

Fear Me Out Podcast

Episode 39

Hosted by Clinical Psychologist - Dana P. Saperstein PhD.

Dr. Dana Saperstein- Communication

Dr. Dana 00:11

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 00:30

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 00:53

So happy today that we have a third person in the room. So you co host with us, with my voice sounding the way it is. I don't have to at least speak 30 of the 60 minutes of this episode. And probably the listeners will be happy about that as well. So this episode, we welcome back co host us Justine Hamilton. Justine, welcome back. Thank

Justine Hamilton 01:16

you,

Kim Fauskee 01:17

Thank you for being here, as we continue our series on relationships with Dean and I thought it was important not to just be two guys with unisex names, but actually have a female presence in the room. Thank you very much for this conversation. And, you know, it's probably the most important conversation we're having in terms of this relationship series, because we're going to talk about communication today. And boy, who would know that that's the context of a successful relationship?

Dr. Dana 01:47

Well, especially because, you know, you and I are both men, and we're conceivably not capable of such a thing. So we figured we would

Kim Fauskee 01:56

get an expert on it. So we've had, we've had a few guests already on or few couples already on that either episodes have played already, or will assume play that have basically told us that one of the keys to their successful long term relationship has been communication. And we're not talking about that.

One concedes that one's right. And the other concedes that one's wrong. But that they can actively communicate on a regular basis with each other and understand each other. So they're not going to let you start this conversation out as as the psychologist in the room and somebody that's still practicing, and somebody that sees couples on a weekly basis and what the general issue is, when couples come to see you

Dr. Dana 02:51

Well, I think there's not one general issue, but I think that there's a few, one of them being listening, which I know might be the first important thing that is a bit surprising to people. But what I noticed is that most people don't listen to each other. That it's really common to formulate your response to your partner before they're halfway done. Explain what they have to say. And obviously, if you're doing that you're not listening to what the person has to say, guilty. Guilty.

Kim Fauskee 03:22

But does that happen? Does that happen later on when you become just familiar with the other person and comfortable with the other person? Or I'm tired of hearing the other person? Or does that start early on in relationships?

Dr. Dana 03:36

My experience is that it is a reaction of being afraid. It's a fear reaction of either feeling like you're being judged or told that you're wrong, or that somehow that it's your fault. And so the natural thing is to want to defend yourself

Kim Fauskee 03:51

way to tie that back to the fear me out podcast. Yes,

Dr. Dana 03:54

yes. And I really believe that listening is a form of expressing your love towards somebody that you care about. Because my experience is that most people feel like nobody really listens to them. And no one really cares about what they have to say. And it makes them feel lonely and makes them feel like they really don't matter as much as they would like. And that's not a good recipe for a relationship moving forward with anybody else but especially with your spouse.

Kim Fauskee 04:23

So when you talk about fear in speaking to your partner, are you talking about people walking on eggshells and in terms of what they can or can't say to their partner with based on the judgment that they'll get back or anger that they'll get back or

Dr. Dana 04:42

I think it happens a lot that that we're afraid to tell the truth.

Justine Hamilton 04:45

I think it also becomes a pattern and you just sort of do this and then it becomes a habit and it's just easier sometimes not to say what you want to say. But then you know it comes out that down the road

you have all these things in your head that Your partner doesn't know about. And then the blame comes in, and then you start blaming them for not Understanding you. And, you know, it just becomes this vicious cycle. That

Kim Fauskee 05:09

isn't the point. Isn't the blame game popular now, though, in society?

Dr. Dana 05:14

I could be really mean and say only if you're a Republican victim, and I'm sorry, interesting.

Kim Fauskee 05:19

Well, I mean, I mean, I was being facetious, obviously, but again, I think, I think the blame game has always been there, right? It's always Yeah, it's always a finger pointing.

Justine Hamilton 05:32

It's my fault, right? Yeah.

Dr. Dana 05:35

Well, I mean, again, if you think about it, my job is easy, because we're not talking about me. And then I'm not going to get defensive. And I'm not going to feel like I have to prove my point, or somehow, make sure that the other person sees that I'm right about what I'm saying. But when you're in a relationship with someone, and you want to be connected to them, it's really scary to be intimate in that way, and really listen to somebody and try to do the best you can to understand what they want from you without feeling like you're being told that you're a bad person,

Justine Hamilton 06:04

or they would use it against you in the future where you know, you are really being vulnerable and expressing your feelings, and you're like, oh, gosh, maybe they understand, but then they're gonna throw that back in my face. And you know, that makes it super dangerous, right? You think about that, and then

Dr. Dana 06:19

want to say anything, if they're afraid that's going to be used as a weapon again, right? Sure. All right. So, I mean, the first thing is listening. But the other part of it that I think is super important, is being brave enough to tell the truth in a kind way.

Kim Fauskee 06:34

So let me go back to listening, because I think that's important. Okay. And I don't want to use the cliché active listening, but it's, it's, it's listening objectively, without judgment, it's listening without interrupting, right? It's listening without problem solving. Right? All those things are just taking it in and listening to what your partner is saying before you have a response,

Dr. Dana 06:58

which is probably the most difficult thing, because again, as soon as you start to feel like you're being criticized or attacked, or made to feel like whatever is happening is your fault. You're going to stop listening,

Justine Hamilton 07:09

you want anyone to respond,

Kim Fauskee 07:10

or as a dude, you want to fix the problem right away. Right? Yes, that is, I mean, again, it's like I don't want to hear I don't want to hear out to fix the problem. Right?

Justine Hamilton 07:19

I can, I'm sorry. No, it goes both ways. You know, I think sort of in my relationship, my husband is more verbal than I am. But I listen, probably a little bit better than he does. But he I don't feel like he's always necessarily, I've got to fix this. I think I might be one that is a little bit more. Okay, let me fix this. It's just sort of my nature as I don't know, whatever. I am a female, you know, who's born and raised to sort of help people. So I think it kind of goes both ways. I also think it's sort of based on, you know, how you were raised, right? What'd you do, personally, professionally, my husband's been an entrepreneur and solo his whole entire career where I've managed people, and it was all about communication. So my natural communication style is, I'm going to tell you, everything, maybe more than you need to know. But I want you to be included, I want you to know, where his is like, he keeps everything in his head, because he's for, you know, 30 years or whatever, he hasn't really had to tell people. The thing is, so it's not even necessarily just sort of a defensive thing. It's just kind of just a habit of how you communicate. So there's so many nuances I think that go along with communication, male female, background, parents history, being afraid, being the most important

Kim Fauskee 08:51

sure being being a nagger and a complainer.

Dr. Dana 08:55

Well, I think about my parents and how they communicated. My father constantly told my mom how stupid she was. And my mom constantly told my dad that he was a fat pig. And that's what I got to watch every. Yeah, they were really nice to each other. And so I just didn't think to myself, I don't think people really liked each other. Yeah.

Kim Fauskee 09:13

So unsalted is gonna say, I think we did an episode on codependency. Yeah.

Dr. Dana 09:17

Well, my mom figured that as long as my dad felt bad about himself, he wouldn't leave. Well, they weren't communicating. So they were communicating. Of course, my mom went to the store to buy the food that my father couldn't resist to keep them fat. Yeah. So it was all you know, big mess. But as children, I know that my brother and my sister never felt like that anything we had to say was a value

and nobody wanted to listen to us at all. So I wasn't brought up with any kind of communication, right other than insulting the people that you conceivably love

Kim Fauskee 09:50

Well, so then how did it work for you? So if you don't, if you don't have a baseline, if you're not raised with parents that have good communication skills, not only amongst themselves, but we've The children in the family. So when you meet somebody and have a relationship with them, how do you know how to communicate? How when you met Susan, how did you know how to communicate with

Dr. Dana 10:09

her? Well, when I met her, I had already been in therapy for a long time. So I had already been helped by two or three therapists to learn how to express myself and how to be in touch with my feelings and how to present them to another person. Otherwise, it would have been a disaster. Yeah, for sure. You don't know. Yeah. And part of what I, when Susan and I decided we were going to stay together, I actually asked her if she would be willing to go to therapy, because in her family, the only thing that you're allowed to communicate was pretending like everything was okay. It was a very typical English family where you don't talk about how you feel. And everybody does things exactly the same way. And you do not deviate from even sitting at the table using your knife and fork. Yeah, you know, the same. I remember going to her family the first time and it was like, wow, these people are actually civilized. Because in my family, she got the food, your mouth, that's all the matter. So luckily, she was willing to entertain the notion that maybe she needed to learn how to express herself more fully. And it made a huge difference in our relationship, that we both got the help that we needed, in order to learn how important it is to, you know, express how you feel.

Kim Fauskee 11:22

Justine, how about you? I mean, were you raised with a family that communicated well, no.

Justine Hamilton 11:28

In how I was raised, it's still to this day with my dad, and I was just back home last weekend, so I got to witness it all. Again, it was very fresh. With my dad at sort, it's always sort of been his way or the highway. And my sweet stepmom that he was married to for 45 years, just did whatever he said. So that's kind of what I saw. And I think in my life, I rebelled against that where it was like, no, no, I'm the one that's going to be in charge here. And it's going to be my way or the highway. And I've you know, later on through therapy and getting older and understanding and trying to be a little bit more graceful in life, that that's not the way we do it. But I was just home last weekend, and I have two brothers and a sister that are all back there. And you know, there was stuff happening in the family. And I was just like, oh my god, you guys don't talk about anything. Like they still everyone gets along. But they don't talk about anything. And you know, you don't go deep, where they get along. It is why they get along, because they're not talking about anything. And, and it's changing a little bit. And that's great. I mean, I have like my nieces and nephews are getting older now. And they kind of understand. This isn't the way it should be. And I also feel sort of, you know, as kids, I think it might be maybe generational where you didn't speak like you did what your parents said. And then that was it, you didn't get to communicate a lot. And if you did, it was just you know, your dad yelling at you for the most part. So I was kind of raised probably similar to your wife where like, we just didn't talk. We just didn't talk about anything.

Kim Fauskee 13:10

So how did it work for you? How did it evolve for you as you got into relationships and got married? And was it trial by fire? Or,

Justine Hamilton 13:19

um, I am still a work in progress for sure. And I just I've just I think you get older and you do the work? And it's like, okay, no, this isn't, you know, this, this isn't just about me. And I can't just come in here storming in the room and you know, telling people what they need to do. So I've just had to learn. And that's, you know, that's my work. And honestly like having kids, that's been a big change for me because kids don't they're, they don't care. And they are what it is all about them. It is all about them and you can't make them be what you want them to be. And I learned that my son who is very different than me, he is my biggest teacher in life. Because he has a free spirit. His personality is completely different than mine. And everyday he teaches me like, this isn't this isn't your world. This is our world. And we all need to coexist, tear together. I can still I still am pretty bossy. So I you know, I try to think about that. But behind the bossiness i is really I'm trying to help. And so sometimes I can come across a little bit direct.

Kim Fauskee 14:36

So yeah, so is the boss Enos part of your personality orally, okay. So it's not just like I'm the mother role and the wife role. So I'm gonna play the head of the household role, but that's part of your person. It's

Justine Hamilton 14:47

part of my personality, and it's not a role I always want. But it's, it's kind of the role that I have. And you know, sometimes I'm sick of being a bad cop. I think a lot of pair Once it's you know, good cop, bad, bad cop and depends on the family, but it kind of goes back and forth and who's who. And that role gets really tiring, because you feel like you're carrying a lot of the burden. And it's not fun being a bad cop, and you know, telling people what they have to do all the time. So it's just, you know, it's just learning to be a little softer, and find, like, balance the feminine and the masculine energy, and just be just being more open hearted. But that's come through doing my own work. Otherwise, you know, my dad is 77 Sorry, Dad, if you're listening, because I know you will be I love you. I can't say I love you either. So I'm

Kim Fauskee 15:45

77 years young. Yeah. But he's still

Justine Hamilton 15:47

you know, he's still the same person. Because there hasn't been any therapy. And, you know, we've we actually had, I have had some sort of changes around communication and what that looks like, and he's, he's trying to understand, and I give him a lot of props for that, because it 77 He can do whatever he wants, right? teach an old dog new tricks. Right. Right. So it's, yeah, it's just a continuous work in progress and progress for me being a little too communicative. And also not. Where's like, well, I'm, you know, I'm the mom and like, this person goes ahead of me, and like my kids and data, where I might not always be communicating what my needs are. And I've had to do that more. You know, also, you

know, your race, like, I can take care of this. I've got this, I got this. So. So if you've got that, who's taking care of you. And I've had to work on that, where I've had to be more vulnerable and express my feelings and what I want. And it's, it's, you know, it's important, and it's hard.

Kim Fauskee 16:55

And you have a husband and how's he responded to that?

Justine Hamilton 16:59

To me telling him Yeah, expressing my feelings.

Kim Fauskee 17:03

Yeah. expressing your feelings and morphing through, I guess, out throughout your relationship? Yeah.

Justine Hamilton 17:10

Um, he's, he's supportive. You know, we have a great marriage, I love him. He loves me, we'll be together till the end of time. But it's, you know, it's new, where, like, I can come across too strong. And I know I can. And that's hard for someone where he's, you know, he's he doesn't you know, he's not as direct as I am. He's a little softer.

Kim Fauskee 17:37

So but will he respond to you saying, Hey, Justin, your, your, that was either hurtful, or you're coming off too strong? Do you have that type of relationship we

Justine Hamilton 17:47

do when we're being mindful? There are also times where I can, you know, say something, and his immediate reaction is defensiveness. Whereas like, this is nothing about me, you know, coming down on his character at all, but his, you know, as we all do, we become defensive, and he thinks I'm giving him like a direct armor where it's like, no, no, this is not about you. This is about something else. So please, don't be so defensive. But we're all defensive. It's just human nature. So it's just it's balancing all of that, you know, and it's a dance and it's not always pretty. We've, we've come up where we've gone from, like square dancing to the waltz, I guess. But it's, you know, we were working on it. I think the

Kim Fauskee 18:35

Waltz is a good place. Yeah, right. It's beautiful. And a

Justine Hamilton 18:39

few times he bent me over too far.

Kim Fauskee 18:43

Well, I think that's a good progression, though. Yeah. Going from square dancing to waltz. Yeah.

Justine Hamilton 18:48

But it's been through therapy. And just being mindful and understanding where this comes from. Like, if you don't understand where these patterns lie, or where they come from, you can't fix them. And you can't understand it unless you do the work of really trying to figure it out. And I think you know, that's why so many people don't because it's so easy. Just to continue the way we are

Kim Fauskee 19:10

do the same. The conversation right there. If you don't do the work, it's not gonna matter. Yeah. Sure, podcast. So Dana, you, we mentioned listening, what's the next?

Dr. Dana 19:20

Well, I think the next thing is being brave enough to be vulnerable. And as I was saying before, we're all experts at each other. That's what makes my job easy because we're not talking about me. But whenever people come to see me, I always ask them to switch the focus from the other person to themselves. Because you don't have control over the other people in your life. We barely have control over ourselves. So I figured let's start with the relationship that you're most likely to influence. And that's the one that you have with yourself, right. So what I asked people to consider is that the more you become an expert on yourself, these are just to understand why people might take issue with you in the way that you live in relationship to them. I know that sometimes I can be a little bit self righteous, because when I get angry, I become super clear in my thoughts. Whereas other people, when they get angry, it overwhelms them and they can't think very clearly. So I know I have a very clear advantage, the more upset I get. And that's not fair to the person that I love who's not cut from the same cloth as far as that goes. So part of what I know I'm getting a bit off the subject, but part of what I want people to understand is that your genetic approach to communication and problem solving, I mean, it's a genetic thing. So most of the time, we get involved with people that are the opposite of us. So for me, if I got something that I need to take care of, I cannot sit still to take care of it. Whether it's communicating something, or, or whatever it might be, it drives me crazy to have to hold back. Whereas the person that I'm married to sometimes needs a little bit of time to process, whatever it is that's happening, and to be sort of, I don't know, bullied into submission to survive, or but to be, you know, for me to insist that she stay and deal with the situation in that moment, is actually disrespectful to her because she needs time to process the information. And I think instinctually we get involved with people that are opposite, because if two people are really intense, then it's explosive. And if two people are needed a lot of time to process before they deal with something, then the relationship dies on the vine. Right?

Kim Fauskee 21:34

So you mentioned a word that is difficult for a lot of people to do vulnerability. Yes. Right. So how, because it involves fear, absolutely an exposure and exposure. So how do people become more vulnerable,

Dr. Dana 21:53

the way that I help people become more vulnerable is to help them deal with their trauma, if that's what's getting in the way. Because most of our energy, if we've had trauma, or have come from difficult situations that you might not even consider to be dramatic, that's absorbs most of the energy that you have just to manage those feelings. So once you get a handle on those things, and you heal them, then it makes you ultimately much more capable of having a close relationship with the people in your life.

But things don't get easier, they get scared of her at that point, because then you got to show up, and really have to let people know you. And so part of what I ask people to consider is that the problems in relationships have to do with externalizing the problems to the other person or to the world in some way.

Kim Fauskee 22:36

So then that scares the other person, right? Because they've never seen your vulnerability before, or at least to that extreme. Yes. So now this person is the vulnerability is causing some defensiveness. So how do you overcome that you're like, Oh, my God, I laid out everything to you. And I'm getting in, I'm getting back now. Defensiveness, so I don't want to be vulnerable anymore. Because now I see now it's causing another negative in terms of communication? Well, I

Dr. Dana 23:05

mean, again, if I'm working with two people, I ask them both to consider that they need to work on themselves in some fashion so that it doesn't become uneven in that way. Because one of the saddest things in my experience as a therapist is that one person heals a lot of their trauma and becomes much more connected to themselves, and their partner doesn't. And it can be a really serious problem, because the person that's working on themselves changes their way that they communicate and what they want, and the other person is used to things being a certain way. So I've seen some relationships actually come to an end, under those circumstances,

Justine Hamilton 23:41

I think about so many people in relationships that I've seen in my life that if they just would have communicated, they'd still be together, they'd still be happy things would, you know, things would have worked out. But so many marriages have broken up because things just went unsaid for so long that there was no going back. And it's sad, because I feel like for a lot of those, it could have been fixed. If there would have been some work done. They

Dr. Dana 24:08

were brave enough to take the chance. Yeah. Yeah, there's a guy who does a lot of research on relationships and how you can tell whether a relationship is hopeless or not. And the main thing that he has identified is that if you feel disdain for your partner, once it reaches that level, where you actually disdain the other person, that Oh, coming back, there's no coming back from disdain. Yeah, I've worked with people that have had affairs and all that sort of stuff and and sometimes you can recover from that. It's a really hard thing to recover from because the person feels so betrayed and that you know, as long as you don't get to the place where you just stand each other, you can try to find your way back to each other. Because sometimes love gets buried underneath resentment. So if you deal with resentment, sometimes it's love because we back in a really big way. But if you allow the love to die, right? It's like a person, you can't bring a person back to life again. And you can't bring a relationship back to life if you've allowed the love to die.

Kim Fauskee 25:08

Well, it's like the cliché of the vegetable garden or the flower garden. Right? And when the flower dies, not putting more water on, it's not coming back.

Dr. Dana 25:16

Yeah. And the saddest thing again, one that I see is that people believe that relationships should sustain themselves on their own. Oh, no.

Justine Hamilton 25:23

Oh, no, no,

Dr. Dana 25:25

no, I hear that all the time. Like if laughter is called a partnership. But again, Kim, I swear to you, a lot of really capable people believe that if you have to work on it, that means that there's a problem. And I say, Well, when you go to work, do you work at work? Or do you just sit there? I mean, it's so common to feel like you like it takes effort in everything other than a love relationship.

Justine Hamilton 25:47

And it's the most important thing you're doing in this lifetime?

Dr. Dana 25:50

Well, that's my opinion, I'm a little biased, but I do agree with you

Justine Hamilton 25:54

is relationships, the relationship and if you have to work on it, you have to

Dr. Dana 25:59

So again, what gives you the courage to do that.

Justine Hamilton 26:06

Just knowing that that's it's the most important thing in my life is my relationship.

Dr. Dana 26:12

And that overcomes your fear. Pardon me, it overcomes your fear to tell yourself that.

Justine Hamilton 26:18

Yeah, yeah. And, you know, I again, like doing the therapy and getting older and really understanding who I am and how I've contributed in a negative way. But it really I mean, I just, you know, I always do the stupid like deathbed tests, like, on my deathbed, what do I regret? Do I want to have? What do I want to be remembered for? What do I want to have intact? So I think about that, Am I perfect? Am I not yelling at my husband? Sometimes I absolutely am. But it's just the most important work that we're doing in this lifetime. Because if your relationship is not working, nothing else is working.

Dr. Dana 26:59

Well, that's true. I mean, I've worked I've worked with people that have, as an example, more money than you could ever imagine. And they're miserable, because of the loneliness and the isolation, you know, that they live with?

Kim Fauskee 27:11

Yeah. You said something else, when you were talking about vulnerability that Justine had actually talked about earlier in the podcast, was about knowing yourself. And I know that this could be a three, four or 510 hour conversation on that, and we'll talk about that later on. But maybe quickly, talk about knowing yourself. What that means.

Dr. Dana 27:34

Well, I think that what it means is, is having the courage to understand, I mean, who you are on the deepest of levels, and then we're all warts and all. Yeah, we're all complex. But we're all simple at the same time. And I'm not sure exactly how to answer that question. Because it involves, in my opinion, and involves a lifetime of devotion toward wanting to evolve and know who you are as a person. I don't think it's something that happens very, very quickly. Because, you know, most of us are afraid to admit who we are deep down inside, we're afraid to admit we need other people, or, you know, afraid to admit that, that we don't feel strong all the time. And

Kim Fauskee 28:17

so I'll ask, I'll ask both of you this question. If you don't know who you are. Will a long term relationship survive or even evolve? If you don't know who you are?

Justine Hamilton 28:32

I think I mean, yeah, I think people can fake their way through life. I mean, I think there are plenty of relationships where people don't know who they are. And they stay married. I don't know if they're happily married or if they have a connection with their partner. But I think there are more people walking this planet that don't know who they are and haven't done the work and are, you know, living a seemingly okay life. So I think you can go on not necessarily knowing who you are, I think knowing who you are, can give a lot more meaning to your life and to your partner's life. And I think that's really the difference. But yeah, heck yes. I know a lot of relationships where they're just going through it day by day. I think that's also why you see a lot of divorces when kids leave home, because now it's like, Oh, my God, we have to look at each other and talk to you. Yeah, what are we going to talk about now? Like, we have 18 years, we didn't talk about anything. And now we're sitting here with the dog, what are we going to talk about? So yeah, I think that they can survive just fine. Unfortunately, I guess

Kim Fauskee 29:39

if like Justine said, if it was one of the most important things to you in life, your relationship with your with your partner, when you want to get the most out of it?

Dr. Dana 29:49

Well, it depends where your center has come because you and I have talked a lot about whether you're externally centered in the world, or whether you are not self centered because again, I always want to make the the make it clear that I'm not an advocate of being self centered, because that's obnoxious. But I am an advocate of being centered within yourself. And in order to know yourself, you have to be willing to shift your focus from blaming the world and looking at the world as being the reason why you're not in quotes happy in your life are satisfied, and understand that, that being centered in yourself

doesn't come without having to know the pain that lives inside of you the joy that lives inside you all the different aspects of life. And it's really scary to approach life from that perspective. Because you don't get to be in quotes happy all the time. If you let yourself feel what it is that's happening inside of you.

Justine Hamilton 30:43

And then you medicate, alcohol are much easier and much more fun sometimes.

Dr. Dana 30:51

I mean, I'm not I don't think we have to be centered in our feelings, 24 hours a day,

Kim Fauskee 30:56

there's some occasional euphoria from so Okay, so we've talked about active listening, we've talked about vulnerability, knowing yourself, the more terms of communication,

Dr. Dana 31:09

I think it takes a lot of courage. And if you shift your focus away from thinking that relationships are self sustaining, and understand that, that, again, instead of trying to change your partner, which is how a lot of relationships get started in the first place, as we talked about in the rescue fantasy, it's so much more common for people to believe that their partner is going to change and, and that that's going to make the relationship better. Because again, I think we all believe we're experts at each other, and don't really realize that the chances of a person changing who they are, are pretty much slim, and none, you can change your behavior. And you can change how you live in the world. But you can't really change your essence, it remains pretty constant throughout your life. So if you're in a relationship with somebody who's a pain in the ass and impossible to deal with, and you think that person is going to change over the course of time, I would say good luck with that one. Because they're not going to happen.

Kim Fauskee 32:05

I can break that horse. I know I can't Well, how

Dr. Dana 32:09

many people have you seen that go from relationship to relationship? And they don't notice, although everybody around them notices that they just found the same person in another body? Yeah. Because they didn't really understand what they contributed to the downfall of the relationship that they're leaving. Yeah, so they just find the same person in a different skin.

Kim Fauskee 32:28

Well, I'd be a hypocrite if I didn't admit that I didn't fall into that similar pattern of if I just did this, or I made this amount of money, or I bought this. Things would change. If I have kids, things are gonna change. Well, I mean, isn't that the changes? Yeah. Yeah, changes for the moment, but reality always will catch you.

Dr. Dana 32:46

So what brought that to an end for you,

Kim Fauskee 32:50

realizing that going through that multiple times produces the same result, which wasn't the positive result or the change that I thought was going to happen? This brought it back to reality that isn't going to change. And so you realize that, you know, you can run from reality for a while. But eventually, it's going to catch you. And do you want to still keep running? Are you tired or running? And so if you're tired or running, then you better figure out how to change how to change yourself and know yourself. And then either pick the right partner or get help if you're with a partner, that you're thinking is going to change and see if it's viable.

Dr. Dana 33:33

You're bringing up a good point, Tim, in that I don't want people to think that you shouldn't be looking for a relationship that has absolutely no problems at all, because that's absurd. You'll be alone forever, right? Because that doesn't exist.

Kim Fauskee 33:45

That is that the unicorn relationship that we all talked about drought here

Justine Hamilton 33:49

in California, the grass is not greener.

Dr. Dana 33:53

So the hard part of discriminating between what you know, theoretically is possible for people to come to terms with and what is just who they are as a person. And I know that that can sound confusing, but it's really important to know that your essence doesn't change even though your behavior can. And you

Justine Hamilton 34:13

said something one time that I've thought about a lot and that is and I think I think it's we it has such a negative connotation in our society. But you said, you know, in a partnership, you depend on that person, and that's okay. Like, that's, that's the connection, you don't have to do everything. And it's, it's okay to depend on someone, and it's okay for that person to depend on you. And I feel like we don't do that enough. I think we've just, you know, brought up like, we're going to take care of ourselves, and that's the way it is, but depending on someone is the most vulnerable, the most beautiful thing that you could do, and it's really difficult.

Dr. Dana 34:53

Oh, absolutely. I think that that's why we're taught to be ashamed of it. So if you just don't have Go there, then you don't have to risk the the potential rejection or the potential loss of that person.

Justine Hamilton 35:06

Yeah. Yeah,

Kim Fauskee 35:07

well, as I just said, I think it became popular over the last couple of decades, that individualism trumped anything, right that you shouldn't have to depend on anybody, right, you should just be able to depend on yourself, and you can take care of your problems. And we've gone away from dependency becoming a healthy thing to dependency being a bad thing in life where, like we had talked about in the podcast before, and you eloquently stated that they can have healthy dependency. And that's really the basis of a great relationship, right?

Dr. Dana 35:37

Well, I only know from my own experience, that if I think about it, I am extremely dependent on my wife for a multitude of things, emotional, security, all kinds of stuff. I'm extremely dependent on my relationship with God and my spiritual life, I don't want to live without that connection, I can imagine what life would be like now that it feels comfortable to be dependent in that way. I'm super dependent on all the doctors that I need in order to keep myself upright, which I wish I didn't have to be. But sadly, literally and figuratively. I've been left with very little choice. If I want to stay alive, I got to have a team of medical professionals to keep me going. And I'm really dependent on other people to learn what I need to learn the world can't learn in a vacuum. So I don't understand why it's such a negative thing when it enhances our life, or at least, you know, theoretically could if you're brave enough to let it be, yeah.

Kim Fauskee 36:39

Being the single person in this conversation here. Even in my mind still thinking about potentially a future partner and being dependent or having that dependency that you both probably feel with your partners and more of a healthy way, scares the absolute shit out of me.

Dr. Dana 36:59

Why does it feel free? I

Kim Fauskee 37:00

don't, I don't know, maybe because I've been single for so long now. And that the way that I was brought up, in kind of not being able to depend on my parents, or in kind of that, again, going back to that familiar, unhealthy pattern in my head actually being vulnerable enough just to think, then I'm going to be dependent on somebody else.

Justine Hamilton 37:28

In your past relationships, were you dependent?

Kim Fauskee 37:34

You know, that's a good question. I don't, I think I had one foot in one foot out, I think I believed in that, you know, that traditional true partnership model and wanted that and maybe fantasize a lot about that and had that foot in, but I also had the foot out, thinking that, yeah, potentially would work, but probably not going to work. So I'm going to maintain that sense of individualism and that I can still take care of myself. So I don't think I've ever been to feed in on the dependency on on a partner.

Dr. Dana 38:12

You know, again, you've talked a lot about approaching relationships from a rescue fantasy perspective. So I'm not sure if you realize that, that I've done that. That's a form of unhealthy dependency because you're depending on the other person being the problem, and spending most of your time trying to solve that problem. So that you don't necessarily have to show up and really expose who you are deep down inside. So it is a way of managing your own shame without realizing that that's part of the insurance policy you get when you find somebody that needs to be rescued.

Kim Fauskee 38:45

Yeah. And I think it goes back to the question I asked you about knowing yourself right because I didn't know myself right. I was in like Justine said, you know, you can act your way through anything and I was a really good actor, right? And I could be the chameleon and I could change colors and I could be anything you want me to be. But it didn't sit well with me but I could do it right? Until like we were talking about it got to a point where okay, this isn't working for me anymore and I'm really tired of doing it. Right so I actually had to for the first time in my life, figure out who I am understand who I am and be okay with that before I could go forward

Dr. Dana 39:23

but part of being okay with it is taking

Kim Fauskee 39:26

responsibility Yeah, but also being

Dr. Dana 39:28

brave enough to show that part of yourself to another person which is the part that super scary because what if they don't like you or what if they find you lacking or what if they think that there's something wrong with you?

Kim Fauskee 39:40

Oh, I still mean, I still have that right? I still have that. You know, we were talking about this before we started recording right that I still have a little bit of that in the back of my mind that I'm not worthy. I'm not lovable. Why would somebody want to be with me? A squirrel doesn't show up for lunch. Now that figures right? That's just you know, my lot in life. I just mentioned ever gonna find love the differences now, though, that I can recenter myself rather quickly on that and understand, Okay, that's it. That's a narrative that I told myself in the past. But that's not who I am anymore. And so I can get out of my head and put myself back to center rather quickly in that now. So that means, that's a sign that in me, you know, I have clarity, I have clarity of not only who I want in my life, but what that feels like, right. So I know now when it doesn't feel right. That it's not right.

Justine Hamilton 40:35

That's a big step. Yeah, it is.

Kim Fauskee 40:36

It is a big step. And, you know, it took a multitude of decades to get there. But like I've told people before, I mean, just because somebody got there before you it doesn't mean you won't ever get there. Right. You're, you know, as long as you get there and do the work. So

Dr. Dana 40:50

know somebody who's gotten there? Well, I

Kim Fauskee 40:53

don't know if I don't know if there's again, I don't want to say those ever finish line because I think Justin, you know, said it early that you know, I'm a work in progress. I think we're all a work in progress, as long as we're doing the work. So yeah. So anyway, so we talked about you were talking about courage. We talked about active listening, we've talked about vulnerability, we talked about knowing yourself, is there another key to that key chain in terms of have good communication with a loved one?

Dr. Dana 41:25

I think respect is super important. Right? That?

Justine Hamilton 41:29

No, I was just gonna say kindness. I mean, just kindness and respect. It's just thinking about the other person thinking about their feelings. Just showing up with an open heart, I think is really important, even when you don't want to, which is the hardest time. But yeah, I mean, respect is huge. So I think all of those things.

Dr. Dana 41:54

When my wife and I are at odds with each other, the first thing I tried to remember is Who would I rather live with given the choice her or me? And it's a really, really easy choice, I would way rather live with her than me. Yeah,

Kim Fauskee 42:07

I was going to ask both of you that that question. So it was a good segue is that, you know, you're not happy with your partner all the time, or vice versa, right. So in those moments, where there's discourse, communication generally breaks down because one side's defensive. And we've talked about finger pointing and blaming, and so on and so forth. So when you're in again, it goes back to previous episodes. And I think a couple of our guests, if mentioned, never going to bed mad, that has a certain context to it, but never going to get mad. So how do you deal with the situation like you, like we were talking about with respect, when you're not happy with your partner, they've hurt your feelings, they've said something that's pissed you off? They've done something that's pissed you off? So how do you get through that, like we've talked about, some people just walk away, and then you know, they see him in the kitchen, the next morning, there's nothing spoken until it just kind of calms down, and then you go back to your life. And that's just not a healthy thing, either.

Dr. Dana 43:13

I think that it's really important to be able to express your feelings, but to do it in a respectful way. Because I'm stunned at how people communicate sometimes in terms of the things that they say to

each other. It's just amazing to me that you would tell somebody that you love, you know, to fuck off or whatever. Instead of finding a way to do it in a gentle manner, with some respect, because I don't think anybody ever forgets the things that are said to them ever. So even though we're taught, you know that, you know, what you say is not that big of a deal. And you said it in the heat of the anger or whatever. I've yet to meet somebody that doesn't have those things in the back of their mind.

Justine Hamilton 43:54

No, I call them chinks in the armor. Yeah, you can have a disagreement and not agree on something. But if there's chinks in the armor where it's, you know, it's gone below the belt, or where it's, those things aren't those things you do remember forever. And so it's like, we don't have King's armor, we can disagree. But let's be respectful. Even if we're angry. What I've found for us is, and I've had to learn this kind of similarity to you is I. I want to solve things like if we're having a disagreement, like, I don't know, we're gonna talk until this is finished. And my husband does not need to walk away. He needs to process and you know, the reality is it's better that way. Because I'm in the heat. He needs to just kind of deal with it on his own way. And then we come back together and you know, sometimes we don't, sometimes it doesn't get swept under the rug, but sometimes there isn't always a big conversation about it. Sometimes we go to bed mad and sometimes the next day, we just, you know, depending on how big of an argument it was, we talked about it or we don't. But I've had to learn that, like, we are not, you know, not everything is going to be solved in this minute when we're both just at a 10. On what we're upset about. And, you know, I really try to just, I think about, okay, he's annoying, or whatever. But it's like, let, let me just lead with my heart a little bit. And how is he saying this, and so if I can calm down and rationalize that to myself, then I can do that I am not perfect at it. And like I said, we go to bed mad sometimes. But it's also sort of the fundamental knowing that like, he is my person. And that's, that's the bottom line. And we're going to disagree, and he's going to drive me crazy, and vice versa. But at the end of the day, he's my person.

Kim Fauskee 45:59

I think he pointed out something relevant here is that there is no cookie cutter methodology. I mean, we're talking about the basics of communication, which works for most people, right. But you and your husband have a certain dynamic, you've been together and always right, yeah. You guys have been together long enough that you should know each other pretty well. Right? So like you said that, you know, certain couples have this, you know, thing that they don't go to bed, man, right? You guys do it. But you guys have figured it out, though, at that point, right. I mean, like you said that every fight needs an hour long discussion, to kind of figure it out that certain things have already been said, sleeping dogs lie, we move on from it, right. So you understand your dynamic, your husband understands your dynamic, and it works for

Justine Hamilton 46:48

you. And you know, what works, when we do want to solve something is either he'll say something really funny, which just breaks the ice or we'll connect physically, he'll give me a hug, I'll give him a hug, we'll just, you know, wrap our arms around each other. And you can, all that madness just kind of goes away. And it's hard to do. But it's it's astonishing how it just dissipates everything. So I highly recommend that. And if your husband's funny, that helps,

Dr. Dana 47:23

that does help. There is something I want to bring up before we run out of time, and that is alcohol, we got plenty of time, by the way. Alcohol has never helped any relationship. In my experience.

Kim Fauskee 47:36

I mean, you talked about alcohol or any substance in that way. Something else

Dr. Dana 47:41

or any other substance. You know, people don't when they use marijuana, they don't generally speak, they'd want to be a slug and just kind of sit around, it doesn't create a lot of conflict. But alcohol, every time I talk to people that decide to have a conversation of meaning, after they've had something to drink, it reminded me that those videos you see of people that barbecues with a car charcoal, and they stand there with a

Kim Fauskee 48:05

lighter fluid. And the flame keeps getting higher and higher and higher and higher.

Dr. Dana 48:11

And that you know, and eventually it explodes, right? Because alcohol is an accelerant. It does nobody any favors in any way when you're trying to have a conversation about anything that's important. So I tell people all the time, you know, you can drink as much as you want. But you have to forbid yourself to have a conversation of importance under the influence, because that's when things go really badly. Because people will think that they're being kind or whatever. And they have no idea how much guarant Yeah, and they have no idea how much their personality changes with just one. They're not drunk. They're just one beer or one cocktail. They're not drunk at all, but their personality changes big time.

Justine Hamilton 48:50

And what's probably happened is they've had something that they've wanted to say, then they have a drink, and they get the courage to say it. So already, there's all this angst about the conversation. And I see it all the time.

Dr. Dana 49:04

So you might as well just blow up the barbecue and because it's not going to help. Yeah,

Kim Fauskee 49:10

the alcohol is gonna give you a full on raging brushfire.

Dr. Dana 49:14

And it does almost every time and I I'm joking about it because it's it just seems so absurd to me that people would try to solve their problems when they're under the influence. But, you know, sometimes it's the only time people are willing to talk to each as I

Kim Fauskee 49:28

just said, it's liquid courage. Right? Right. So you know, you want an icebreaker I have a couple of drinks, right? But don't have don't have but don't have a conversation that involves life's intimacies. Well, and

Dr. Dana 49:42

It worries me a little bit sometimes. And then again, we're slightly off the subject, but people use MDMA as an example to enhance their love connection with each other. And in the moment, when you're under the influence of that drug, it makes everything seem so lovely and wonderful, and it really does make you feel like you're on the top of the world. And then, and if that you just love everybody and everything, and it makes me a little bit nervous, because once you come off the drug, nothing has changed the fact that you maybe had a fun time, I don't know. But it creates a false sense of intimacy. In my opinion, now, I'm gonna get a lot of slack, or a lot of grief from where

Kim Fauskee 50:23

we are going to have the MDMA episode coming up. So,

Dr. Dana 50:26

right. But anyways, I just think that it's really important if you want to have a really deep conversation with someone to try to be as sober as you can. That's really what I'm trying to say. Because that's really messes up communication. Even if you think it's making it better, it's really not.

Kim Fauskee 50:42

So the three of us all have children. Dana is years older, Justin and I still teenagers. The three of us were brought up with families that weren't good communicators in different ways. So we didn't really have this, this baseline to operate from going in and you know, trial by fire. Like I said, you have an academic PhD, I have a PhD from the school of hard knocks. So how do you guys communicate with your kids? Or do you communicate with your kids in terms of because even Justin and I haven't teenagers, potential in dating or having people that they're interested in? And obviously, Danny, you have a daughter that's married and a son that's in a long term relationship? And have you guys had conversations with your children about communicating, with loved ones in their life?

Dr. Dana 51:36

Do you mind if I go first? No, when my kids were little, really little, sometimes we would take a bath together. And they really liked that because water is warm, and we're having fun. But obviously, it gets to a certain point where it starts feeling really awkward, because bathtubs are way too slow. So I decided to get a little too old. So my solution to that was to get a hot tub. And so every evening, we would all go in the hot tub together. Just me and my children, my wife didn't go because of chemicals and auto Bollinger so I got a chance every night when my kids were growing up to talk about life and feelings and all that stuff. And I am not a performance oriented person with my kids. So I wasn't interested in how well they were doing in school and how well they were excelling in their performance at sports or whatever. I would ask them a million questions of why do you think your friends act like that? Or what do you think makes people do this or do that or whatever. And because the waters warm and the relax, I didn't have to give them a cocktail and or loosen up a little bit. And so it got to the point

where if I didn't feel like going in the hot tub, they would get really mad at me because they look forward to us. All the way until they were teenagers,

Kim Fauskee 52:50

you may be the only parent that your kids were actually looking forward to having a conversation.

Justine Hamilton 52:54

My kids won't get in the hot tub with us. They won't even go in there when they were

Dr. Dana 52:59

younger. They might Oh yes, yeah. And so I was indoctrinated into the notion that it's really important to be in touch with your feelings, and that your feelings are the basis of reality. And that it's really important to not just look at people's behavior as an indication of what's real, but to try to figure out what they might be feeling that could generate that behavior. Like that there's a bully or, you know, as an example, the bullies are using the scariest people in the whole room. Yeah. And underneath their bravado is a really scared vulnerable little kid. And, and I, you know, I just tried to help him understand. So that was my solution to that dilemma was to make sure that I provided an environment that that they really wanted to participate in, and how

Justine Hamilton 53:41

are they today? Are they pretty in touch with their feelings and understanding and communicating

Kim Fauskee 53:46

knowing they both listened to the podcast by the way,

Dr. Dana 53:50

My daughter and I have a very sweet relationship. she's always been daddy's girl, and we're super close. And I really enjoy being connected to her. My son, and I have a really lovely relationship also, but it's slightly different because he's a man. And my daughter and I are very similar in ways that my wife and my son or my son loves to travel and he thinks the world is his oyster. And I'm a super homebody just like my daughter so

Kim Fauskee 54:18

that I'm coming back as Sean in my next life by

Dr. Dana 54:21

my Sunday in the South Pacific surfing right now. My daughter, we're living in Galena. I mean, she'll tell you. So it's a little bit different based on who they are. But we're super close. And I would love it more than anything. If my kids lived next door. Yeah, I don't want him to live in my house. Yeah. But I'd be really happy if I could afford a compound where we all live together, but have our own separate private lives.

Kim Fauskee 54:43

So but as their father do you feel though that they are effective communicators? Not in their relationships and in life?

Dr. Dana 54:52

Yes, but I will say that was some reservation, because I don't know that there are as psychologically minded as I am. Okay. Uh, because their lives are not in the mental health field, right? And so they're, they're not steeped in it every day all the time. But we talk about stuff all the time. And you know, if they ever have questions I'm, you know, I feel like we have a really close relationship

Kim Fauskee 55:14

about your kids wrestling.

Justine Hamilton 55:17

So this is really interesting to me, because I feel like a lot of this is nature versus nurture, where both of my children are completely different communicators, my son came out of the womb telling you everything, I can ask him anything, and he will tell me, even if he doesn't want to tell me, he's just he's kind of an open book with my daughter, she came out of the womb, like with her hands over her heart. And she keeps things in a lot more, it's really hard for her to express her feelings. And so as the parent, I have to treat that differently based on sort of who they are. So it's, I think, probably going through life, I think that they'll probably always be a little bit like that. And I'm kind of like that, where I don't always share every feeling I have, where my husband is a little bit more emotional, and shares his stuff a little bit more. So I see why they are like that. But it's something that I think that they'll both have to work on in their own ways. And I've tried to do something similar to Dana, where, you know, if there was a girl sitting by herself the other day at the volleyball court, and I was like, oh, gosh, I felt so bad. She, you know, she wasn't sitting with you guys. And then I go, you know, she's, she's fine. You know, her friends are there. And I'm like, Yeah, but think about how she felt like, she's you guys all together, and she's by herself. So I always try to just do the same thing, where it's like, think about how that person felt versus like how that person is acting. And, you know, I hope they kind of get that message. And it's just about, you know, being kind to others. But I think that they'll probably have their own forms of how much they communicate kind of based on who they are, regardless of how much of an influence I can make.

Kim Fauskee 57:16

Yeah, I think I think you make an important difference there between nature and nurture, right? Because you have the antithesis of each other, and one that will tell you everything, and when it's a little close to the vest. And there's nothing wrong with either one of those, right? So you think it's important as parents to kind of nurture who they are, because you brought up, you know, it's your essence, right? You're born with this essence, that kind of continues with you all throughout life. So it's important for us as parents to kind of nurture that essence about them. And so they'll communicate within that essence,

Dr. Dana 57:51

I think it's the hardest thing for most parents to understand is that their children are not them. And that they're different, separate people. And they don't always want to embrace the values and live the life

that you believe that they should. And not to be not to take the fear that you have about that and turn it into trying to control them to be aggressive about it. Because if I've learned anything from my kids, just that they're not me, and they don't see the world the way I do, they certainly weren't raised the way that I was raised. And none of them I mean, neither of them have suffered the kind of abuse and difficulty that I had as a kid. So they've had a much easier time just living in the world, and have not been subjected to some of the things that I've had to come to terms with. And so why should I expect them to be like me, and I try to take as much delight in them as I can, even though sometimes I do not understand the choices they make. And I think to myself, wait a minute, are these my kids? Yeah, just because they're, you know, they're separate people?

Kim Fauskee 58:51

Well, you have some Gen X kids, I have, we have some Gen Z kids, right? Communication has completely changed now from the time that the three of us were raised, where we didn't have smartphones, we didn't have Snapchat, we didn't have social media, right, that there was one telephone in the house and you know, you were hoping your mom and dad didn't answer it if your boyfriend or girlfriend calls right at that point. So I agree with that statement is that we want our kids to be more like us and to kind of understand that we've been through things in life but that's not going to be happen or it's going to be realistic right because our younger kids now or raised to communicate differently right there isn't the phones really not a phone right the phone is used to to take pictures up themselves and in Snapchat and and that's their form of communicating with each other. So it's hard for me now as a parent, in trying to listen to my kids and I'm probably like both of you. I have one that will pretty much tell me everything and I have one that I asked him. How's football practice? He goes, Yeah, I don't know. I said, I just, I, you just literally got in the car? He goes, Yeah, I don't know. And that's pretty much what I get out of him. And if it's even a verbal response, sometimes it's, it's like a look of why you talking to me? You know, Dr. And I get that right because I was probably that kid who didn't ever want to talk to his parents for probably some of the right reasons, actually. But anyway. So trying to hold back and trying to like you say nurture, actually who they are, and to try and at least instill some healthy habits in them and communicating boy is a it's a it's a slippery slope

Dr. Dana 1:00:44

is a tough one. Well, especially your kids. They love their cell phones, right? Yeah. Yeah. How much does that drive you crazy that they could live connected to themselves?

Justine Hamilton 1:00:53

Yes, it drives me very crazy. Yes. I mean, my son just started dating this girl that literally, he just communicated with online for three, four months, and went to her house for the first time Thursday, because he got his license. I don't think he wanted to wait till they got that show up in the car. And I was like, so was it weird? Like, you've been sending pictures and talking for three, four months? And then you just walk in? Like, what do you guys say to each other? He's like, No, it wasn't weird at all. You're weird. So it's just a completely different way. Yeah,

Kim Fauskee 1:01:33

we're having a dating expert soon in. And in talking to her prior to the podcast and kind of looking at how she deals with her clients. It's like, I even think that the older generation has lost touch in terms of

effective communication, because I look at her stuff and how she deals with her clients. I gotta You gotta be fucking kidding me that you have to teach a 40 year old. They ask you what should we talk about on a date? You know, and I think when, you know, even for even in my age, you know how to how do you meet me? I don't have a problem meeting people. But most people are on online on dating apps. Right. And so you're not really talking to them? It's the same. I was thinking about that, as you were talking about how your son had this relationship for months, you know, online before, you know, he met the girl type thing in terms of that. But I've I don't even think that's any different than if he's 16 or 56. Right, at this point. Right. And I think we've lost our way in terms of how to communicate with each other, even as adults

Justine Hamilton 1:02:41

well, and attention span. I mean, it's just it's it's fast, fast, fast, fast, fast. So like, how much can you really communicate? If you're sending a picture? You're sending a snap?

Kim Fauskee 1:02:51

Well, it's all transactional. Right? That's it?

Justine Hamilton 1:02:53

Yeah.

Kim Fauskee 1:02:55

Well, anyway, we're bumping up against the hour here. And I think it's been a really good conversation in terms of what communication needs to be what McKean communication should be. So I'm going to ask you to to kind of if you have some closing thoughts, or last statements that you want to make on this topic,

Dr. Dana 1:03:17

I just want to thank Justine for her willingness to come and help us out. Because it adds, I think it adds a lot to have your perspective 100% Thank you. So I just want to let you know how much I appreciate.

Justine Hamilton 1:03:30

Oh, thank you. I like coming. It's nice. I don't have anything to add other than I mean, communication is the crux of life. And if we can get that right, in our relationships, we're going to be okay, I pretty much

Dr. Dana 1:03:44

feel the same way that it takes a lot of courage. But if you can find the courage, it's going to open up a whole different way of living in the world.

Kim Fauskee 1:03:51

And I'm going to repeat what we always say, folks, there's no magic wand. There's no magic fairy dust, you got to do the work. You got to know yourself before you know somebody else. Right. So do the work. All right, Justin, we'll have you back soon. Sounds good. Thanks for being here, guys.

Fear Me Out 1:04:10

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