

# Maryam

Fri, Jun 02, 2023 10:15AM 40:28

## SUMMARY KEYWORDS

friendships, friends, relationships, birthday, interests, people, midlife, groups, deeper, conflict, feel, kids, growing, clients, drama, children, life, find, distancing, lonely

## SPEAKERS

Maryam Solhjou, Christina Smith

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Christina Smith

Welcome back to the midlife Mojo Summit. I'm so excited that you've come back to this session. I think this might be one of the most popular sessions we're going to have because I get the question all the time. Where do I find more friends in midlife? It was easier when we have little kids and we met other parents and we did things together. Maybe they had sports teams or something. But now I'm in life. We're wondering, Where did all our friends go? And how can I make more friends and it can be challenging for a lot of us. So I just want us to, to really tune into this episode because Maryam is here to help us with this midlife friendship. Challenges. Let's say that we have Thank you, Marian, for being on the summit.



Maryam Solhjou 00:49

Thank you so much, Christina. Delighted to be here. Yes. So tell us a little bit more about who you are and where it is that you do. Yeah, so I am a resilience and midlife coach and I help folks. I help folks live and lead a fuller next chapter so that life second half looks more like they wanted to and I specifically focus on relationships because relationships play such a huge part in our happiness and well being.



Christina Smith

Yeah, that's well said, All relationships, especially. I think midlife is a time where we're slowing down maybe the work a little bit, and our kids maybe are going off to college and leaving us and now all of a sudden, we're at this point where we're like, well, we have more time. Where's, where's all my friends? What do I do now? And I'm sure you've heard this before, right? Yes, it comes up frequently comes up frequently. Yeah, it's just the stage of life that we're in. Yeah, so what happens in midlife with friendships as far as you have been researching and finding out from your clients?



Maryam Solhjou 00:01



Maryam Solhjou 02:01

Yeah, so I made some notes here. So I may look over here at my notes when I need to. So you know, as in midlife, midlife is just packed with various transitions we have, you know, our our marriages and partnerships may be changing, we may be going through divorce, we may be going through some kind of illness, or our family members are going through an illness, we may be taking care of aging parents. So as we go through these major life transitions, you know, we change, and then when we change, this impacts our relationship. And as you alluded to earlier, when our kids are growing up, and so, you know, we've may have before made friends through whoever our kids we're friends with, right, but now the kids have grown up. And they're not friends with those friends anymore. So we you know, where does that leave us? How do we make new friends? So a lot of those transitions are happening in this stage of life? Yeah, absolutely. And I know for me, even as I changed, like some of my friends, I did a lot of personal growth work. And then there's a lot of my friends that haven't done that personal growth work. And so I haven't D friended them by any means. But it's I had to take a new perspective at our friendships, right. And, and I've realized that some friends are really great for doing the deeper talks. And then there's other friends that are really great just to hang out with and do fun stuff. And it's not necessarily the same friends. And I think sometimes, at least as far as my clients, they're hoping, like all of their friends are going to be like these really deep, intimate connections, which I just don't I just don't know, how do you how do you see that? Yeah. So interesting that you made that point about when you're working on yourself. So when you work on yourself, and you develop yourself, you start growing in a certain way. And then you have friends who are not growing are growing at a slower pace or growing in a different direction. And so you start to see a divide, or a distance between the friendship now that doesn't necessarily mean that we have to disconnect, right, but we just see those people maybe left frequently, right? In a different capacity. What was the second part of your question? I



Christina Smith

did, like, right. Um, I guess I was just wondering, like, and that's what some people get too vague. All of a sudden, they get to this point where they're like, oh, I have to let go of this friend, because they're not showing up exactly how I need them to rather than like icy relationships as a as a way that we get to know ourselves even better. Because that's, I mean, that's how adolescents do it when we're young. Right? It's like they compare themselves to others, like who am I compared to my peers? And I don't think that that's necessarily hopeful and midlife like I think that I have different friends for different reasons. I guess what I'm trying to get to where I believe that I'm always going to have a few that are really deep have really great support for me is are going to be able to hear me. And then there's these other people who is like, it's really great to hang out with them. Like we have a good time. But they're probably not the person who I would go to if I was having problems with my husband or inner guidance of some, some type. But I'm just wondering what is your take on that like having all kinds of different friends rather than? Okay, these are my besties.



Maryam Solhjou 05:44

Right, right. And so the people that I talk to typically typically, I have found that it's one or two close friendships, right, those people that we can get super vulnerable with. And then we have those outer layers of different friends that we can hang out with either go hiking with or take

our trips with. But typically, if I've got a problem in my life, I have one or two people that will tell me as it is, call me out, if I need to be called out. We don't need a whole bunch of people in our life, we really only need one or two. And I have found I mean, we think that that person has to be in close proximity. But I have found in talking with clients, that sometimes they could be across country or live in a completely different country, right, you're so close with them that you may talk multiple times a week with each other, and be able to be that vulnerable with each other. Yeah. And I think we all need one or two of those people in our life, right? But and it takes time to nurture those kinds of friendships.



Christina Smith

I'm so glad you said that. Because I think sometimes we think it's going to be like when we were in third grade and like, met another girl. And we're like, oh, this is my best friend forever. And I think that when we're in midlife we have we have some walls or boundaries that might be up, that are complicating our relationships like we, we start thinking like, Well, my friend has to believe in the same political things that I believe in, or my friend needs to agree with me on this thing that I think is important. Instead of like really nurturing those relationships when we were younger, when we're kids, we're like more curious about it when kids. But it seems like in midlife, if people are different from us, we have more fear about it than we do curiosity.



Maryam Solhjou 07:41

Yeah. And that can get us in a pickle. And I call that the friendship manual, right? So if I have created and created a friendship manual in my head that exists in my head that these are the rules, right? For you to be my friend. And nobody else knows about that manual except me. Right, I'm going to be pretty lonely, right? So we have to be really, and that really applies to all of our relationships, we've created a manual that a friend must do this, or a friend must believe this certain way. And when we create those kinds of shoulds in our head, it can really lead to a roller coaster ride when it comes to our friendships.



Christina Smith

Which brings in a lot of that drama, because you should know that a friend threaten to do this, or I often hear from my clients is like, well, I treat all my friends like this, why wouldn't they treat me exactly the same? And I think that we forget that just because we get along doesn't mean that we've shared the same experiences and values and you know, friendship rules. I love that word friendship manual. Come up with is that is exactly right. I hear that from so many people. Well, the perfect friend would a B, C, D, E, F. Yeah. So what's one way that we can get around that, like, start opening our thinking a little bit more? Or even just sharing these, these unwritten rules with our friends so that we can, you know, have some boundaries or agreements in our friendship?



Maryam Solhjou 09:18

Well, one is for example, let's say a friend would always remember my birthday, right? Well, birthday may be very important in the family that I grew up with, right? But may not be so important in someone else's family, right? So if my birthday is very important for me, and I

important in someone else's family, right? So if my birthday is very important for me, and I want that friend to remember, it's really my responsibility to remind them of it. Right? We can't have those unwritten rules or those rules in our head and expect other people to follow those rules when it's just really my own rule that I've created. Yeah.



Christina Smith

I love that. Yeah, just sharing it with them like, Hey, I think my birthday is a big deal here. Here's what I would like it to look like, I'm not sure that you can, you know, you can do this, but this is this is what I like it to be so that we we think that that's helpful in any relationship. And yet I think one of the hardest things for us to do is to ask for what we want, especially in our more deeper connected relationships, which is really only increases the chances that we're going to get what we want.



Maryam Solhjou 10:26

And you know, anything, just recognizing that, oh, I have a certain set of rules that I've been living by in this friendship manual in my head, most of us don't even recognize that we have those kinds of rules set up in our head, right. So just recognizing, oh, wow, I have set this up. And I've set myself up for my friendships to be a failure, because I have these, these this manual in my head that's just working against me.



Christina Smith

I love that so much. Because when I had the thought that just left my head to, yeah, just in the fact of like, I can share them. Oh, and what I was saying earlier about, like relationships teach me about me, like, oh, it's teaching me that not everybody's birthday is important to them. Right? Not everybody needs to celebrate it a certain way. And that's actually something I may not recognize about, you know, myself being different than other people. But one way that we can learn it so that, oh, wow, the next time I get a new friend, I'm going to need to share with them how important my birthday is, if I want them to make it. Right. If I have the expectation, I should share it. And I think that that's really important at times. So let's say that a friend did forget my birthday. How can I how can I address that? In a way where, where it's not, I'm not attacking the other person. But I'm just getting curious about it. Because I think curiosity is so important in relationships rather than judgment.



Maryam Solhjou 12:04

Yeah. So you know, there's a couple of different things. One is, one is if it's important, if it's a relationship, you value and your birthday is very important to you, right? You bring it up and say, you know, my birthday was last week, and I think you forgot it. And I just wanted to bring that up. And it's important to me, though, can we make a tradition around celebrating birthdays when they come around? And then another thing is, another perspective is, am I making it a bigger deal than it really needs to be? Right? It was a birthday, it passed, it's okay, I still have my friend, we have a good relationship. And you know, it'll be okay, if she forgets my birthday.

Right? So you can either go about it in those two ways. One is check in with your friends set up those expectations. Or on another perspective is, you know, it's okay. It's not the end of the world, or it hasn't impacted my relationship if someone forgets my birthday.



Christina Smith

Yeah. And that just gives us a chance to look deeper. Like why is my birthday so important to me, not shaming ourselves for making our birthdays important, but being understanding what the trigger is underneath it like because usually, I don't think that anger is the main feeling. I think, anger, like when we get mad at friends, it's really covering up something else. Like, I'm really sad that I wasn't celebrated. Or I fear that if people are celebrating my birthday, that I'm just not that important to them, or whatever stories I hold myself around it. So it gives me a chance to look at, well, what's the story? I'm telling myself about this? Do I really think that my friend doesn't care about me? Because they forgot to call and wish me happy birthday? Or is it it? You know, and it doesn't mean that I can't still be like, yeah, maybe that makes me sad, but I can still look at it and say to myself, yes. And if I want myself to be celebrated, I have to ask for that. Right? And there's no shame in asking, I don't know why we're that. That must be a Gen X thing where we like were shamed for asking.



Maryam Solhjou 14:16

And, you know, I'm glad you mentioned that, because something that came up one time with my client is, you know, she, I guess her birthday was not celebrated when she was younger, growing up in her home. So as an adult now, when her birthday rolls around that it's like that whole few days around her birthday, she would cry, she would be upset, and then she would make a really big deal about her children's birthdays. Right. So I think when we don't heal those parts of us that need healing, it really can lead to so many things just unfolding. I mean, just think for those kids when their birthdays are made such a huge deal, how that's going to unfold in their adult that and what they're going to expect that their friends to do for them. When they grow older, yeah. But yeah, we as a it's really true, we have to see, look at the deeper story that we're telling ourselves, you know, what is the history behind buying that?



Christina Smith

Right, right and even seeing our shaded glasses, right? So if in the past because I've had clients who they just don't trust other women because of just past experiences, and this can happen a lot. And so they almost approach relationships expecting not to be able to trust the other person. And I like what Dr. Phil says about like, you manifest your own fears, like whatever you fear create. And so she this one woman that I'm thinking of, in particular, she puts walls up when she meets people. And so like, and she always has this, like, ready to get chair before you get me kind of attitude. And so and she doesn't recognize that those are the shaded glasses that she lived through. So just noticing, is this something? Is this a is this a common story? I tell myself about friends maybe? Right, like because that I can't trust people. If that's something that's going on in my head, it's going to be really hard to have these deeper connection. We're always waiting for that person to mess up or do the thing that is going to hurt us. And I don't want to get off. Off topic. But I do want to talk about when is it time to quit friends, because there have been friends that I've had to quit because of how unhelpful they've

been or unsupportive. They've been in my life. And not that we had to make a big fight about it and be like, I'm not your friend anymore. But it was more of a like we understood we were growing in those different directions. And those two directions did not come together in a good way. Yeah, yeah. So what are the signs that it's time to quit friendship?

M

Maryam Solhjoui 17:07

So before I hop onto that, as usual, saying that, you know, friendships are changing. One is, I think, for most of us, our friendships are changing in this age. And then we need to have some compassion, I think when we expect that our friendships aren't supposed to change. They're the guilty feeling that comes their shame that comes with that there's something wrong with me that my friendships are changing, right? But when we expect that, okay, you know, this stage of life, friendships do change, when we expect that we can have more self compassion, for our own experience that you notice things are changing, I just need to be patient with the process, it's very normal, it's very common for it to happen. So that's the very first thing and I want to say that initially, because I think we can be really hard on ourselves and feel really lonely when things are changing like that. When it's time to quit friends, so I like to think about it in a couple of different ways. One is, for example, well, one of the steps your energy, right, when you're in their presence, assess your energy, how does your energy feel? Do you feel depleted? Do you feel energized? And then also assess your energy afterwards? Are you beating yourself up for not speaking up when you wanted to speak up? Do you feel drained, right, those and then when you have repeated experiences like that, then I would say it's time for you to reassess the status of that friendship. One thing I have noticed with with friendships in this age is that, you know, when we were younger, in an earlier stage, we had more patience for drama in our relationships, right? As we're growing older, we have less patience for drama and relationships. So if somebody continually have problems with their husband, and they're completely, always just complaining, whenever you're getting together, you're they're always complaining about their husband. They're not listening to any advice that the group of friends is giving them, they're just repeating their same pattern. I think as we grow older, we just have less patience for for relationships like that, that have a lot of drama in it. And when we distance ourselves, we can feel guilty because our friend is in pain. But you know, we also need to take care of ourselves. So there can be some guilt with with distancing ourselves like that. There's also for example, and I've seen this a lot is maybe more taking a healthier route as we're getting older. And this comes up a lot as we want to drink less. And, you know, maybe we used to drink more, and we used to have social circles where people were getting together and drinking more, but now, every time we're with that group of people, we we drink more and we feel lousy for the next few days. We have a hangover Are we just don't feel good about ourselves or not exercising, because we drank too much the night before. And we can start distancing ourselves from those kinds of groups that just, they don't align with our values anymore. Those are very natural, they're very normal. And I think we just need to have more compassion for ourselves as we're going through those changes that come with relationships as we get older.



Christina Smith

Yeah, I really love that. So like the drama and the changing of our lifestyle can be to really major players. And in these friendships that aren't, that aren't growing, let's say, because they may not be dying out, either. Because I think that there's, there's this piece where I really

heard you say, you know, we get tired of the drama, I have found that one of the things that we get exhausted from at least a couple of my clients and me, is when I believe I have to be the hero in my friendships. So I have had people come to me time, and while I'm a coach, so of course, but people come to me time and time again, where they keep bringing the same drama back the same drama, the same drama. And I've realized that the one thing that anybody can do, whether you're a coach or not, is just hear it and have no advice for them. Because mostly, they don't need advice. But one thing that I and the reason I bring this up is because it took off so much pressure from me from feeling like I needed to fix them or come up with a solution for me just to listen. And then I just repeat back to them what I heard. Oh, wow. So I heard that you're having struggles with your husband, and you know this, he said this, and you said this, and these were the arguments that you're having, is there anything else. And sometimes that alone can take the pressure off that person who's listening to the drama, because I'm not there to fix it. I'm just there to be a sounding board. And so I just wanted to throw that one tip in because that's a couple friendships when people realize that they weren't actually expected to come up with the answer works and works in intimate partner relationships, too. Yeah, beautiful. But there are times where we might need to let go of friends. And and so what I heard from you is that there, it's very common to have guilt or shame about that about feeling like, oh, well, how good of a friend can I be if I'm just going to, I mean, all the kinds of stories that we can just tell ourselves about ourselves. And I love that you brought up that changes normal, like whether it's a relationship ourselves, the world, whatever changes, absolutely normal. And it's not always, it's not always the way things are gonna go that you're gonna have this one friendship forever. And God bless those people who do, because I think that they're really awesome. But I don't have that many friends that I've had for more than a couple decades. So things just change. So how do we find new friends?

M

Maryam Solhjoui 23:17

Yes. There? Yeah, that's a question I get. I get asked a lot, especially as we're distancing ourselves from people who, you know, don't hold the same values. How do we find new friends in this age? Yeah, and that that is a that is an issue that comes up. So one thing I like to recommend is, figure out what your interests are. Right. And as we get older in this stage, because we've taken so much time intended to our children and our families, we have put our own interests aside, and I remember one time asking my client, so what are your interests? And she couldn't think of anything outside of her children? And I'm like, no, what are your interests? You know, she just got quiet, and then just started crying because she couldn't name one thing, right? So one is in this stage that we're at, figuring out what our interests are. And I recommend, I recommend and the research recommends that we take classes sign up for groups that revolve around our interest, right and or, or we start our own groups. So for example, if if you're, if you'd like to read start your own book club, right? If you'd like to cook, start a cooking club. If you're a mom of a teenager, find other moms that have teenagers and start a group like that. Those you're surrounded by people who have common interests. And then on top of that, once you meet them in those groups, make plans with them outside of those groups, right doing other activities. That way you can see them in different settings to see if this would be a long term fit for me as a friend Yeah, so we can get lazy because we don't want to do that, right? I don't want to take a class, I don't want to start a group. But really that is the because we do both natural social interactions. You know, we don't go to school anymore, we may not be going to work anymore. So we don't have those people around us to make those friendships. So we really have to be more proactive, and nurturing those friendships. Yeah. Yeah,





Christina Smith

proactive is the word. And I love it the way that you describe it, because it's kind of like, we had an expert BEX Burton on the summit as well who she's about dating. It's kind of like the same thing. We can't go expecting that everybody at that group is going to be our best friend. But it's us, like, you know, feeling people out just like we would if we were dating, right? Like, is this the right? fit as a friend? Is this somebody that I would want to spend lots of time with, you know, to your point before, like, maybe they drink more than I do. And maybe it's not gonna fit. But we could find some things that maybe we could do together. And today, there's just, I keep moving around the country. So I have to find new friends all the time, it seems. And there are some tools out there to help you. Like there's meetup already out there. So there's lots of groups around the country that we could look up our interests, see if there's anybody doing it. And I love that empowered part of this, which is sometimes the part that people don't want to take hang on to is like, Okay, well, if it's not there, create your own. And I've done that with women's circles and just about every place that I've lived, because that's how I meet the women who are on that authentic level that I want is like having those serious women's circles. And I still go to hiking groups, I still go to, to craft groups. I've there was a great place in Arizona, that art center that had all these different classes. And I would meet people there. And that's literally how do we do it, my husband makes friends by going he plays in a cornhole league now. So He does it by throwing beanbags around, you know, like, that's how he's finding friends. And I think that the challenge is, is that it's it's a little harder than when we were in school. And when we were in school, we had all these kids that were the same age as us, right. And as kids, you have like 50% common interests across across the classroom, regardless, right? S and lunch and all that the favorites. And but when we're older, we don't come into contact with that, that many people in the same way. So it does take a little bit of effort. And it's really successful. I mean, if I can do it in five places around the country, I know that people people can do this. So finding your common interest. That might be a really great journaling. Question for yourself, like, what are the things and even if they haven't been past interests, maybe there's new interests that you could go look at? Is there a YMCA around that has other classes or a lot of the community colleges have extracurricular kind of classes that are more about fun stuff? Yeah. Yeah. So here's the



Maryam Solhjoui 28:25

thing, and I'm finding that you know, people are just sitting on the couch and saying, you know, I want friends



Christina Smith

knocking on the door.



Maryam Solhjoui 28:33

And they're, they're not doing you, you got to be proactive. I mean, you got to put the effort in in order to do it. I mean, that's just the stage of life that we're at that that's what, that's what we have to do, though.





Christina Smith

Yeah. So empowering ourselves to find that courage. And I just love the whole, make your own if it's not there. If you love books, what a great thing to do is start a book club.



Maryam Solhjou 28:56

Book Club. Yeah. Easily. interests. I mean, really, you could. There is also another thing that I wanted to bring up, if we have time for it is, of course, something that comes up that I think it's eye opening for people and they probably haven't thought about our I come into a lot of, especially because I work with men and women, but I hear it from a lot of moms that, you know, I don't have time for friends. Right now. I'm raising my kids, I want to dedicate all of my time to my to my children. So I do want to address this because I think we think we're doing our children a favor, and we're not on a couple of different levels. One is we're always role modeling for our children. So if you don't have friends, you are role modeling for your children that Oh, it's okay to not have friends, right. Second thing is if you make your children the center of your attention, the center of your world that is a lot of pressure to put on your children, right? And they're going to grow up seeing Oh, are thinking mommy is lonely, right? I need to attend to her, I need to always be with her. And we don't want that for our children, right? Naturally our children were to raise our children, they're going to grow up and they're going to leave the nest. That's what we want. For them. That's what a healthy child is supposed to do. We don't want them tending to mommy all the time, because Mommy has lonely, right? So we want to make sure that even when our children are younger, that they see that we have friends, even if it's just having a phone call with somebody, a cup of coffee for somebody with somebody, we want to just make sure not to put that pressure on that on the kids that they that, that they think Mother, my mom or dad is lonely, right? We want to make sure to surround ourselves with, with, with friends. So like I said, we think we're doing our children a favor by making them the center of our attention. But it really does them a disservice to do that.



Christina Smith

Yeah, I believe that too. Because then we're also teaching them that, when they're older, they have to sacrifice everything for their kids to and like give up their social life for the things that they're interested in. And you know, and then we look back and go away, Are they enjoying their lives because they're living? Like you?



Maryam Solhjou 31:18

You know, when I go out sometimes, and I'm doing things with my friends, I intentionally take pictures. I let my kids know if it makes them feel good. When they know their parents are taking care of themselves. It really makes them feel good. Because I think one of the worries children have is are my is my mom, okay? Is my dad. Okay? Are they happy? So when we tend to ourselves, it really gives them peace of mind to know that mommy and daddy are well taken care of. Yes, what



Christina Smith

a great point. What a great point. Because I think sometimes we forget about that. We think that they're seeing the sacrifice that we're making to make them so important. But they're just seeing the way that we're living our lives, and that it may not be the healthiest. And I love that because there are a lot of kids who feel obligated almost to be their parents friend. Because, you know, because now that I'm not there, if I was their whole world, and I'm not there. Now, who do they have? They must be sitting around being lonely all the time without? Yeah, yeah, yeah. What a pressure to put on your kids, or take off by, you know, going out and getting your own friends. Plus, I think that we're teaching them how to be social, right? Like there's adequate with this, you're not just going to be mean to them, or, you know, there's ways that we treat friends that we might want to model for them as well, right ways that through conflict, even like, oh, yeah, my friends, Susie and I were having a really hard conflict about this thing. And we had to come to agreements, right. So we're teaching them to come to agreements, how to see things from other people's points of view and whatnot. Well, so. Yeah, well, yeah. Thank you. So what are some secrets to deeper friendships that we can get into?



Maryam Solhjou 33:11

Yeah, um, well, one is I touched on the friendship manual that we talked about earlier, just being aware, if I have a manual running in the background, for myself, really deeper friendships, so come from vulnerability. And if we're able to be vulnerable with somebody, and they're able to be vulnerable with us, I think that is, I think that really is the main key of a deeper friendship.



Christina Smith

That this one was,



Maryam Solhjou 33:42

and and this is a, this can be sensitive, right? Because not, it's being vulnerable. It's a very, it's difficult for some people, right, so you may become vulnerable with somebody, and then they may not reciprocate. And it'll be very easy for you to take that personally. Well, while I was vulnerable with them, I just shared everything with them, but they haven't shared anything with me. We have to be careful not to take things personally. Because that person, you know, may have grown up in a family and in a culture where things aren't shared, right? So it's one of those dances we do that let me share let me send in let me see how much you share and then kind of doing that dance to see if it works out. But yeah, it really is. Vulnerability is the key to deeper friendships.



Christina Smith

Yeah, and I always see vulnerability as a way that we kind of take our masks off, right. That's, that's how we get to deeper relationships. And I always say this thing that really pisses my clients off, which is that conflicts are actually opportunities for deeper connection. I think that if

you can get through a conflict with someone and come out on the other side, feeling good about each other, that is only going to make that relationship better. Hayder. But the problem with conflict is that when we're in conflict, we don't want to give up this vulnerability, right? We, when we're in conflict, our warrior comes all armored up and is like, let me fight let me fight. But instead it's really about, it's really about this one rule I give my clients is that when you're in a conflict with someone that you're, the other person isn't the enemy. Because I think that we can get so quickly into like, Oh, they're different. They're in that box now, and I'm in this box. And so we're never going to get through this. But it's really, it's me and that person on one side, and the conflict is on the other, right, because what we really want, we have the shared interest, hopefully, of having a deep connection, right? And yet, and yet, if we put them on the other side, then that's kind of like opposing our interests. So we have to remember that our intention is that we want to approach the conflict, not necessarily fight with the other person or see them as our enemy. And when we can do that, then we have a shared goal. And that puts us on the same side again, and so we can actually get through. I mean, this is what I think really fantastic marriages my marriage is really great because of our ability to work through conflict. And it helps us trust each other because every time we go through a conflict we're like, oh, right, that we can disagree we can have these hard times and we're gonna come back to each other and that's what builds those BFF relationships. Yeah, not not the piece where it's like oh, well we dress alike and we look alike and we do two things one the other Christina's walking around.

M

Maryam Solhjoui 36:49

And you know, what helps, I think in this is to have compassion, right? If if you see somebody with that armor on know that there is a need behind that a need that is not being met. And that compassion for them I think lowers I mean, I know lowers our defenses rice so that we don't come out at them like that. So just having compassion that you know, what is their need, that they're so upset about? And that helps in our marriages and any relationship with having compassion for ourselves and for them as well. If you want that deeper need is,



Christina Smith

is called that loving one another person's the balls down instead of like breaking their walls. Yeah. loving their walls. Oh, no, I love

M

Maryam Solhjoui 37:35

that. That's nice. Yeah. Yeah, beautiful.



Christina Smith

Any other tips you have for us about friendship that you want to share with us? I just I love this conversation. I think it's so important that, you know, the big thing I'm getting is that we can empower ourselves to find better relationships, it's going to take a little bit of work and getting off the couch.

M

Maryam Solhjou 38:01

Um, let me look at my notes here, I think No, I, you know, I think the biggest thing that can cause us stress is when things change and shift in this stage of life. And then we can feel lonely, we can feel bad for ourselves, we can get down on ourselves. But if we just start with, you know, let's normalize this, this roller coaster, this is normal, things are going to shift things are going to change. Having that compassion for our own experience. I think that when when we can feel bad, then everything else is vulnerable. Right? Other things that all those other things become solvable.



Christina Smith

I love that. Thank you so much for this conversation. I also heard that another thing that we can look at is those interests. How can we go find more friends that have our interests? And if you are like Miriam's, Miriam's client who was like What do you mean interests outside of my kids? You really should work on that question because important, I think in midlife to figure out who am I without all my roles? Meaning Who am I not a wife, not a mother, not a daughter? Not a sister, but who am I for myself? And then we can find some of those interests. You also have a nice little gift for us. You want to tell us about your free?

M

Maryam Solhjou 39:23

Yeah, I have a guide I call it the Embrace Your wisdom guide. It's it's a guide that helps us intention intentionally think about this next stage of our life. How is it that we want to move forward? What is it that we're looking to do? What vision do we have for ourselves? And if anybody wants that they can go to my website and sign up for it and get it.



Christina Smith

The link is right below so you can go clickety click on it and get that guide in no time. Thank you so much Maryam for being here and talking about friendship. If you if any of the audience has questions about friendship or has come I'm filling in their relationships right now. I would really encourage you to connect with Miriam her connection information will be below as well. So go follow her go listen to her tips that she has on her social media because she's got some great information there. Again, thank you, Miriam. Thank you, Christina was a delight to be here. Yes. And thank you, audience for tuning in. We'll see you in the next session.