

karilynn

Fri, Jun 02, 2023 10:22AM ⌚ 50:25

SUMMARY KEYWORDS

relationship, work, intimacy, person, feel, partner, stories, trust, vulnerable, conversations, conflict, great, tips, connected, people, hear, husband, marriage, remember, telling

SPEAKERS

Kari Lynn Morgan, Christina Smith



Christina Smith

Welcome back to the midlife Mojo Summit. I am so excited about this conversation because there's so many women that come to me and say, Wow, now that I took care of the kids and you know, did the career thing and everything, I'm finding myself in midlife, and I'm looking at my partner, and he's kind of he or she is feeling kind of like a stranger. Like, we're not as connected as we used to be. So we're really lucky to have Kari Lynn Morgan here, she is going to help us with some tips on how we can reconnect to that intimacy. So that, you know, we don't have to be a divorced couple, just because we don't know each other anymore. And that we can really, you know, maybe not get back. I'll see what Kari, Thanks, Kari Lynn thinks about this, but maybe not get back the same interest intimacy that we had, but really create a more mature one, which I feel is like what I've done in my second marriage. Anyway, welcome, Kari Lynn, thank you so much for being here. Thank you very much for having me. I'm so excited to be here and share with your audience. So yeah, tell us a little bit more about you and what it is that you do.



Kari Lynn Morgan 01:15

Yeah, I am a relationship and communication coach. I, I like to tell people, I help people remember how to talk to each other when they forgotten. Or sometimes when they just never learned in the first place. I, my background and experience was, you know, I had parents that stayed together. They were not divorced. But they never talked to each other. My mother was a pleaser. She just hated conflict at all costs. My father was pretty controlling one of the things his way, I don't remember them arguing much. But their communication was not a good example. It was my way my mother says, Okay, so when I got married, I did not have the communication skills that I needed to navigate kids. Marriage growth, you know, I got married pretty young. As we grew and matured, we didn't have the communication skills to talk to each other about what was changing what we wanted, what was working and didn't work. So I end up getting divorced. And out of that, I grew and learned the skills that I have today. And I'm really, really interested in just helping people talk to each other, just talk to each other because it can solve so much. And solve so when we can get out of the dynamic that we've been in into a new dynamic.



Christina Smith

Similar story to me, too, I had a starter marriage to where we married too young. And I definitely was not taught the communication skills, there was a lot of anger in my house growing up. And so there was a lot of screaming at each other, which I could tell was not the best communication skill at all, but I didn't know how, how to do it differently, right. Because just like you I had kind of saw what my mother did, took some things from there, even if I didn't mean to and then tried not to do some things that I thought that you know, wasn't going to be helpful. But it still really left me in a really bad state in my first marriage. And I still say like, even though she may have done some of the vow breaking the way that I communicated and contributed to that Sure, didn't help the situation at all. So it was really both of us. And of course, it took me a long time after that first marriage to really look back and see all that. And luckily, in my second marriage, I have a man who does a lot of work. And I do a lot of my own work. And what's beautiful about that is when we come together, it's a lot less work.



Kari Lynn Morgan 04:19

Exactly, yeah, yes, exactly. 100% true. I always tell people, you know, each person is 100% responsible for the relationship. Hmm, that yeah, you know, each person. And so I love the way you say that I do my work. He does his work and then the work together is a lot easier. It's true. Yes. Because it is our own work. And I think that relationships, what we have to remember are like the number one growth opportunity for us, because because we love this other person, whether that's a friend or an intimate partner, whoever, because we have that like we want to be



Christina Smith

be able to communicate with them. I really believe that it thinks that we're in a world where we feel like we're not being heard is the big thing. And so that's why I love you talking about communication, how we reconnect to this intimacy, because I have a feeling it's all connected.




Kari Lynn Morgan 05:21

It is it is. So you asked me on here to talk about how do we get intimacy back in our relationship. And I'll just, I'll start with an assumption that your audience is in a place where they've been in a relationship for a long time, there have been kids, the kids, maybe teenagers are grown. And yeah, now you found your place yourself in this place where you're in a house, empty nesters, maybe or again, the kids have their own lives. My youngest is 17, and has her own car, I never see her



Christina Smith

even live here anymore. Right?

 Kari Lynn Morgan 06:07

She's very there. So and so they find themselves finally confronted, I would say with this relationship that isn't centered around the kids anymore. And a lot of my clients come to me often it's one person that comes to me and says, Hey, we need to work, they come to me feeling oh, gosh, full of their stories of, you know, my partner doesn't love me anymore. I don't know if my partner anymore, because it's not like it was when we were 25 and just married. So something's wrong. And the first thing that people have to realize is we grow and change. And our desires and needs are not what they were at 25. And then it's okay, if the relationship isn't all, you know, sunshine and roses, it's okay, if you don't have the energy that you had at 25, you know, at I'm 48, there is no way that I want to have the amount of sex, that I want to even have the amount of conversations that I want to put the energy on this other person that I put on my husband at 25, you know, like, so the first thing to realize in reconnecting with this person, is that you might be reconnecting with someone who's very different than they used to be. And you're very different than you used to be. And so, the first things that we work on usually is what do you want? What do you want out? Not? What do you think you want? What should you want? What, you know, did your parents have what your friends have? Like, what do you want? Maybe what is intimate to you, is very different than what was intimate to you at 25. You know, I would say for me, intimacy now means I want my partner to, to sit next to me on the couch. Without being on our phones, to hold the hands to look at each other. I now need a lot more of that than I do. You know, say hot, amazing sex. Automating sex is great. But it's not



my age.

 Kari Lynn Morgan 09:16

To be tired.



Christina Smith

Right. So what I'm hearing is getting really honest with ourselves about what it is that we want. What does intimacy and my relationship look like for me? What would that actually like and thinking outside of the box where it doesn't have to be naked time? It could be holding your hand walking through a park or like you said, I think one of the most intimate things we can do is put our damn phones down and really pay attention to each other. My husband and I have a date night every Tuesday. And from like five to nine there's no phones and if somebody picks up the phone the other person's like looking at Um, like, is this an emergency? What's going on here? Like, why are you picking this up? But that was really, it took me forever to figure that out for myself, because how it happened is my husband is a very active guy. And so he would be out like every night and I started feeling like, I was the leftover. I was like, he would squeeze me in whenever he wasn't doing something else. And I started thinking, like, Aren't I supposed to be the most important person in his life now that our kids have moved on? And I had, like, but he was like, but what do you want from me? Like, what? I wasn't really asking him for anything. I was more like saying, I want you to make me feel important. Well, that's like, what does that mean? Right? Like, we all have a different answer to that. And so I had to actually

come up with actually what I need is one night, one night a week, where I know that you're not scheduling anything, I'm not scheduling anything. And we're going to be together that whole time. And that's, that has like, shifted all those stories. I was telling myself about how I wasn't important for me. I, you know, he doesn't care about me, he doesn't love me, you know, all those other stories that came along with it. Because I asked him and I'm telling you, it's like clockwork, there's only been like one time the last three years where he forgot it was Tuesday invited somebody else over. So I can forgive him for that. You know, and if we can't do it on Tuesday, because there's some times there's a class or something that one of us wants to take we renegotiate, that's the rule is that we renegotiate that night for another night. And that's how important it is. And because I know that he keeps that commitment, I feel important now.



Yeah.



Kari Lynn Morgan 11:50

How was it for you to ask him for that?



Christina Smith

Well, it was hard, because there was a little girl inside of me. It's like, I don't want to have to ask for what I want. I just wanted to show up. And I get this from my clients all the time, he should just know. And it's like, when I really thought about it. I didn't know like, I didn't look well, what would that look like for him to make me important? You know what I mean? Like, do I need him to tell me 100 times a day how important he is? No, that's not my love language. My love language is more like action. And so when he made the commitment, and then he followed through on it, that's what meant a lot to me. But asking cheese, I had to do all that, again, I had to do my own work to figure out well, what does that like what would help me feel important? What? Because I know that I know, in my heart of hearts that he wasn't trying to give me the message that I was unimportant. It's just it was the message my inner little girl was taking on. Because Oh, if you don't spend time with me, then I must not be important. But figuring that out was probably even harder. And then I had to be like, Okay, I wonder if you'll agree to this. And I wonder if he'll actually, you know, commit to this. And without doing that, like, I just I just asked like, this is what it would look like, would that be too much for me to have one night? And I was like, No, it's not too much. I was like, No, this is what I actually want. And maybe I even need is for for me to start telling myself those stories if you did this. And it's, it's been really great. But it is vulnerable, it is vulnerable to ask for need. Especially I think Gen X we were raised not to ask for anything right to not have any needs basically not have any needs or wants. If you can't be independent enough to figure out how to solve that problem yourself, then you shouldn't have to ask anybody else, right?



Kari Lynn Morgan 13:47

Yeah, yeah. Yeah, that's, that's exactly what I tell my clients to is like, there's this vulnerable, vulnerable piece, to intimacy and connection. And a lot of people don't realize that what they're expecting from the other person is that the other person will knock down their wall. You

respond. Right, right. And it comes in all these different stories. You know, my big one with my husband, too, was like, Well, if he loved me, he would know. And that was my version of making him do the work for me. And instead of me doing the work, and then offering that openness to him, because he's vulnerable to ask for what you want, because you might get a no, no. It's true. And so, but if you don't do that work if you don't know precisely what you want, and don't ask for it, don't open yourself up to a yes. Don't open yourself up to a no no then the other person just has a really hard time getting it to you. And so this is kind of the second piece when I'm working with my clients around increasing their intimacy is okay. Now you know what you want. Now you need to ask for it. And you need to ask for it in a way that I know is an acceptable answer. Because that's the vulnerable piece. It's really, it's a lot easier to ask for something.



Christina Smith

Is it an ultimatum isn't vulnerable? And,



Kari Lynn Morgan 15:35

yeah, I tell people, yeah, if you're unwilling to hear a no, it's not an ask. It's a demand. I mean, just plain and simple. And, and so we have to get vulnerable in our intimacy, we have to be willing to hear no, we have to be willing to make mistakes, we have to be willing to allow our partner to have feelings about our ask, you know, we have and we have to be willing to just be there with that and do the work. And so, I mean, like, that's, that's step two, really. And even in that process, people find if they're willing to do those two things, almost always the intimacy increases. Because the first one



Christina Smith

was figuring out what we wanted, right? Like me doing that internal work of, well, what does being important look like? Yeah, is what I had to ask myself. And the second part is this vulnerable ask really the request that we're making. And I love like this little bonus piece of and knowing that you may not get what you want. I mean, that's the honest truth. Sometimes somebody else provide it for you. Like I used to have this whole story around my husband is a horrible memory, a horrible memory. And I could tell him a million times that we're having dinner with the Joneses on Thursday at 5pm. And it'll become 445. And he'll be in the kitchen making dinner and I'm like, why are you making dinner? We're going to have dinner with the Joneses. Oh, I forgot. Now, I would go into this whole story. Because the way I was raised, if my mother had to repeat herself once I doing something wrong, like and that was like, there was consequences for me not listening. In his family, his mother was like, we're gonna go to the park tomorrow. Tomorrow, we're going to the park. Hey, today, we're going to the park. It'll be three o'clock. Yep, we're gonna go on a couple hours up, we're gonna go in 30 minutes, right. So he didn't have to remember anything. It wasn't that important. So the stories that I was telling myself about that was like, I'm not important. What I say is an important all the all those stories about how he just doesn't care, he would remember. But the thing is at 445, when I tell him that we're going to have dinner with the Joneses, he feels terrible that he's forgotten. Like, and it's not a big deal for him, he'll put on his shoes and be ready. Like, he doesn't care. Whereas the other part for me is like then I want to care take him because I'm the type of

person who needs to know these things ahead of time, so I feel prepared. And so like, now I'm feeling bad for him because he's not prepared. But he's not feeling bad because he doesn't need to be repaired. He doesn't care, right? So it was like all this like caretaking back and forth. When all I had to realize is he just doesn't have the capacity to remember. He's not, he's not not remembering to make me mad. Or to create some kind of problem in my life. He just doesn't have that capability. So me expecting him or asking him, hey, I want you to remember everything I said, it's just I'm asking him to do something that he's just impossible. So he has to tell me now or else he's lying to me. Because he just doesn't have.

K

Kari Lynn Morgan 19:05

Yeah, I mean, and that really just that comes back to the thing of, you got to be in the relationship with the person that's in front of you. Mm hmm. You know, and, again, in a relationship for a long time, that person may be different than you expect. Mm hmm. And that's, it's okay. Like, it's, it's really okay. And, you know, I mean, we have different I don't know, I want to say reasons for staying in relationships. And it changes time I was just talking with with a couple that I'm working with and, and she's dealing with this very thing. She was like we got together and it was all lovely and wonderful. fall in, you know, we were so attracted to each other, and now they've been together, Gosh, 12 or 15 years. And she's like my partner just, it just doesn't feel the same. I'm like, yeah. So who is this? Man? Right? Yeah. And so we talked about different reasons why we stay together. I mean, this is a whole different thing, you know, about relationships as a growth opportunity. And, you know, or staying together because you're raising kids together, or, you know, it doesn't have doesn't have to be a relationship based solely around, you know, sex and hormones and things like that. And as we get older, it often isn't.



Christina Smith

Yeah, it is something different. And I think it's something. And when I say different, a lot of people are gonna be like, Oh, that's negative. It's not negative. Like there's a lot of really beautiful things about our more mature relationship, right. I mean, like you said, the hot sex is great. And that doesn't happen as much as it did when, you know, we first met over a decade ago. It's just the truth of aging. Like, the truth of aging is just, that's our natural biological clock, like it. And for me, like, it's almost as good as sex when if maybe even as much good as good as sex when we're both like having a deep conversation. And we're really connecting on a deeper level that way, than it is like, because physical stuff can be very shallow for a lot of people, you know, like, and so like that intimacy for me at like, and I love somebody used to tell me that intimacy means into me, I see. Which is like that part of relationship. Like, I get to learn more about myself by I, our conflicts, and I often say that conflicts are opportunities for deeper connection. Because without us getting past those conflicts, and without the, you know, and by conflict, I don't mean huge argument or anything, but just disagreements or how we work through things that we see differently. It's created so much more trust in our relationship. And that's probably the number one thing for me, I think I was telling you before we started recording is that like, the one thing I trust in my relationship is that my husband isn't trying to hurt me by what he says or does or whatever, he's just living his life. I'm hurting me with all the stories, I'm telling myself about his actions. And, and if I sit here and go, well, what could

possibly be the best thing and sometimes the best thing is like, he just wasn't thinking about me in the moment, he was just doing his thing. You know? It doesn't always have to be about me.

K

Kari Lynn Morgan 23:02

Yeah, yeah. Thank you. Yes. Because that that's kind of the third part of bringing intimacy back. So thank you for reminding me once. These, once you, you know, you, you figure out what you want. You ask for vulnerably. I mean, those do a world of difference. But the continuing work, then, is to keep reminding yourself, to trust this person. And to trust yourself. I mean, I'm a big believer that trust is it's more of an action word. Trust, super empowering. Because trust means we are making a choice to be vulnerable, to open ourselves up. And a lot of people I know, you know, they're like, Oh, I can't trust this person. They hurt me so much. And I look at it a little bit differently.



Christina Smith

Me too.

K

Kari Lynn Morgan 24:10

Because it's like, yes, you can trust this person, you can choose to trust in yourself enough that even if you get hurt again, you'll be okay. To me. That's what trusting another person actually is. It's actually more about trusting yourself. I trust that I have the skills and the love and the compassion for myself to take care of myself. And therefore I can open up to this other person.



Christina Smith

Right, because if they do hurt me, I can take care of myself. And that also goes to my point about like my husband not being able to remember. I also have to trust that I know him that I know he's not going to remember and if I really want him to remember I can send them a Email, put it on his calendar. There's other things I can do, I can trust that he's not going to remember. And that's like me, it's not me trying to be a jerk about it. But it's just like, instead of believing he's just going to suddenly become this guy that prints, you know, prints on a white horse or something, and he's going to do everything the way that I want him to. Like, there's, that's just ridiculous, I have to trust that I know who he is. And that it's uncomfortable. It's not unsafe, when he forgets things, it's uncomfortable. For me, it's not unsafe, he's not trying to hurt me, he's not trying to make me angry. It's just, I have to, I have to trust who he is. And I love that part about Yeah, I trust myself, I trust myself that I chose a really good guy, who are really great partner, whether that's, you know, whatever that is, and that, you know, I can trust my heart. And if he should one day change, and like start showing different kinds of behaviors, I can trust that whatever comes up, I'm going to be will at least take care of myself, because I know where my line is, right? Like, I know, my non negotiables. And if you start changing into one of those, then we're gonna have more, I might make some requests, I may get get some nose, and that'll tell me a lot about our relationship.



Kari Lynn Morgan 26:24

Right? Yeah. Yeah, precisely. I mean, I love that it's, I'm trying to think of, there's something in here with my current partner that I've been with for six, seven years, whatever. He also, he's done a lot of his own work. And so our conversations are very different than what it was with my ex husband, we actually have conversations. And so but there is this piece, where, you know, our lives get busy. And we recognize, you know, oh, we haven't been connected lately. Now, oh, I know what he's doing. You know, I know, he's going to work. I know, he's taking flying lessons. I know, he's in a show. Like, I know, those things are happening, but we haven't been talking about it. Like, I don't know how he feels about it. So you know, to this, this place a while ago, and and I recognize, you know, oh, I was feeling lonely. And so I had, I was feeling lonely. And the story became, I'm feeling abandoned. I'm, you know, he's doing all these other things. I'm not important. So we had a conversation.



Christina Smith

Sorry, very well.



Kari Lynn Morgan 27:53

Yeah. Great. So we had a conversation. And after that conversation, I realized how much healing I had done from my childhood, of the abandonment, like the abandonment was, you know, that piece still came up, those stories still came up. But I was reflecting back. And I realized that by practicing, reconnecting in this intimacy with my partner, I was able to heal some of that with also my parents, my father is no longer alive, so I can have these conversations with him. But my mom is, we've never been really close. But we've been starting to have these conversations. And I just started telling her, you know what, Mom, I'm going to be really honest with you. I'm gonna tell you what I think what do you think about that? And she was like, I would really like that. We've never had that kind of relationship before. And so in this rust and practice with my partner, I've been able to develop the skills to increase my intimacy with my mom as well. And it's the same skills until, you know, I figure out what it is I want, you know, I want my mom to listen to me. And then I asked her for what I want vulnerably sometimes she's able to do it, sometimes she's not and then I just trust that she is going to do the best she can do and I trust myself that I'm going to be able to handle whatever it is she can give me.



And



Kari Lynn Morgan 29:49

so I just wanted to like, kind of say that with you know, with this audience here us Gen Xers who maybe don't have Have the best relationships with our parents. And our parents are getting, you know, my mom just turned 75 She's not around forever. You know, it's she's fine and healthy right now. But she's 75. So I've got to start doing this stuff if I want to



get that back,



Kari Lynn Morgan 30:24

right in the first place. So I want to encourage your audience to like this is not just about healing a relationship with with your partner. We can get these intimacies back with with our parents with our



Christina Smith

ever relationship. Yeah, even our friendships Yeah, or, or siblings or whatever it is. And what I love about this is like I teach the intentional and aligned method, which is all about, what do I want? Right? And like getting out of that what it is that I want to feel like so say I am having a struggle in my relationship, what could I imagine the best relationship to look like? What would that look like? And then, more importantly, to me, what would that feel like? So if it would feel like maybe love connection, intimacy, let's say, and I'm having a conflict with my husband at the time maybe. Or the other person, I know that when we're having conflict, we show up armored, like our warriors, like ready to battle down, right? Because it keeps us from that vulnerability if we were all that tough armor on the outside. But instead of that, like intentionally going into that relationship, and showing up for that relationship with the love, the connection, the intimacy that I crave, it's vulnerable, it's scary, especially if we're in some type of conflict, to show up with love, connection, intimacy, but if that's what I want out of it, then that's what I have to put into it. And when we show up that way, sure, I might ask for something that I'm not going to get. But at least I feel good about the fact that I showed up the way that I wanted to, that I showed up with a love connection, intimacy, and if I get nose, especially if they're repeat, nose, sometimes nose are just very negotiable, right? There's things that we can renegotiate about that like, Okay, well, you can't give me this. But can we get this instead, this is what I need whatever. But even if I get repeated notes, and this other person just does not want to give, that tells me a lot about my relationship. And I get to choose what I'm going to do with that information. But at least I can feel good about myself, because I showed up in a way that I feel good, there was nothing wrong with how I showed up. I can't control the other person, unfortunately. But I can control how I show up to it. And that has made a huge difference in my relationships, because it used to be like, I always saw the other person that the person on the other side, like we were battling it out. And now instead, I see like my partner's next to me. And we really have this shared goal of having a great relationship and being intimate and doing all that. It's the conflict that's on the other prop on the other side. So all we have to do is figure out that conflict, but if we're working together that sure is has a hell of a lot easier than us fighting each other.



Kari Lynn Morgan 33:29

Yeah, yeah, I yeah, my version of that. One is I have to ask myself, sometimes when I'm in conflict, it's do I want to win? Or do I want to connect?



Christina Smith

This Do I just need to be a winner?



Kari Lynn Morgan 33:45

Because I'm a person. When I get into conflict, my tendency is I'm right. We need to do it this way, that it did it. And that's not really what I want. That's my learned version of come with me, you know, is let's do it my way. But that doesn't work for everybody. You know, if I'm going to be a kind, connected person, I have to recognize that that's that's not the way most people want to be connected to me. So in that way, I want to be connected. What was that?



Christina Smith

That's kind of taking from your father to right where you said that was he made the demand and mom just did it. And so there is that part of us that sometimes we take after our parents, even though we don't want to, but it does pop up. And so just being aware of like, wow, that didn't really work for my dad either. So I bet that that's not really the relationship I want and in are frustrated, especially when we're like in that Wounded Child part of ourselves. We want to be able to just be like, damn it. I said, do it this way. Let's just get it done.



Kari Lynn Morgan 35:00

Oh, yeah, yeah. But so then, but I, I've learned, sometimes I need help from my partner to remind me, you know? And he can just say something like, what is it you want to hear? Gives me a monkey?



Christina Smith

Woof. My husband asked me that question, Sue, what do you want out of this? Yeah. And it stops me it goes, am I just ranting and raving? What is it that I actually want out of this because I used to like drag a dead horse and just keep ranting because I just didn't feel like I was being heard. So if that's happening, one great tip is that I've learned to say, could you repeat what I just said. And sometimes he doesn't like having to do that. But he knows that I'm doing it so that I don't have to keep nagging and nagging, nagging. I just want to know that he's actually heard what I've said. And sometimes he'll repeat what I said. And it's like the complete opposite of what I said, I was like, hold on, but this is why I keep nagging because you're not getting it. So or I'm not giving it to you. Right? Whatever is happening is there's a miscommunication. And so let me put it a different way so that I can make sure that we're on the same page. And yes, does, like at first in this relationship, all the conversations really drove me nuts. Right? It was so much work. But it's important, right? I mean, that that's, that's how we start solving things. So that's, and the only reason conversations are so hard is because they're uncomfortable. And again, I just want to remind people, they're uncomfortable, they're not unsafe, like and our brain confuses that the unsafe and the uncomfortable. It's like everything I don't want in this

box. growth comes in the discomfort of the relationship, it doesn't come out of the joyful. I mean, the joyful is great, the great times are great. And most of the work in my relationship has been in the really uncomfortable spots, or else it wouldn't be work.

K

Kari Lynn Morgan 37:03

Well, yeah. And because when it feels good, you have no reason to change anything. Right? And so have to be willing, we have to be willing. And so that's intimacy, a lot of people think, oh, intimacy just always feels good. Actually, if you're trying to refined it, it's feels very weird. At first. It feels very strange, it's foreign. It's uncomfortable. But it gets more comfortable, and gets easier. And gets get becomes joyful.



Christina Smith

Yeah, once you're connected again, right. I mean, that's the important thing. And, and I mean, for those of us who maybe do have our second marriage, and we didn't go through the kids and everything completely together, these are still really great tips as we get older, because midlife is a change. And so one of the constant questions we want to ask ourselves is what what is it that I want? What is it that I want? And like Carolyn said earlier is like, it's not about what do I want to be as mom? What do I want to be as a wife what it was like? It's like, what is it as Christina, this whole person? What is it that I want? Not what I should do, not what I have to? Not what I think, but what is it that I really know, I want for myself? And that is such a hard question to answer. But once you can answer that, the rest can be a little simpler, because all you have to do is ask for it.

K

Kari Lynn Morgan 38:52


You just have to show up for yourself.



Christina Smith

Yeah, exactly. I love that I love that showing up for ourselves is how we build intimacy with each other. That is so monumental, because I think some people think that when we're building intimacy, it's about it's about being your mom, where it's like, okay, whatever you want, whatever you want, and that's not really I never trusted partners that would do whatever I wanted, because I was like, Are they doing this? Because they want to do it or are they just doing it? Won't they at some point get tired of doing things just because I told them to or I want them to and so there was like a little bit of a trust that was like lost there because I don't really get along with Yes, ma'am. So like, I need people who have their own opinions and are going to that are going to bring up the other perspective when they think I'm being wrong or short sighted or you no close minded or whatever it is. That That to me is like somebody who can tell me the opposite opinion and speak to me about it. That to me grow so much trust, even if I think their opinion is completely asinine, I'm still going to trust them more, because they're telling me exactly what's on their mind. They're telling me their truth, not just appeasing me with what they think I want to hear, which I can't do anything with, but with the truth, I can see, okay, this is a part that I'm going to have to accept about this person. And but at least they're

telling me, you know, like, There's something so awesome. Nobody likes when a partner leaves and never says, like, why they left, right, like, why didn't they bring this stuff up? When a lot of it I think can be really solved. If we brought it up. If we had the hard conversation, sometimes we need rules around those conversations. So that we have like, we have financial conversation rules. Anytime we're talking about money, we have like three rules on our refrigerator that's there. And the conversations have been so much better. Like, we're not going to assume any, like, we're not going to make up stories, we're going to check in with each other. We're not going to shame each other around finances. Like there's so much good rules. And so I'm assuming that Carrie Lam can help you with those conversational boundaries. I don't know what you call them.

 Kari Lynn Morgan 41:14

Oh, exactly. That's just what I was thinking I was like, and that's why you have a coach. I mean, I've had my own coach, I still check in with my relationship coach, my Communication Coach, you know, my partner, and I still, we've done a lot of work, and we still have a coach. Because we don't know what we don't know, sometimes we don't see things, we just know something's off. And we don't know how to fix it. But to get that outside perspective, to get someone that can say, hey, use this tool, this tool would be great here, reflective listening, you know, this tool would be wonderful, set some boundaries, set a time limit all these different things that that someone that has done, a lot of this work can help you with. And so I encourage everyone, just to find someone that can help you with that, if you're if you're having difficulties.

 Christina Smith

Is a great someone to connect with.

 Kari Lynn Morgan 42:14

I would be happy to work with any of your clients. Definitely, you

 Christina Smith

can definitely, definitely just check her out and follow her and you know, see the tips that she's offering because she's got really great information out there. Around this, you know, I know that we think when we're young because of all the Disney movies, we watch as Gen Xers that you know, the prince is coming on a horse and happily ever after is like they meet and happily ever after. And I'm like, boy, that's that's missing a big jump and skip, like, did they die shortly after that? Because that's not how it works. Relationships are like, it's not one of those things where you're like, if it's not easy, it's not, it's not good enough. I think that the more mature relationship is like, how can we work through this because when we get on the other side, we're gonna feel really damn good about ourselves. And that's what's important to me is like our relationship, the trust that we have built in our relationship is because of all the vulnerability and the tough times that we had and just sticking it through. And instead of telling ourselves all those stories, like, oh, he doesn't think I'm important, he doesn't love me. Now, when that voice

starts coming on, I'm like, Christina, just go ask them. Just ask them whatever it is that you need, ask him and I may not like his answer, but I like it better than the damn stories. At least I know, when I asked him instead of like me just putting all this garbage on him.

K

Kari Lynn Morgan 43:44

It's really funny, kind of early in, in my relationship with my my partner right now. I came up to him one afternoon, and I said, um, you and I have been having a conversation in my head all day long, and you're not doing well. And I was like, Okay, now it's a joke. But at the time, I didn't recognize how much I had been doing that. Your story sometimes of people waking up in the middle of the night they mad at their partner, because they had a dream, that they're part of something to them. And we do that during the day too. That's what our stories are when I'm making an assumption that you think feel and are acting this way. And I'm going to respond to that.



Christina Smith

Yeah, now imagine if I'm speaking to yourself in my dream, and the stories I told myself You're so mean.

K

Kari Lynn Morgan 44:51

Never met a true mind reader. I'm guessing but I've never met a true mind reader. I And, and it's respectful to our partners to say about those stories. And that's another place where we get vulnerable. Because it's like, oh, we have to admit, we don't know it all. Oh, we have to



Christina Smith

be respectful to ourselves to I mean, it's like going, yeah, just because I had some experiences in the past doesn't mean that's what's happening right now. And so it was respectful to me is that putting myself through all those damn stories and just going just ask the man, you know, it's probably not the worst thing that your thinking isn't true. It's just the garbage that you think like what we think isn't always true. I mean, as much as we could, like, pretend like we have evidence to it unless we actually ask. And I know that we can go on forever. And I know, let's recap the three things. The first one was knowing what it is that we want doing that work. So if all you want to do is journal for the next two weeks, every day, what is it that I want? Start with silly things, if you need to write like, I want a new T shirt, I want a new pair of shoes, like whatever and then it'll it will naturally I find go deeper than that, you know, you'll start getting into what it is that you actually want. And the second one tell us

K

Kari Lynn Morgan 46:19

is get vulnerable about NASA. And ask not a demand,



Christina Smith

not a demand, they have to be able to say no, or asked to renegotiate at least Yes. Because if not, it's just me, yanking you along. And that's not really a relationship that's almost like a parenting, right? Like, exactly know, what their parents.



Kari Lynn Morgan 46:52

So and then the third thing is trust, trust yourself, that you'll be okay no matter what happens. And choose to trust the other person that they have your best interest, their best interest and the relationships best interest at heart.



Christina Smith

Beautiful. And then you have a free gift for your three tips. So tell us a little bit about that.



Kari Lynn Morgan 47:17

I do so I'm offering people a free gift of it's a video on asking for what you want. How do we do? Why do we not do it? What gets in our way. The second thing, this is a series you'll get a series of emails with these my top three communication tips. And I'm like I can't even think of one of them is now. The second one is about oh my goodness. Oh my goodness, I can't even think of what my own three tips.



Christina Smith

They're really important now. So she put them all down on paper. So you should go sign up for them. But they are three tips for better communication, which is the important part and how to do these things, right. It's not easy to ask for what we want, especially if you're midlife Gen X or like us. It's it's just not something that we were taught to do. So there are skills to it, because some of us can be the master of passive aggressiveness. Because I didn't learn how to ask for what I wanted. So I could always make like, Oh, I see you didn't do that thing. That's much different than saying, Hey, could you do that thing? I'm betting Carolyn would agree with me on that one.



Kari Lynn Morgan 48:39

Absolutely. Yeah. So go



Christina Smith

sign up for that. The link is below you'll get all of the tips, even the ones that she can't remember offhand. Okay, sorry about midlife right now. Don't be sorry. We're being real here. This is how the real real goes. We could easily edit this, but we don't want you to. We don't

want you to think that we're perfect. So not



Kari Lynn Morgan 49:02

perfect. I'm not perfect. I can find that information for you if you want. But yeah, the other thing that I do offer people is I will do a free consult. If you think you work with me. And you have any questions. I am happy to do a basically console call with you and your partner, because I work with people together mostly. That is the work we do. And we can get on a call. We can answer any questions about how I work, what you're looking for. And so I'm happy to do that. If anybody wants to get a hold of me for that one as well.



Christina Smith

You also go connect with her and she will be able to help you out. Thank you Carolyn, so much for being here. I so appreciate this. It's such a topic that so many of my clients have been asking me about and I could give them some tips but these were really concise and So, I've probably, I've probably told them all this before, but perhaps in a more concise way, they'll hear it in a different way from a different voice.



Kari Lynn Morgan 50:11

Exactly. Yep. Yep. That's, that's what we do. All right, we're joining Xena. Thank you so much.



Christina Smith

And thank you audience for tuning into this session. We'll see you in the next one.