

Transcripts for No Guilt Mom

Podcast Episode 188

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[00:00:00] **JoAnn Crohn:** Welcome to The No Guilt Mom podcast. I am your host, JoAnn Crohn. Joined here by the delightful Brie Tucker.

[00:00:08] **Brie Tucker:** Why hello. Hello. Everybody! How are you? We're trying to sound peppy because we just figured out about 10 minutes ago that we think we're both getting sick, so, which is so, or sick. Or are actively sick.

Right. And are just, I, I don't know.

[00:00:24] **JoAnn Crohn:** It's like it's one of those sick that you're like, am I sick? Am I not sick? Am I coming down with something? I don't know. I don't feel like myself, but am I sick?

[00:00:32] **Brie Tucker:** Right. Well, when you get in your head a lot.

[00:00:35] **JoAnn Crohn:** Yeah, you get Well, I, I feel like I get in my head cuz I'm like, really?

Am I, am I really sick? No, I'm not sick. I'm gonna go and work out and I'm gonna get on my desk treadmill and I'm gonna like do like five miles and, oh wait, wait. That wasn't a great idea. I really am sick.

[00:00:50] **Brie Tucker:** Yeah. See, and you can lay down for the rest of the day and I go the opposite direction. I go, I feel like crap.

What's wrong with me? And then I try to rest. But at the same time, I'm like, if I'm not sick, then I just get mad at myself for being lazy. I'm like, oh, I could have gotten so many other things done. So actually I've been what? I've been really tired, rundown, not feeling good, nauseous, headache. And there's been a lot of weird weather in Phoenix right now, so it's like, maybe it's that we've had really busy last two weeks.

Maybe it was that. But in talking to you that we have the exact same symptoms, I'm like, okay, yeah, you're right. We're probably sick.

[00:01:24] **JoAnn Crohn:** Yeah, it could be. And I was gonna say, what are our Bobs doing to us?

[00:01:30] **Brie Tucker:** Right?

[00:01:30] **JoAnn Crohn:** The voices in our head when they're shaming us for being lazy. What are they thinking? Bob? Bob needs to go get a vacation.

They're so mean. They're so mean. And if you're new to the No Guilt Mom podcast, Bob is that inner voice in your head that's constantly shaming you and telling you what you're doing wrong.

[00:01:48] **Brie Tucker:** And again, every time I hear it, I, I see the, the Mucinex monster guy with the nasty hat. Oh, really? In the cigar stick out.

Mountain the phlegm. Yeah. Cause I see the phlegm. That's my bob. That's what Bob looks like. And he's living rent free in my head and that is so not fair. So not fair!

[00:02:05] **JoAnn Crohn:** Time to evict him.

[00:02:07] **Brie Tucker:** Yes. Time.

[00:02:08] **JoAnn Crohn:** Take him out to the curb. He does not get squatter's rights. He's out of there.

[00:02:13] **Brie Tucker:** Exactly. It needs to happen.

[00:02:15] **JoAnn Crohn:** Exactly. Well, today we are, we're talking about how to deal with someone who's defensive, which is such a, a needed topic, I think, because a lot of times we avoid conflict in really hard conversations because the other person immediately fights back and we're afraid of that fight, and it's almost easier just not to have the conversation to begin with instead of fighting back.

We hear this a lot in our Balance V I P program coaching with people's husbands, people's partners, things they don't wanna discuss or they're fearful of discussing because their husband fights back and is like, well, I've had a really hard day, or, Anything along those lines.

[00:02:57] **Brie Tucker:** And another big one that's popped up a lot lately in our Balance community dealing with tweens and teens, they are super, it feels like they're super defensive.

Like it's nothing worse than feeling like you have to walk on eggshells around your own child. I mean, that's hard.

[00:03:12] **JoAnn Crohn:** Mm-hmm.

[00:03:13] **Brie Tucker:** And then there's also the fact too, that you run into people, like in your workplace, whenever I worked in an office environment, which I didn't always have an office environment, cause I did a lot of grant funded work and you know, if you ever worked in a grant, sometimes it's just two of y'all, sometimes just one of you.

But anyway, sometimes you had those people in the office too, right? That you're just like, you don't wanna say anything to them cuz you know it's gonna be a huge thing.

[00:03:34] **JoAnn Crohn:** Yeah,

[00:03:34] **Brie Tucker:** nothing gets done

[00:03:35] **JoAnn Crohn:** and it gets really hard. Yes. Yeah, exactly. It gets hard and you hold these feelings in and as with feelings, they will find another way to come out, whether it's an explosion or most often what I see, it's passive aggressiveness.

Yeah, because especially like. Say the older generation, you know, our parents' age, they weren't really taught to express their anger fully. Mm-hmm. They were taught to hold it in, and you see a lot of passive aggressive behavior about oh, you don't really love me. Oh, if you did this, why aren't you doing this for me?

Like instead of actually saying needs or having tough conversations, it still comes out. It just comes out in a way that's unproductive.

[00:04:18] **Brie Tucker:** It's still emotional manipulation no matter which way you turn it. But I, I was gonna say that passive aggressive though can be explosive too. Like, have you ever been around somebody mm-hmm.

That start slamming things around, like slamming shut cabinets and like, oops, like, oops, sorry, I didn't need to like, hit you. You were just, I just brushed you as I walked by. Meanwhile, you just, you got flung into the wall.

[00:04:45] **JoAnn Crohn:** Sorry. Meanwhile, I accidentally flung you into the wall.

[00:04:49] **Brie Tucker:** Meanwhile, sorry, Brie's describing like low key domestic violence here, but it's saying that's passive aggressive behavior. So anyway,

[00:05:00] **JoAnn Crohn:** but it's, it's so true that all of this results from just. Not wanting to have a hard conversation. True. And so today we're gonna give you some tips on how to minimize that person's defensive behavior and to have that conversation go on a better path. So let's get on with the show.

You want mom life to be easier. That's our goal too. Our mission is to raise more self-sufficient and independent kids, and we are going to have fun doing it. We're gonna help you delegate and. Step back. Each episode will tackle strategies for positive discipline, making our kids more responsible and making our lives better in the process.

Welcome to the No Guilt Mom Podcast.

So when we have to approach someone who's defensive, it's really scary. Like it's really, really scary. I used to be so afraid to approach people as in my workplace, especially when I was a teacher. I mean, I've told the story about the upstairs boss. Yeah. Where one of the teachers was telling my teammate that.

Calling me an upstairs boss. And I never confronted her about it because I was always afraid she would turn the issue back on me and to be like, well, you did this and you did that. And then I'd have to come from a place where I have to defend myself when we're really talking about her behavior. And I didn't have these skills then.

And so I just never talked to this woman. And I ended up talking a lot behind her back and we ended up complaining about her in the lunch room. And it just took so much emotional energy.

[00:06:45] **Brie Tucker:** Right? I think that's another good point. When you're dealing with somebody that you feel is going to immediately start throwing daggers at you, because that's how I feel like it is.

I, I feel like I'm in the matrix and I'm doing that. Whoa. Trying to like avoid all the things that they hurl at me. It's really hard when it's somebody that either A, like you just said, that you have to work with and they're not going anywhere and you're not going anywhere. Mm-hmm. B Also, within that, that work environment, this could come back on you professionally.

But C also somebody that you love, that you have an emotional tie to that hurts in a whole different way, and it makes it scarier in a whole different way because that fear of rejection that can be hiding underneath the whole thing. Makes it really, really hard for you to be able to move forward.

But like you said, we've got some really great tips today to help you walk slowly down that path and gain that confidence in your skills.

[00:07:38] **JoAnn Crohn:** And to be perfectly honest, that fear of rejection is so real because I used to not bring up problems with my husband because I was afraid that he would bring up problems with me and then he'd be like, fine, like you don't love me.

I'll just leave. Like it would escalate to that in my head. Oh yeah, I think OK Hands podcast. Of course. It was a reality like,

yeah, hands up in podcast land.

[00:07:58] **Brie Tucker:** I'm pretty sure there's quite a few that can shake their head and be like, oh yeah, there's a conversation I didn't have because I was afraid the person was gonna come back and be like, you know what, I don't need you.

And yeah.

[00:08:08] **JoAnn Crohn:** Oh my God. Exactly. Like at worked too, when I was a teacher, I wouldn't have conversations with my principal or coworkers. Yeah. Because I was afraid I'd go to my principal and they'd be like, okay, well you can just leave . Right. It's fine. You can go. Yeah. Like that's what I would think.

Yeah. And it wasn't anything having to do with them so much as me being afraid of the conflict and not having enough confidence in my own abilities to manage the situation without crying. That was another thing. When I approach conflict, I would want to cry if somebody came back at me and criticized me because it was so, the self-confidence was so low.

It was so low. So if you feel that way right now, know that you are not stuck with that your entire life and, and you're why we're here for you, right?

[00:08:52] **Brie Tucker:** And you're not alone. Again, I think that a lot of people that know me from my life and you as well, would think that we are so high in confidence and that we don't struggle with this at all.

Oh my God. We so do or so have. Oh my gosh. So yeah, you're not alone and like

bef. Mm-hmm.

[00:09:10] **JoAnn Crohn:** Before we get into this defensiveness conversation, I also think like it's worth noting how many conversations you and I have in the workplace. When we get upset. Because people come up to us and be like, oh, it must be so great working like with one of your best friends.

And it totally is. It totally is great. But there's this other layer that people do not talk about when you have to negotiate a friendship with a workplace environment. Right. And thankfully like. You and I are both pretty open with each other and we have a lot of teary phone calls where we get very upset, but we work through it and we come out the other end.

[00:09:48] **Brie Tucker:** I think it really helps what we do here at No Guilt Mom in general to be able to do that, but it also helps the fact that like, again, we, we have known each other for so long that we can do that, but like you just, you said it like. There's a rule a lot of people have, don't work with friends and don't work with family because it's hard.

Mm-hmm. It's really, really hard. It's worth it.

[00:10:13] **JoAnn Crohn:** It's okay. Unless you are willing to have the tough conversations. Yes. Yeah. And the other person is also willing to have the tough conversations and you come together and meet an agreement and that's how it works. So the first thing you do when you have to have a conversation with someone, maybe it's your tween or teen, because I know a lot of people talk about walking on eggshells around them.

[00:10:34] **Brie Tucker:** Mm-hmm.

[00:10:35] **JoAnn Crohn:** And you know they're going to be explosive. First, you need to check your own motives. You need to figure out, okay, what do I

want to happen from this conversation? Is it that I want to, you know, create expectations in the house about how a certain chore should be done? Or how I expect my teen to behave in a situation.

Maybe they're going out with friends and you really need to have that discussion. Mm-hmm. Versus do I wanna make sure I'm right?

[00:11:02] **Brie Tucker:** Oh my gosh, yes. Okay. Miguel and I were just talking about that last night. We have a couple of little eggshell type situations that we're working on with our kids right now, like.

And he kept referring to, yeah, but I think he wants to be right. And I'm like, but why does it have to be right? Why are you focusing on that so much? That seems like a weird motive to me, but you're right that's a big one. I think I do that a lot when I'm dealing with my teen daughter.

Because again, I feel like we're so alike a lot of times. Yeah. I need to check myself. I need to start doing this a little bit more of a mental checklist of, are you talking to her because of a good reason or because you just wanna be right. And you want her to acknowledge that you're right.

[00:11:42] **JoAnn Crohn:** Yeah. And you know what? You might be right in the moment and I get into these situations. To, and the only reason I've been able to let it go is because I know I know all this information and you listening to this podcast right now, you're gonna know this information too. Sometimes when my teen is fighting with me and I'm like, oh, she just wants to be right in this moment because it's going to cause her to lose a little bit of face if she's not right in it.

Yeah. I will totally let it go in the moment. I will let it go and I'll be like, Hmm, let's, let's just talk about this later. Cool, right. And then she'll stomp off down the hallway and she'll slam the door. But then usually what happens with my daughter, like a few hours later, maybe a day later, she'll come to me and be like, I'm sorry.

And she'll know how her emotions got out of control, but letting her have that right in the moment helps a lot.

[00:12:31] **Brie Tucker:** Yeah, I think that's a good point. So again, check your motives. Why are you wanting to have this conversation? That's a huge, huge one.

[00:12:39] **JoAnn Crohn:** Yes. And the second part is to notice when the conversation turns.

And this is the point where I think that if we start paying attention to how the other person is receiving the information, we can. Prevent a lot of these yelling or aggressive scenarios because you're looking for like physical signals from the other person that it's time for you to step back. They are not ready to receive this information at this exact moment.

Now, it doesn't mean like, You shouldn't ever bring this up again, but it means that it's time to put a pin in the conversation because this is not gonna be a very productive conversation. They're gonna fight you. They're gonna fight you so hard.

[00:13:27] **Brie Tucker:** So what I'm hearing you say is be aware that you're not entering into the danger zone.

I went to the dangerous zone! Naw, Naw, Naw, Naw, Naw,

no, no.

[00:13:40] **JoAnn Crohn:** I'm like, I could feel the song coming.

[00:13:42] **Brie Tucker:** You knew, oh God, Brie's gonna do it.

[00:13:47] **JoAnn Crohn:** Yeah. Cause well, we talk about a lot about, you know, flipping your lid. Mm-hmm. Where the emotional brain becomes detached from the logical brain and that's what's happening.

So if we notice that in the other person, we know, Hey, let's put a pin in this. Let's talk about this. Later,

[00:14:03] **Brie Tucker:** or even for ourselves too, right? Like I, granted, we're talking about talking to someone who's always defensive, so odds are very high. It's that that person is flipping their lid. But in some cases, mm-hmm.

The stress of just having the conversation can make it where we flip our lid and we're mm-hmm. Also then veering off into the danger zone ourselves. Exactly. I try not to sing again really hard.

[00:14:26] **JoAnn Crohn:** I know, I'm, I'm singing in my head. I'm singing in my head. The only reason I'm not singing is I don't think I could hit that first note.

And I think

it's,

it's, I haven't done my operatic things that I usually do in the kitchen. Like I'm walking around and I'll do this away from the microphone. It's like, And I'll do that like all around the house,

[00:14:53] **Brie Tucker:** like legit, like regularly? Right before we have a podcast to kinda like warm up your voice?

[00:14:59] **JoAnn Crohn:** No, I just do this randomly.

Like if they're silence.

[00:15:05] **Brie Tucker:** Okay. I need to set up little secret cameras at your house. I wanna see that.

[00:15:10] **JoAnn Crohn:** It's just silliness. It's silliness. But silliness is a way to make people feel safe though, if you're a silly person, you know. Ah, segue it back.

Sure. It does. I was gonna say so you're talking about a way do, I don't know, like tip number three, look for safety.

Learn to look for safety. This is something that is really not talked about, I feel in conversations. And also I need to point out that if you wanna learn more about these tips I'm doing, I am taking them from a book called Crucial Conversations, which is excellent. It is so excellent. And we'll put a link in the show notes for you.

Excellent. But, We're excellent. Yes, tubular. I'm sorry. How long have you heard that word?

Two.

[00:15:51] **Brie Tucker:** JoAnn's oh my god. Brie, stop with the eighties references.

I can match you. Beat for beat with the eighties references. Oh, you can!

[00:16:02] **JoAnn Crohn:** So the thing that we're not told is that, We need to work on making the other person feel safe in a conversation, especially with our kids, if we don't make our kids feel safe in a conversation.

And what I mean is like not physically safe, not like the safety that like we're not gonna hit them or anything. I mean, that's a given. But emotionally safe in a conversation so that they can be vulnerable with their feelings and not feel like they have to put up a wall. And this takes a lot of work, but we're gonna give you four tips at the end of this podcast on how to do it.

But when you're looking for safety, some signs that someone does not feel safe in the conversation, one of them is silence. If you are talking and the other person's like, mm-hmm. Mm-hmm. They're not safe in the conversation, and that conversation is not gonna be productive, and you're not gonna get everything out on the table.

When we look at conversations, we look at conversations as how we're contributing to the pool of meaning. We're not saying we're right, they're not saying that they're right. They are just contributing with us to this pool of meaning that then we can both make sense of what's going on. So this withholding of meaning from the pool, this silence is a sign that someone doesn't feel safe in the conversation.

[00:17:25] **Brie Tucker:** Interesting. And.

[00:17:26] **JoAnn Crohn:** Yeah, silence is a, like, it's not, they're not listening to you at all. They're, they're not feeling safe.

[00:17:31] **Brie Tucker:** What I think I tend to assume, cuz remember, assume ask outta you and me, but I think I'm assuming that the other person is mad and just waiting for their chance to pounce and that's why they're going.

Mm-hmm. Mm-hmm. Mm-hmm.

Mm-hmm.

[00:17:47] **JoAnn Crohn:** Well, they're withholding information when they're doing that.

[00:17:50] **Brie Tucker:** Right?

[00:17:50] **JoAnn Crohn:** They're like, right, and they're not listening to you either.

[00:17:52] **Brie Tucker:** But you're right. That's a good point of them not feeling safe in the conversation because they're just trying to think of what to say back. But also, I would probably do the same thing, if I wasn't feeling like it was a safe conversation, I would probably just be as quiet as possible, trying to get it done as soon as possible so I could get out of there.

[00:18:08] **JoAnn Crohn:** Of that and then probably complain about it to someone else. Oh yeah. You know, because that's what I do. Yeah. I'm like, I'm like, Uhhuh, Uhhuh. And then I'm like, you know what Soandso said to me? I could not believe this.

[00:18:18] **Brie Tucker:** Now let's go into masking, cuz that I'm curious about as well.

[00:18:21] **JoAnn Crohn:** Mm-hmm. Usually we end up masking.

Like it's easier to tell if you're masking than if someone else is masking. Okay. But if you are not stating your true opinions, if you're sugarcoating everything mm-hmm. Then you're not feeling very safe in the conversation. You're withholding meaning from the pool as well. So it's better a thing to recognize in yourself.

It's hard to see it in the other person.

[00:18:43] **Brie Tucker:** Is it like beating around the bush?

[00:18:44] **JoAnn Crohn:** Avoid, yeah. Like beating around the bush or being like, yeah,. I was okay with that instead of saying like, I hated that. I hated that so much. I, I think that a lot of people tend to do that because they feel like they're sparing the other person's feelings.

[00:18:57] **Brie Tucker:** True.

[00:18:57] **JoAnn Crohn:** And then the other person has no idea how angry the their conversation partner is, and so they'll do it again.

Yeah, it doesn't help. You're right.

But another way, silence. Avoiding, so like steering away from sensitive topics, if it starts going to it. People will start changing the topic of conversation.

That's a thing. They don't feel safe and then withdrawing. Like you immediately start this conversation. They're like, oh, I forgot I have a meeting right now. Or I, oh, someone texted me. I really need to get back to them.

[00:19:25] **Brie Tucker:** Interesting.

[00:19:25] **JoAnn Crohn:** So that's another, another way people don't feel safe, but the other way people don't feel safe and the way that we've been taught.

Is violence and it's not hitting or anything, but it's interrupting when you're talking, speaking in absolutes. You always do this. You never do this, you that. That's a form of violence and conversation. Interesting and attacking, of course, with the verbal insults. Like, you're stupid. I don't love you anymore, mom. I hate you!

[00:19:55] **Brie Tucker:** That might have actually been a quote.

[00:19:58] **JoAnn Crohn:** It happens in so many households. It does. I mean, I wish I knew this before, that it's not that people are mean, they just don't feel safe. They're like little puppy dogs who need to be Yeah, put like in a little blanket and held close. Yeah.

[00:20:10] **Brie Tucker:** So as a kid it's the, I hate you.

I wish that you did things differently, mom. And if it's a spouse, it's, you always do this, you always overreact or you're always making a big deal. Mm-hmm. Like all those things are hurtful and yeah. So they are definitely violence in a conversation.

[00:20:25] **JoAnn Crohn:** Yeah. So now let's talk about how to make people feel safe, because while we can't always control people's reactions, we can't control how they true, how they say things.

Totally can't control it, but we can take steps to maybe minimize the reaction and to make it go a little more our way. Okay, so the first thing is to share your good intent. Share what you hope to happen.

[00:20:49] **Brie Tucker:** Totally agree with that. I think that that makes a huge difference, right? Because a lot of times when you're dealing with somebody defensive, they're expecting the intention to be bad, just in general.

[00:20:58] **JoAnn Crohn:** Yeah, they're expecting it's something that they did wrong and you're coming to them and telling them how horrible of a person that they are. So when you share your good intent, it sounds something like, say like you need to come up with a schedule that your teenage daughter will do the chores regularly, pooper, scooping the backyard, for instance.

This is what comes up in our house. If I approach the conversation and be like, Hey. Can you go scoop Uber, scoop the backyard immediately? My daughter tends to take it like, oh my gosh, I'm audit mom. Why do you always have to nag me? Like, why do I have, and it's violence right away. Because you notice the absolutes Yeah.

And everything. But if I come to her and I'm like, Hey, I know that you are super busy. You're doing the best you can. I have some friends coming over and it's really not that great when there's poop in the backyard. I wanna talk to you about this and see how we can get it done. And usually my daughter's like, yeah, I'll do it.

Yeah. Conversation's over like, yeah, I mean teens need a little bit like of social grace practice, so you're not expecting like, yeah, let's talk about this. And then they go, it's more of a smother. She doesn't fight me.

[00:22:07] **Brie Tucker:** And then they take your hand and they skip off into the meadows. Yeah. How would you share your good intent if you were having a difficult conversation, let's say, about your spouse not taking on their fair share in the household?

[00:22:18] **JoAnn Crohn:** That's a great, great question. When we look at good intent, you can start from a process of, Hey, I know that when I'm really, really stressed, it affects you. And right now in the house, I feel like there is so much that I have to get done that my stress load is just at an 11. I wanna make sure we have a clean and organized house.

I'm wondering what you want too. And like check in with them and be like, do they wanna clean an organized house? What do they think is clean? What do they want out of like the situation? And really decide on this mutual goal. Okay, so if we want this like house to be clean and we want clean laundry, how can we split up the chores so that it's not all on me?

And then you're working at this goal of we both wanna a clean house. Mm-hmm. And how do we tackle the work together?

[00:23:15] **Brie Tucker:** Yeah, no, I think that's a really good one. Cause I think that's not coming at it from a point of like, cuz I, I think sometimes we wanna just go straight to the point or we're upset, right?

So it's the whole, I have to be right thing of, okay, yeah, everything is my job. I don't feel like you never help out around the house. And I just, I'm stressed out beyond belief and we just need to fix this, so I need you to help me fix it. That's not the same way, like Right. Like everybody's listening.

That's not, yeah. The way I said that is not the way JoAnn said it. So there you go.

[00:23:43] **JoAnn Crohn:** Yeah. Always look for the mutual goal, what you both want, and then the conversation will be better from there. Yeah. And then apologize when appropriate. To make people feel safe. Like if you came at conversations that way before and now you're changing how you're talking about it, it might be good to start the conversation with apologizing.

Be like, Hey, I know, and we've talked about this before. I've really tended to blame you for making me stressed or not taking on as much of the household responsibilities, and I'm sorry for that. I wanna approach this in a different way. And then, See where it goes from there, because you've just made them feel safe knowing that you're not gonna come in and attack them.

[00:24:24] **Brie Tucker:** I think that's really good too. Yeah.

[00:24:27] **JoAnn Crohn:** The next one is to contrast, which is really, really great. Contrasting is saying what you do want outta the conversation and what you don't want out of the conversation. So in this conversation, I do wanna talk about my concerns about the housework, or I do wanna talk about, I,

My concerns about your grades and doing well in school, I don't wanna criticize you or keep you away from doing the things you love. So when you contrast

what you do want and you don't want, that don't is the most important because that, don't you wanna talk to their deepest fears about what you think that they are thinking, your intentions are in the conversation and why they're fighting you on it so hard.

[00:25:07] **Brie Tucker:** I think that's excellent. Oh my gosh, yes. You know, I'm thinking about all this in terms of the conflicts we have going on in our house right now. Like I was saying with two of our kids, like,, okay, how am I gonna have this conversation that way?

[00:25:20] **JoAnn Crohn:** Contrasting is one of the easiest things that people can do right now because it's such like an easy skill.

Just what do you do want, what don't you want? And it helps them make them feel safe.

[00:25:29] **Brie Tucker:** That's something that we tell parents when they're dealing with toddlers as well, right? Like when you're going somewhere, explain the expectations, what you do want and what is okay and what is not okay. Like it's coming back to that same basic communication standard, which I think sometimes we forget as people get older.

[00:25:46] **JoAnn Crohn:** Yeah, exactly. And then the fourth one we actually mentioned already, so you've already gotten it. It's create that mutual purpose, like what are you both wanting? What do you both want, and how can this conversation help you reach your goals?

[00:26:00] **Brie Tucker:** That's fantastic.

[00:26:00] **JoAnn Crohn:** And that's it. That's how to make people feel safe in a conversation. If you're noticing that they're pushing it back against you.

[00:26:06] **Brie Tucker:** I'm feeling confident and ready to go talk to my teens. Let's see how it goes.

[00:26:11] **JoAnn Crohn:** And you don't have to think about it as one conversation either, because I mean, this is gonna be a lifelong of conversations yes, to go through.

But the more you do it, the better you get at it. Exactly. If it doesn't go perfectly at first, that's how it goes. Like it doesn't go perfectly at first. You're gonna stumble. This is a new skill you're learning. You can even tell them being like,

Hey, I wanna have better conversations with you and I'm learning this, so I'm gonna make mistakes.

And I'm just gonna come and try again because I want a really great relationship with you. Also, kids know when you switch tactics and they get really suspicious, especially teenagers, like they'll look at you and be like, I know what you're doing, mom. You're doing something on me right now. And so when you just call it out and say what your intentions are, it makes it easier.

[00:27:00] **Brie Tucker:** True Dad man. True dad. True dat!

[00:27:05] **JoAnn Crohn:** So if you do not feel safe talking to someone here is how to make them feel safe. Remember to share your good intent, apologize when appropriate contrast as necessary. Say what you do wanna do in the conversation and what you don't wanna do in the conversation, and then create that mutual purpose and goal.

So you're talking about that versus criticizing each other or saying what each other does and doesn't do.

[00:27:30] **Brie Tucker:** I love it. I love it. We're all ready to have this conversation now with that defensive person in our life, cuz we all have at least one. At least one.

[00:27:37] **JoAnn Crohn:** Yes.

And if you, you're really interested in this, highly recommend the book Crucial Conversations

[00:27:43] **Brie Tucker:** and or come join us in balance v i p because we work on healthy communication styles.

All the time.

[00:27:50] **JoAnn Crohn:** Yeah, all the time. Come join us in balance. We have a link for that as well. And until next time, remember the best mom is a happy mom. Take care of you. I'll talk to you later.

[00:28:00] **Brie Tucker:** Thanks for stopping by.