for her. And she goes, Oh, no, no, no, no, no, no, no, no, no, I wasn't thinking for that for you guys at all. So I was like, That ship

**Meredith Baxter** 16:27

sailed Sara.

**Nancy Locke** 16:28

I was like, I can't help but Sarah, that's just how

**Kim Fauskee** 16:31

we already went around my back corner.

**Dr. Dana** 16:33

That's like malpractice coverage. Yeah.

**Meredith Baxter** 16:36

She knew that I Yeah. She explained.

**Kim Fauskee** 16:38

So were you afraid to tell her about how you felt? Because you thought she would run 100 miles in the other direction? For sure. She

**Nancy Locke** 16:44

would be like, there's no, first of all, she was seeing somebody. Right. And, um,

**Kim Fauskee** 16:50

you know, well, now she says it was only casual. Well, I

**Nancy Locke** 16:52

didn't, I didn't really know I, I wasn't, I didn't, a lot of questions like so you guys really into each other? Or what's the story with this woman, I was just I would say the time I spent with her was the time I spent with her. And then I would just look forward to the next time I would spend time with her. I told all my friends that I was having, you know, like, Oh, my God, I'm seeing this woman and I'm crazy about her. I don't know what to do. And

**Kim Fauskee** 17:14

was your was your time together consistent, though? Or were you spending weeks apart and then getting back together type thing,

**Meredith Baxter** 17:21

a fair amount of time between?

**Nancy Locke** 17:23

Yeah, there would be time between a week or two because you were traveling a lot. You're working a lot.

**Meredith Baxter** 17:27

And also, I came from a series of really bad marriages, and stuff. And I was really defensive. You know, I was like, I liked you. But I don't trust you as far as I could throw you. Just not really her personally, but just anybody. So cuz,

**Kim Fauskee** 17:47

so you weren't looking really to get into relationship, per se.

**Meredith Baxter** 17:51

No. You know, even if it had crossed my mind, it was like, I was just the defense stuff came up so fast. I was like, okay, but I'll spend time there. You know, I just couldn't, I couldn't let her get close. Because I, my experience had been that if I open up too much to give someone space, they take it over, I lose my voice. I'm in trouble and I disappear. And I had always thought that it was this person I was picking that was doing that. To a degree that was true. But there's also something going on with me that I didn't know how to control. I have no voice. And the only way I could have known that Nancy said at one point. Is it okay? If I leave just a pair of sweatpants in a shelf? Somewhere here is that okay? I said there's no room

**Kim Fauskee** 18:49

for a pair of sweatpants for shoe stuff. She didn't want to get a foot in not to spend

**Nancy Locke** 18:55

way too much time on how he finally made that jump.

**Kim Fauskee** 18:59

No, but I think it's I do think it's important though, because she puts up this wall. Oh, yes. Right. Big wall. And so it's if you're not confident enough, and obviously you had feelings for this woman and you want to see how far you can probably take it right but she's constantly putting up this wall. So the question is, how do you how do you get around or over the wall? Or how does Meredith finally put the wall down? Well, because I think we all come, I think we've all had relationships or continue to have relationships where that's a common theme.

**Nancy Locke** 19:31

Yes, that's true. If you know, it was you know, it's it was a lot of a lot of finally, just one night I just decided I'm just going to tell her how I feel. You know, what's the worst thing that can happen is she could say I don't feel the same way about you, but I'd still like to be your friend. So I felt that I was being dishonest spending time with this person and having these feelings and not telling her what was going on with me. So it would. We'd probably had been spending time for about I would say, probably about three months, three months. By the time I finally said, you know, I've got something I remember, we were standing outside of her house and I was like I, you know, it's really hard for me to say this to you, and I don't know how you're going to take it. And I just want you to know that I'm finding that I'm having



feelings for you, and a long silence. And I went, Okay. And she looked at me and she said, I feel the same way about you. And so we, madly, passionately kissed. And

**Meredith Baxter** 20:39

it was, well, I didn't really feel bad about this till later, till I understood how hard this was for you. But I wasn't available emotionally in a sense. You know, I loved everything about you. I had great fun with you. I loved your spirit and your animal. Animated you how funny you were, the great stories you tell of the week. Look, I just love kissing. I loved everything about that. But don't mess with me. Right? Don't hurt.

**Nancy Locke** 21:04

It wasn't it wasn't like, we fell into a relationship like that. It was really rocky for a good year, even after being passionate. Oh, yeah.

**Kim Fauskee** 21:14

So that that when you guys exchanged the mutual feelings was that that was only three months into the courtship though. At that point. Yeah. So the wall came down for your part, at least a little bit. Within that three months?

**Meredith Baxter** 21:27

Yeah. Oh, yeah.

**Kim Fauskee** 21:28

Did you let her in. But I

**Meredith Baxter** 21:30

i mean, we, you know, I don't remember what it was like for you during this time. But you know, I loved everything about it. But it wasn't until, you know, we and we had a great deal of fun. And we traveled a lot. And we spent time with my kids. And my son liked. Peter likes her more than he likes me. But I think it wasn't until we broke up. After about a year, both of us we had some. So I think you were upset because I wasn't. I wasn't out. And that were

**Nancy Locke** 22:01

There were a lot of things. It was like you were not totally into the relationship. It was, you know, come here go away. The fact that you weren't out and you wanted me to hide our relationship, when we would be seen in public was not okay with me. walk down the street and hold hands. And if you saw somebody you knew you'd drop by hand. If we were at a meeting together, you would never let anyone know that we were actually together. So I was hidden. Yeah. And that was like, You know what, that's okay with me. I don't want to be in a relationship with somebody that wants to hide me. And I don't want to be in a relationship with somebody that keeps pushing me away and then pulling me back in. And I don't want to be in a relationship with somebody where I don't know where I stand.

22:53

Was it you that that team decided it was time to stop

**Nancy Locke** 22:59

it? Well, it was kind of like we got into a pretty big, actually Dannette was our one and only fight. Oh, we have never had a fight since then. Really? Ever.

23:11

And the fight was about the the nature of the relationships.

**Nancy Locke** 23:15

And it was, it was a pretty big fight. And we were at her house. And she said I think the I we went upstairs, we went to bed. And I was so upset, I just turned my back to her. And that was very painful for Meredith, that I just turned my back on her I didn't I wasn't available for conversation anymore. I was just like, I just want to go to sleep. And I just want to go to work in the morning. And I just want to be done. And I figured we'd talk the next day and things would maybe be better. But things were not better. And she asked me to leave and asked me to get my things that I did have in the house out, asked me to get the key back. And so I thought, Okay, we're done. And we broke up. And that was hard. Yeah, very painful.

**Kim Fauskee** 24:10

Meredith was that. I don't want to say that. Was that a pattern in your previous relationships of that or not? This was something new to you, as well. And in dealing in this situation.

**Meredith Baxter** 24:24

What happened was both of us felt abandoned in our individual ways. And it felt so intense to me. And it reminded me very much of how I'd felt in the couple of the marriages and I'd sworn I was never going to do that again. And so I totally think I needed to do was saying that's it. And I didn't know how to have a conversation about it. I just knew how to stop. You know, that was so self protection. So it

**Kim Fauskee** 24:55

brought up that familiar feeling, again, that you had experienced in your prior release. friendships in that way.

25:03

When we got separated

**Nancy Locke** 25:05

one one week, probably one week that we were separated. And during that time, we were both seeing Sarah. Sarah is getting a lot of shout out today.

**Kim Fauskee** 25:15

I was gonna say, Sure. Sarah is the conduit.

**Nancy Locke** 25:18

She's this amazing woman. But she saw both of us. And at one point, she asked me, she said, Nancy, you know, I want to ask you a question about relationships. And that is, there's all kinds of relationships that people have. There are kinds of relationships where you go to the movies, and you have a great time. And it's all about laughing and having fun. And that's the relationship there is not there. That's it. And lots and lots of people have that relationship. And they do fine with that relationship, until they're not having fun anymore. And then they leave the relationship and go find another one. She said, there's also another kind of relationship. That's a spiritual relationship. And that's the kind of relationship that changes your life. And which kind of relationship are you looking for? And with Meredith, I said, Oh, God, I want that spiritual relationship. I want to be with somebody who's going to change my life, and I'm going to change their life. That's what I want. It's makes me cry, just to think about the question and

**Kim Fauskee 26:26**

give me a little verklempt here, as well. Yes,

**Nancy Locke 26:29**

it was such an intense question in such an intense feeling that came up from like, knowing exactly what I was looking for in my life at the time I was 50 years old. And it was like, I don't want to be in relationship with people. But it's just, I'm just here. I want to be with somebody that wants to get in it with me. And I didn't think that Meredith was going to be that person. Clearly she made noises that that wasn't what she wanted to do.

27:04

It wasn't what she wanted, or could you tell that she was afraid to let her speak because she was afraid

**Nancy Locke 27:07**

she wasn't ready to do that. And I wasn't going to be. I can't make somebody do that. I can't push somebody to do that. So it was like, Okay. And then Meredith was out to the court. I

**Meredith Baxter 27:18**

went to Sarah, for my, my session. And she posed the same questions to me. And I said, Oh, I want the movie kind. I want the movie kind. Because I wanted fun. I know how to control that. That'll be fine.

**Kim Fauskee 27:40**

You want to Disney know,

**Meredith Baxter 27:43**

Disney. But I want laughter. I want to have fun. I want to have no yelling. And she said, Oh, Nancy said she wants a spiritual relationship. I was like, immediately, I said, she did. I do too. I do, too. That's what I want. That's what I want. If she wants that, that's what I want. And I swear to God, that's what I changed at that moment. I think,

**Nancy Locke 28:17**

yeah, it was a pretty big change. So

**Meredith Baxter** 28:20

Nancy told me that because I called her as soon as I got out of there. I said, we are back on as if I'm just going to speak for you about your relationships. And I don't I don't know what else. I said, except we're going to go take that trip that we were going to take back east to my son's party, and I just want it I just want to be here.

28:41

Did you find that it was easier to breathe when you made that decision?

**Meredith Baxter** 28:46

I don't know. I don't know. I was so used to not breathing. You know, just it was just I was just doing what I knew to do. And I couldn't defend it. I knew I wasn't hard, easy for her. But that was all I had. But you know, everything changed then. Because I felt so present with you I felt devoted to you. That's you know that I wanted to see where this all took us. And it's been really incredible.

**Nancy Locke** 29:21

You know, we we had at that point, of course, we decided that now what we wanted to do is we were going to get into couples counseling. It was Tara because we wanted to make sure that we did this relationship right. And so we wanted to learn how to talk to each other. We wanted to learn how to listen to each other. We wanted to learn how we wanted to learn how to do it differently this time in our lives, because we'd both been in lots of relationships that didn't work. So we wanted to know how to be in a relationship that did work. And we also it was really important for both Meredith and I to not give up ours. Elvis, that was one of the things that we went into with saying to one another is like, I still want to be me, I don't want us to be, you know, this, this couple that doesn't have its own individual life. Because we want to make sure that we keep bringing that back to one another. You know, what makes a relationship still sexy, what makes a relationship still exciting. And, you know, my personal feeling is what makes a relationship exciting and sexy. And it's still, you know, in enthralling for people is if that if each individual shows up as this, you know, interesting human being that is still bringing something to the relationship, that's still a curious individual that's still seeking, that's still the you don't give up, that you don't give up and just go through the motions that it's you know, Meredith, and I work on our relationship every single day, every single day is, we make sure that we tell each other how much we love each other. Every single day, we asked one another, what can I do for you today? Is there anything that you need from me today? Is there anything I can do for you? And there is not a day that goes by that we don't tell each other how much we love each other multiple times. And there'll be times where I'll be working in my studio, and I'm like, You know what, I don't think I told Merritt, if I loved her today, so I'll make a point to go up and find her and say, I didn't tell you, I left you today, did I? She said, I think you did. But I could use another you know, so it's really important for us to keep that love piece active.

**Kim Fauskee** 31:48

So you both have the understanding that the relationship is a constant evolution. Yes. That is that your partnership continues to grow and will continue to grow. Yeah.

32:01

You mind if I rent you guys out to some of the people that I see?

**Kim Fauskee 32:05**

Well, I was gonna call you guys relationship for that's what I think about it when you're actually proactive, right, that you guys saw it? Yeah, it was interesting, because I think Sarah brokered your reconciliation without realizing she was broken your reconciliation, right? And that you both had kind of the same epiphany, right? And then got back together thinking, Okay, we really want this to work. How are we going to make this work and really proactively thought out, let's proactively look at the steps of how our relationship is going to work and how it's going to grow into the future, which I won't speak for Dr. Safir seeing here probably isn't the norm. And doing

32:48

it's not there. I mean, I made that joke, because most people, when they fall in love, believe that the relationship should take care of itself. And if it doesn't, then there's something wrong. Whereas in any other part of your life, you would not have that fantasy. Right? Whatever it is you do, you're going to put work into it, and pay attention to it. And if it's not working, you're not going to say, well, you know, is broken, you're going to try to do what you can to make it you know, to fertilize the gardener, or whatever

**Meredith Baxter 33:20**

was thought finding interesting, you want to stay away from fault finding and blaming. And that's what we know, that's a trap we didn't want to follow

33:27

well, and I also tell everybody, the reason why I can do what I do is because we're not talking about me. And so I'm not going to get defensive. Because when people start to try to work out their issues, they get really defensive very quickly. Because if I say to you, I want, I don't get enough of you, I want to spend more time with you. It's usually said with resentment, even though it's the greatest compliment you can ever pay to another person, which is I want more of you. It doesn't come out in a complimentary way. So the love gets lost in the pain and the resentment. And it sounds like if you're letting the other person know how much you love them on a very regular basis, then the resentment of feeling lonely or being not properly cared for doesn't build up in your relationship to a point where then you start to get mad at each other. And then when you're paying the complement of I want more review. It doesn't come out though.

**Nancy Locke 34:17**

Yeah, you know, Dan, I think one of the biggest tools that we got from early in our relationship was learning how to listen to one another. And, you know, the exercises that Sara would give us were or that we still use all the time, were when there was a situation where I was feeling something. I've got some feelings about something. I didn't just go you know, you really pissed me off when you do this. It would be I needed to I need to talk to you about something. And I need for you to listen to me about something that's going on with me. Do you have time to do this right now? And she would either say yes or no, and I don't have time right now, but like I have time in an hour. And so we would set time aside. And whatever that issue was Meredith Wood was allowed to tell me everything that she wanted

to tell me. And I can interrupt her. But what I do is I repeat back to her what she has said to me. So it's amazing. When you do that, then you become a listener, instead of just taking in the information and waiting for your turn to say, Yeah, but yeah, but yeah, but yeah, but so it's, you know, you know, what you the things that you said to me the other day really hurt my feelings. And I'm not really sure what to do with that. And I'm on my breaks, okay, so something I said to you the other day really hurt your feelings, and you're not really sure what to do with it, do I have that correct? And it takes a lot of time to do that. It's a process, and then it would be my turn to respond. And she has to listen to me repeat to me. But it became such an incredible tool that I started using it in all my other relationships. And I had several employees at the time, I had several employees. And instead of me just walking onto a job site and saying, I'm all pissed off at you guys about something, it would be like, Hey, let's talk about this. This is what's going on for me, why don't you tell me what's going on with you. And it's amazing how, when you become a listener, how it can change your relationship. And so that's why I said that was our one and only fight. Because when we get into a situation where something is bothering one of us, we don't go, Fuck you or, you know, good. I don't think we've ever said that to each other. It's, oh, I'm having a reaction right? Now I really need to talk to you about something. And this is a, this is going to be a hard one for you. So this is hard for me, it's going to be hard for you to hear this. But I really need you to hear this.

37:00

You're talking about something that I also try to encourage people to consider, which is that if you listen, then you're not formulating your answer before the person is even done with their songs. Because that's what most people do. Because they feel hurt and defensive. They're not even listening to the person after the first two or three words, because they're reformulating inside themselves what they're going to say, in return. And you know, next thing, you know, nobody's listening to each other. Yeah. How are you going to resolve anything? If you're trying to be right?

**Meredith Baxter** 37:28

Can I give an example of what she just talked about? Sure. Yes, just yesterday, we were out involved in a sport and stuff. And Nancy and I were on different teams, and something was going on with her and the other person on the court there, you know, everyone with their friends and stuff. And I decided something was going on. I don't know why I did. But I did. And it was like, Well, I, I'm, I'm being targeted about something here. Is it? Wait, I was so upset. But meanwhile, we're involved in the game. And I'm just struck, I can't believe what's going on. I'm so upset. What, Why, and I was, I couldn't remember the scores I had. My ball was going out all the time. And I was just so not present. And it took me about 30 minutes where I went, What the fuck are you doing, Meredith, I was so not present. I was so not present. And I started to get scared that I cannot carry this back to the car. This is dangerous. For me. The situation wasn't dangerous. But the way I was feeling was really out of control. We got back to the car and we kind of talked. We talked with him way back to the car to do it. I'm not saying anything. I don't want to show what a stupid as I am. We get in the car. And so it was fun. Was that fun for you? And I said, Yeah, I have to tell you something happened to me. And I told her what I thought, you know, some stupid scenario I thought was going on. And as I said it, which first of all, in the past and any other relationship, I would not have said it. I wouldn't have trusted that. I could say there was no safe place to say can't say something like that sounds like an accusation. I didn't say it as if I was accusing. I would say this is what I was reacting to something I thought was going on. And she let me talk she

might ask you some questions. I'm not sure I don't remember anymore. But she said oh, I don't think I did that. Do that. You know, I wouldn't do that to you. It was like an I could just feel it drain out of me. Because I wasn't carrying it anymore. I had shared it with the person I chose method trust the most in the world. Because I knew she would hear me that doesn't happen out there in the world. Not for me.

**Nancy Locke** 39:52

No, it's I find it really interesting. I have so many friends who will talk about their relationships and they'll share with me something that's bothering them in their relationship. And we'll have you guys talked about it. Oh, God, no.

**Kim Fauskee** 40:07

Yeah, exactly.

**Nancy Locke** 40:08

What do you mean? Go God? No, I will walk with you. This is a problem that you're having with your partner. Why wouldn't you talk to your partner about this? Oh, no, no, no, we don't, we don't, we don't go there. I'm like, Oh my God, that's exactly where you have to go. It's the painful places that we have to go to. So we can grow from them. You know, it's, it's the breaking into pieces that we have to have happened to us. So we can, we can put it back together and we're stronger, and we're better and we love each other even more. I mean, when Meredith and I go through a difficult situation, or some things going on, we've certainly seen every stuff happens in life, things happen and things become difficult and, and when we go through those things, we always come out the other in that we're even closer. You know, it's funny, during the pandemic, we had the most amazing time in the world together. I know it was a horrible thing that happened. But mirth and I got to spend so much tummy time together, talking about things that you know, to have no fear about sharing what you think or feel with somebody is such an unbelievable gift. To have somebody that you can share with that you're not afraid is going to judge you or tell you you're wrong. Or say that's the craziest thing I've ever heard or I can't love you anymore. Because you think that way,

**Kim Fauskee** 41:34

Is this the first time in your lives that you've been able to do that? That total transparency where you're not gonna feel judged or

**Meredith Baxter** 41:43

didn't know it existed? Meaning because I was always trying to defend myself, I couldn't listen to what someone was saying was like, I gotta I gotta How could you? How could you? How do you think about me? If she had said that? Why would you think that about making them have going on some little it wouldn't have. You know, then you're I'm accusing that I'm defending myself against why but I was just thinking I didn't know. And then there's no conversation. It's all confusing. And this hairball of feelings.

**Nancy Locke** 42:07

Yeah, no, I never had that. Before.

**Kim Fauskee** 42:10



What a great thing, huh?

**Nancy Locke** 42:11

What a great thing. You know, I saw Dana not too long ago. And I think one of the things I shared with Dana was that I love Meredith so much, that makes me afraid to lose her. You know, that we're that's one of the things that you know, aging and relationship together is that's part of the part of the sadness, but it's also kind of part of the beauty.

**Kim Fauskee** 42:36

Yeah, I was gonna say that, right. Yeah. I think it's more of the beauty. Yeah. You don't want to look at the other end of it. But yeah, thinking about that, you know, you've kind of hit the pinnacle, or the zenith of the relationship. Yeah. without failing

**Nancy Locke** 42:51

That, you know, it is also interesting Kim to age with somebody that you love so much, and to be able to talk about how much you hate aging. And what it's doing. And like, this is this is how you feel about this, Hey, just do your

**Kim Fauskee** 43:06

legs jiggle here, too. I'm just gonna say we're a bunch of old people sitting around talking about aging right now.

**Nancy Locke** 43:11

The other day we were in the pool together. And we were laughing so hard, because it was like, Look at my budget. How much

**Meredith Baxter** 43:18

as your budget got, like, bouncing in the water. We were

**Nancy Locke** 43:22

laughing so hard. It was like, I am so glad I get to do this with you. I'm so glad I get to do this with you that I don't have to, you know, pretend that I'm not aging and pretend that I'm you know, that I'm forgetful. And I don't remember things. And you know, and and we laugh. So trying to get the two of us out of the house to do something together is a comedy of errors, like Do you think he's I don't have he's worse? My my worry. I mean, you gotta pay now.

**Kim Fauskee** 43:48

I think Apple has a solution for that now. Probably. Yeah.

43:55

I have a question for both of you guys. You're describing a relationship where you're very much interdependent with each other, that you've given the other person, your heart to hold on to? Most people don't do that, because it's very frightening. As you were describing before, I'm not gonna let anybody notice. I keep my heart really close. So where did you find the courage? Because it takes a lot



of courage. It's not just an intellectual thing. It's it's a really a really deep feeling to trust somebody with your heart to the point where if either one of you died, sadly before the other, the other person probably wouldn't want to live. No, it's gonna be tough. Right? I mean, I think about

**Meredith Baxter** 44:40

suicide pact probably.

44:42

Yeah. I mean, I think about that in my relationship with my wife. I said that to her all the time. You're not allowed to leave. You know? What? I don't have any control over that necessarily. So well, you can let me go first, if you want. That way. I won't have to experience the pain of losing you. Because I don't want to live without you. I know that I would probably figure out a way to survive because I have kids and other people that I love. But the kind of connection that I feel is that why would I want to live without this person? Yeah. I know that feeling most people are not willing to risk. I tell super scary. I know. But

**Nancy Locke** 45:16

we look how yummy this part is.

45:18

Well, yeah, I mean, I get that part. Because I get to live that far.

**Nancy Locke** 45:22

I wouldn't, you know, be able to give my heart like this. And for me, for Meredith, he gave her heart to me like, this is like a, you know, we were talking the other day, Dana, you know about how when we met each other, it was it. I think even more for me, it was so life changing. It was so life changing. My life is a completely different life than it was before I met Meredith. It's kind of like, you know, there's, there's BM and there's and, and not that my life was terrible. Before I met Meredith, I mean, I've had a wonderful life, but it's totally changed.

46:05

She's also helped you feel safe to get to know yourself in ways that you may have not known before.

**Kim Fauskee** 46:09

And obviously vice versa, as well. So I'm sorry, vice versa of you being able to open up to somebody to Yeah,

46:18

yeah. And to open up to yourself in a way that maybe you've never had the courage to do before. Oh, not at all, for both of you, because you can't go any deeper with someone else than you're willing to go within yourself. That's what it takes.

**Nancy Locke** 46:31

Yeah. And she's, you know, I, I told Meredith woman when we met 18 years ago, I said, you know, I'm not exactly certain what I can tell you, I'm going to bring to this relationship. But I can tell you one thing for certain and that is you'll never be bored.

46:49

As you fulfilled that promise mirror?

**Meredith Baxter** 46:51

Oh. Yeah, absolutely. Yeah. I know why this always sticks in my mind. And this won't be all that revealing. Except just to me, one of the first times we drove her up here to Santa Barbara, I think it was the first time because she'd left something. So I drove up from Santa from Santa Monica. And on the ride up, she was playing air guitar, in the car. And she was singing, there's something great on the radio, and she was oh, and she was sliding down her chair. And she was just making so much noise and having so much fun. There was such joy there. And I couldn't stop. I couldn't take my eyes off her. It was just, it was like that, cuz my life was a little tight and little.

47:39

So speaking about a tiny, little life, how was it that you found the courage to let the world know that, you know, you guys were together?

**Nancy Locke** 47:50

That's a narrative story. For me. It

**Meredith Baxter** 47:51

was sobriety. Okay, you know, and which also helped me change my understanding of what I thought my life was, you know, taking that story, you know, and my story was, I'm terminally damaged. And I wanted you to know it. And I wanted everybody to know it. And they had to know it before they got to me, because you had to know that so you'd understand me. So you'd see why I cried so much. You know, it's just oh my god. And based on things I put together from my childhood, and that was my story.

**Kim Fauskee** 48:22

I mean, it had to be in and I'm probably underselling this. But it had to be one of the most difficult decisions in your life. Because again, you had this public persona. You were living a different life privately. Right? They say that it potentially could have been career suicide to come out at that at that point, right. Yeah. But eventually, and I won't put words in your mouth, but just what you were saying is you finally had to live your

**Meredith Baxter** 48:51

Yes, but I don't want to sound like I owe me some hero that I've decided. Oh, no,

**Kim Fauskee** 48:56

it's your it's your it's your story. Right. So you have Yeah.

**Meredith Baxter** 49:00

Did you talk about this? A little

**Kim Fauskee** 49:02

bit of what I think it was, I think you did talk about a little bit in the podcast about how at least you were supportive of her and trying to help her to come out to the media that this was actually happening.

Yeah,

**Meredith Baxter** 49:15

yeah. Because suddenly it was put in motion, no choice of hours and went to the press. And our only option was to tell the story or myself and make it true, as opposed to some partial truths that people would run away with. I was terrified. I thought, as I said, I thought I was setting myself on fire on television. I had no idea what it was going to be. But you know,

49:40

can you let our audience know what what there may be some people who don't know the story Oh, I'm

**Meredith Baxter** 49:44

sorry. This is Nancy and I had been on a cruise and there was apparently press on the cruise and we're so when we got off the cruise I was planning to come out in some way because we talked about it and everything. But when I got home, my manager called me and said, Perez Hilton, some of the rags, sheets, Enquirer, the Enquirer. We're coming out with a story. And and then my, and they said, you take it, you gotta make this your own, you come out, don't let them handle this. So we met with someone who helped shape and guide our story. And so they said, We got to go on the Today on The Today Show, come out on the Today Show, and then do a big spread and People Magazine is what the show, don't you think?

50:38

I was gonna say? Just a small little?

**Nancy Locke** 50:41

Yeah, she was a little Adam's birthday now.

**Kim Fauskee** 50:45

You guys, had you guys not gotten married at this point? Oh, no, no, you weren't allowed to you weren't allowed to get at that point. Okay.

**Meredith Baxter** 50:51

So I, the night before we were in New York, and I was in the bathtub in the hotel, just crying. Just terrified. I thought it was gonna be the end of my, I just didn't know. And I was really afraid. And Nancy came in, and she just sat with me. And she said, you know, it would have made a lot of difference for her as a young girl, to I've seen someone who that she knows, publicly come out and ignore that, you know, so we decided it was a political act to do this, to maybe change someone's perception in some little way, then that will we will do that. And so that's what I did. And what

51:35

was the experience like?

**Meredith Baxter** 51:37

I was, it was just a weird out of body experience. I you know, I could look out the window on the Today Show. And you can see people walking by. And I know what I'm saying. And I'm a lesbian. And I see all these people walking. So,

**Kim Fauskee** 51:58

Zach, going out over time square right now. Yeah,

**Meredith Baxter** 52:01

well, if then I realized, oh, no, this is on delay. That's how present I was. I have this several tracks going at the same time. And, you know, when Nancy and I walked out of there, and it was a gentle rain in New York,

52:15

were they kind to you on the show? Were they very kind? Very, very, so it wasn't a hospital interview. And how much relief did you feel

**Meredith Baxter** 52:24

after I felt totally unburdened, I felt free as a bird, just and it was so beautiful to just have my arm around you and be under that umbrella walking in New York. And I think I said, I don't ever have to do that again. Did you mess up? I was wrong. But it felt like it at that moment. Yeah.

52:44

Did it mess up your career?

**Meredith Baxter** 52:46

I well, you know, it's hard to say, you know, I was getting older anyway. And they don't have a lot of use for women who are over 50. And, you know, I don't mean, maybe that's a cop out to me. You know, you run, you know, I had a really good life. I can't fault the career I had, and it was, you know, grateful for it. You know, and I think it's it's slowed down a lot. But it might have been slowing down anyway. So I don't know. It doesn't matter. Really. There's what was it going to take it back?

53:18

Not easily. We think only partly okay.

**Kim Fauskee** 53:24

Did your relationship change that day going forward? Yes. How so?

**Nancy Locke** 53:29

May was so much freer. It was so much freer. We didn't have to ever ever. Yeah, you know, so there was no there was no more hiding, there was no more hand dropping, there was no more you know, it

was it was that was very freeing. And then when we were allowed to get married, that was huge for us. And for both of us, it was kind of odd. We were both thinking that the word wife was kind of weird, and like, what are we going to call each other?

**Meredith Baxter** 54:01

And the demotion in my life more. So to refer to you as a wife was like, a mixed feeling, we

**Nancy Locke** 54:08

made a decision that, you know, our job is to make it as normal as possible. So let's use the word wife as much as we can. So when we introduce, I mean, there would be times like wait, a workman would come to the house, and it would be like, it would be so weird to say, well, I don't know. I gotta see what my wife has to say. And you would see, you know, these, their eyes would cross and they'd be like, oh, you know what, wisely? They did? But we just were like, let's just say it as often as we can and make it as normal as we can. And that is also freeing to doesn't matter. It doesn't matter what you think.

**Kim Fauskee** 54:44

So Maratha your kids knew your lifestyle. Prior to being gay? Yeah, probably prior to Nancy. Yeah. Okay. And so how was Nancy accepted? into into wife, we

**Meredith Baxter** 55:02

i loved her. She was so much fun. She was, you know, she was just easy and smart and funny and open and interested in them. Not a lot of people are interested in other people's kids. That's true. Nene, I loved you so much for that. Well, they're

**Nancy Locke** 55:20

pretty cool kids.

55:23

You play here guitar for them to

**Nancy Locke** 55:25

know I never had.

55:27

That's such a great image. I just love that.

**Nancy Locke** 55:30

No, I never have. But you know what? We have grandchildren now. So I'll play it for them. Yeah,

**Kim Fauskee** 55:34

people that know Nancy will understand that. Yeah, so very sweet. So what's what's next in the evolution of Nancy and Meredith?

**Nancy Locke** 55:45

I don't know. Well, keep doing what we're doing. You know, we have the joy of of having these cute little grandchildren that been, we've been blessed with, and we're gonna go play with them a lot. And

**Meredith Baxter** 55:59

juulsen Wesley,

**Nancy Locke** 56:01

You know, every day our relationship grows, every day. It's it didn't it's we're not stopping, you know, we're gonna keep knowing each other and keep loving each other and keep asking those questions and keep revealing ourselves. And it's just, it's just, you know, I can't. I feel so blessed every single day that I might I'm like, I don't know why I got to have this wonderful relationship. But thank you, thank you for putting this woman in my life and having her be who she is. Because I don't see a lot of relationships. You know, I've got a lot of friends that are in relationships, and not a lot of them do I go, I went that one. And I'm not saying that my friends have shitty relationships. It's just that I really liked the one I met. It's really like the one I'm in. It's, you know, my parents had a really great relationship. They really were in love with each other. And it is funny. We come from a family of five children. And there is multiple divorces and relationships that didn't work. And we always said, Oh, my God, well, how the hell are we supposed to live up to that? And I would say that mom and dad would be pretty proud of us.

**Meredith Baxter** 57:19

Oh, gosh, yeah. No, you know, I think when we were first together, I didn't really have an oath. When we were first together, we were very aware that her mom was her mom who had come from a very religious background, concerned about how she would feel about us getting married. And we, at some point, I wrote up because she could, she couldn't, couldn't hear. She couldn't hear. Thank you. And so we wrote on a note, I think I said, Do you mind if I marry your daughter, or something along that line? And I did. What I just love so much was how terrific she looked when she saw that it was just, she was so sweet and so happy. And so it was just generous and inclusive the way she

**Nancy Locke** 58:09

Oh, my mom, my mom adored you. Yeah, what's not to adore.

**Kim Fauskee** 58:15

So we're coming up at the end of this conversation here. And there's two things that I'm taking away from this number one that you guys can speak eloquently about, your love for each other and about your relationship. One I think is important for our listeners to understand that love is always possible. Right? No matter how, no matter how old you are, you can find that relationship and create that relationship. That person exists for you out there. Right. And two, is that an evolving, healthy, loving relationship is always possible. Right? If you have two people on the same page, that really adore each other, that want to be in each other's company, that it's possible.

**Meredith Baxter** 59:05

I will say for me, it would not have been possible without guidance. You know, there was wasn't one of them because I could not have figured this out.

**Nancy Locke** 59:12

No, we needed we absolutely need help with it.

**Kim Fauskee** 59:15

I think we I think we all do I think I think that's why the data's of the world exists and and other people that that that get it that have had good relationships and that we can confide in and stuff like that, that can kind of lead us down that path we need to go but I think that's an important observation that you guys make is that a lot of us can't do it by ourselves and

**Meredith Baxter** 59:40

willing to have been wrong, right there directly. I don't mind being wrong.

**Nancy Locke** 59:46

I mind being wrong. It's harder. If I went

**Kim Fauskee** 59:53

well, I just want to say I'm honored to know both of you and your YouTube Beautiful and great women and inspiration Dory both and and I think this was a great way for Dana and I to start, you know the this relationship topic. So again, thank you both for being here and thank you for being so open about your relationship and why it works and how you got there.

**Fear Me Out** 1:00:18

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