

Redefining Health & Wellness

#59

Featured this episode: Shohreh Davoodi & Elizabeth Earnshaw

Shohreh Davoodi: Hello friends. Welcome to episode number 59 of the Redefining Health & Wellness podcast. I am confident that this episode is going to become a fan favorite. Today I am chatting with Liz Earnshaw, also known as @lizlistens on Instagram, and she is a Licensed Marriage & Family Therapist. We talked about the hallmarks of healthy relationships, the four horsemen that can signal relationship doom, responding to bids for connection, and boundaries. To access the show notes and a full transcript of this episode, head to shohrehdavoodi.com/59. That's shohrehdavoodi.com/59.

This podcast is brought to you in part by support from listeners like you! While this podcast is completely free to enjoy, the time, energy, and money that I put into crafting each episode is costly. Thankfully, there are multiple ways you can show your support to help the podcast continue to thrive in the months and years to come. Joining my Patreon community at shohrehdavoodi.com/patreon is the best way to offer ongoing financial support and get extra members-only perks in the process.

If you prefer a one-off contribution, you can tip me for my work through the payment links located at the bottom of the show notes for each episode. Lastly, even if you're unable to support the podcast financially, you can always subscribe, rate, review, and share it so that more people can find and benefit from the show.

However you choose to invest in the podcast, thank you for believing in me and tuning in each week.

[Music plays]

Welcome to the Redefining Health & Wellness podcast. I'm your host and resident rainbow glitter bomb, Shohreh Davoodi. I started this project because I saw how black-and-white messaging about health harms

Redefining Health & Wellness

#59

Featured this episode: Shohreh Davoodi & Elizabeth Earnshaw

everyone, and I wanted to paint a more honest and vibrant picture. This podcast is a space where we can reimagine health together by confronting limiting misconceptions, delving into aspects of well-being that are often ignored, and prioritizing conversations with marginalized individuals. I encourage you to take what you need and leave behind what you don't. Are you ready for this? Let's fucking go!

Liz, welcome! I have been following your Instagram account for a long time, and it is filled with so many strategies, and tools, and prompts to help people have healthier and more satisfying relationships, so I'm really excited to have you here to share some of your wisdom.

Elizabeth Earnshaw: Well, thank you. I'm so excited to be here.

Shohreh: For those who don't know you, can you share a little bit about who you are, what you're passionate about, and the work that you do?

Liz: Sure. I am Liz Earnshaw. I'm a Licensed Marriage & Family Therapist. I own a therapy practice in Philadelphia that serves people who are struggling with relationship issues, whether you're an individual, or within a family, or within a romantic relationship, we support you. And we work with people in Pennsylvania, New Jersey, California, all over the place. I also do a lot of work with educating people on relationship skills, and I do that on Instagram, and I also do that within my monthly membership program called Love Lessons 365.

Shohreh: That's so awesome. I think it might be helpful to start by having you explain what some of the hallmarks of a healthy relationship are, and then we can talk about how to build those kinds of relationships and what some of the barriers are to doing so.

Redefining Health & Wellness

#59

Featured this episode: Shohreh Davoodi & Elizabeth Earnshaw

Liz: Sure. So three things that I like to categorize it as, so being able to notice that there's respect in that relationship, notice that it's a reliable relationship, and then also noticing that it's responsive. And if you can remember those three R's and look for those three R's within your relationship, then you can kind of gauge whether or not the relationship is healthy, and if it feels like it's not, you can figure out which one of those three R's are missing and which needs to be worked on.

Shohreh: Okay, so tell me a little bit more about practically what those three R's look like.

Liz: So, respect—respect means that there is kind, respectful language, right? So the opposite of that is that there is criticism or contempt. It also means being respectful of your boundaries. So if you say that something is not okay with you, is the other person able to say, “Okay, I get it,” or does the person push or try to step over your limits? Another hallmark of respect is, of course, being respectful of your physical and emotional health. So if there is any abuse within a relationship, clearly respect is missing.

Reliability. Reliability means do I know that I can depend on this person? So if I reach out, are they mostly there for me, or is this the type of relationship where I reach out and I don't hear from them for four days sometimes. And then they come back around and they say, “Oh, sorry, I was really busy,” but during that four-day break you were very anxious and you weren't really sure if they were going to come back around.

Reliability in a healthy relationship also looks like having rituals. So very healthy relationships, people know *when* they can rely on each other because they have rituals built into the relationship. So, for instance, a really healthy couple, they don't even know that they have this ritual, but every single morning they wake up and they give each other a kiss, and

Redefining Health & Wellness

#59

Featured this episode: Shohreh Davoodi & Elizabeth Earnshaw

they rely on that kiss, right, and it was organic. But also, healthy couples have inorganic rituals. So, for instance, the way that they celebrate a holiday together, or the way that they spend their birthdays together. So there are inorganic, planned rituals as well.

And then the final R is responsiveness. So responsiveness is essentially how responsive is the person to your physical and emotional needs. When you share that you're struggling with something, do they dismiss you, do they shut you down, do they pull back and withdraw? Or do they engage with you, support you, validate you, and essentially using the same word, show you some responsiveness by asking you questions and by being curious about what's going on for you, and being caring, and loving, and kind?

We've all been in relationships where the other person isn't necessarily responsive. We tell them we're struggling and they shut us down or they tell us we're being dramatic. We say that we need to rest, and they try to convince us that we should be doing more. And so, they're not being responsive to our needs. And I also suggest that people pay attention to how much you are able to be responsive to yourself, respectful towards yourself, and reliable towards yourself within a relationship. Because if you're not able to do those three things within your relationship towards yourself, that's also often a red flag.

Shohreh:

So, these three R's, when you're saying them, they sound, like, very logical, they make a lot of sense, and yet it can be so dang hard to have healthy relationships that regularly have all three of these things. So in your work, what are some of the major barriers that you see holding people back from hitting it on all three of these fronts?

Redefining Health & Wellness

#59

Featured this episode: Shohreh Davoodi & Elizabeth Earnshaw

Liz: That's a really good question. One of the things that really holds people back is their ability to be completely open and vulnerable with their partner, and the reasons that a lot of people cannot do that is because of how safe they feel within relationships. So, if you do not feel safe within a relationship, in general, because you grew up and relationships weren't safe with your caregivers, or you've had a lot of unsafe romantic relationships leading into your current relationship, it is really difficult to be open and vulnerable.

And if you cannot be open and vulnerable in a relationship, then it becomes really challenging to be reliable. It becomes really challenging to be responsive. Because offering those things is actually an act of vulnerability, right? If you're sharing with me that something is really hard for you, for me to be responsive to you is actually a pretty vulnerable practice. Shutting you down is much easier for me. And so, to be responsive towards you means that I have to be open enough to hear what you're feeling, to experience that with you, to ask you questions. And if I'm not, then I'm going to probably dismiss you, shut you down, or withdraw.

If I'm also not safe in relationships, I might pull back from relationships. So I might not be reliable. I might be somebody who is sometimes really into you and sometimes not really into you. And a lot of people talk about attachment styles, right? So that might be what we consider an avoidant attachment style. And attachment styles are, like I said before, essentially how safe you feel within a relationship. So if you're not feeling safe within a relationship, you are going to have a really tough time offering respect, responsiveness, reliability to the other person, and if you don't feel safe within relationships, you might be on the other side of that spectrum where you don't even really know what safe relationships look like. So you end

Redefining Health & Wellness

#59

Featured this episode: Shohreh Davoodi & Elizabeth Earnshaw

up in relationships with people who are not respectful, reliable, responsive, because you just don't know what to look for.

And learning how to be safe and secure in relationships helps you to then be able to offer those things, and it helps you to also be able to find those things, and see those things, and notice when they don't exist.

Shohreh:

And I just want to honor, for those listening who struggle with this being open and vulnerable, that that is not uncommon. It's absolutely something that I deal with in my own life and in my own relationships. And something that was popping into my head was how sometimes I struggle with it so much that I want to say something in a relationship and I like literally cannot. It's like I say it over and over again in my head, and I'm like, just open your mouth, just say the words! And then there's another voice in my head that's like, no, don't do it! [Laughs] And it's like this paralysis. And I work with a wonderful therapist and a couple's therapist and I know a lot of where this comes from, but it is very hard to overcome.

Liz:

Absolutely. That is so common. And then you don't even get to see if the other person is responsive, right, because you're not sharing with them what you're thinking. But it's very common to feel like, I know what I want to say, or I know what I need, and I just can't get it out, because I don't necessarily feel safe. And sometimes it doesn't even have to do with the other person. It has to do with things that have happened in your past where you're just not really sure, are relationships a safe place for me to express myself?

But if you're not able to get out what you're thinking, or you're feeling, or what you need, it makes it really hard for the other person to be successful with you, because then they don't really know what's going on for you. And so both people are kind of in the dark about what each other needs,

Redefining Health & Wellness

#59

Featured this episode: Shohreh Davoodi & Elizabeth Earnshaw

what the other person feels, what they're thinking. And so everybody is just making assumptions, and then the relationship is moving forward based on those assumptions.

Shohreh: And something else that I was thinking about too is when we're talking about this respect and reliability and responsiveness, it is certainly, or it can certainly be easier to have those aspects in a relationship when things are going pretty well in the relationship. And it gets really, really hard when there is conflict and when there are difficult conversations that need to be had. So I'd love to hear your thoughts about how to keep those things from breaking down when you're in conflict.

Liz: Yes. When we have difficult conversations, all sorts of stuff gets triggered within us, and even if we are the most respectful, reliable, responsive person in the world, it can be really hard to practice those things. And it's often because we need to develop some skills. And those skills, if we have them, can be something that we fall back on during those really challenging moments.

One of *the* most important skills that I teach my couples is to learn to recognize the four horsemen. Are you familiar with the four horsemen?

Shohreh: I am, but I'm really excited to hear you talk about them.

Liz: So, if you can recognize the four horsemen in your conversations and you can start practicing noticing them within yourself and within the other person, you can change your difficult conversations significantly.

The four horsemen are four communication habits that Dr. John Gottman, who is a relationship researcher and therapist, found to be problematic within couples. And he studied thousands of couples, and he studied them since the 70s, so it's been decades of research that has shown that there

Redefining Health & Wellness

#59

Featured this episode: Shohreh Davoodi & Elizabeth Earnshaw

are these four communication habits that actually lead to divorce if they are not shifted. And if you recognize them, you can switch them.

So, the one communication habit is criticism. Criticism is when you are taking a problem that you have, or that's within the relationship, and you're inserting it into the other person. What that looks like is having messy dishes in the sink and instead of recognizing that the dishes are the issue, you're saying your partner is the issue. You are lazy. You never help with the dishes. You always leave the dishes in the sink. If you can catch yourself saying "always" or "never," you're likely using a criticism—that's just a fun hint.

When we do that, we elicit the second horseman, which is defensiveness. So if I criticize you, you likely are going to be defensive of yourself, of your honor, of your intentions, of what you meant to do. And you might say something like, "Well, if you only knew what my day was like, you would understand why the dishes are such a mess." And when somebody is defensive, the person that was critical is going to amp it up, right? They're not going to say, "Oh, you're right, your day was really hard. I know." [Laughter] "No worries about the dirty dishes." Unless, of course, you get really good at identifying the four horsemen and you decide to stop.

But then what happens is the other person either amps up their criticism or amps up their defensiveness. And I'm sure for anybody listening right now, you are probably thinking, oh my gosh, that does, that happens in our conversations. Because my partner says, "No, I don't always do that," or, "I had a really tough day," or, "Well, I would clean the dishes as soon as you start cleaning the bathroom."

Shohreh:

Yeah, that last one, exactly! You turn it around on them with your own criticism [laughs].

Redefining Health & Wellness

#59

Featured this episode: Shohreh Davoodi & Elizabeth Earnshaw

Liz: Uh-huh, I call it “criticism ping pong.” And so, you ping pong back the other criticism, and then the other person is going to just serve it right back at you. “We’re not talking about how messy the bathroom is right now, we are talking about how lazy you are.” [laughter]

The other thing that can happen is that the person becomes overwhelmed and they do what’s called “stonewalling,” which is the third of the horsemen. So, that conversation starts to become so overwhelming that you get what’s called physiologically flooded. And because you’re physiologically flooded, which means you have lots of hormones running through your brain, your heart is racing, your body actually feels threatened, your ability to articulate gets shut off, and you just stop talking. And maybe that’s kind of how you feel when you have something you want to express and it’s on the tip of your tongue and it can’t come out. Your mind isn’t going to allow you to do that because it’s in a risk mode. It feels it’s at risk. And so you shut down, and you look like a stone wall.

And if you’re the person experiencing the person that is stonewalling, it feels like they don’t care. Then if you’re the stonewaller, it is a very frustrating experience of knowing you want to say something, knowing you want to engage, and not being able to.

Shohreh: This is me! [Laughs]

Liz: I was wondering, because you said earlier, “I have it on the tip of my tongue and it won’t come out!” [Laughs]

Shohreh: That is me to a T!

Liz: Yeah, and it’s because you go into what I call the “amphibian brain.” When your heart rate is slow and when your body is calm, you can access your thoughts. So you can say to somebody what you’re thinking or what you’re

Redefining Health & Wellness

#59

Featured this episode: Shohreh Davoodi & Elizabeth Earnshaw

feeling. But when you have an accelerated heart rate and when a lot of stress chemicals are being released, your brain goes into a threat response mode, which only allows you to keep yourself safe. It doesn't allow you to do all the interesting things that human beings can do, like talk about ideas and thoughts.

And that threat response brain wants you to run away, just like if an amphibian hears leaves crunching. It doesn't know that those leaves are just the wind. It doesn't know that those leaves are just another amphibian friend. It just is scared of leaves. So, it either freezes or it runs away.

And when somebody is in a physiological flooding state, they are not able to look around them and say, "Oh, I'm safe. I can talk about my thoughts, I can talk about my feelings, I can engage in this conversation." Their brain thinks, "You are not safe, so you either need to play dead and say nothing, or you need to leave the room and you need to exit the conversation." And unfortunately, although we're a very evolved species, we're not evolved enough yet to know that our relationship conversations are not just as scary as a saber-toothed tiger chasing us. The same thing happens to our brain.

So if you're someone who does stonewall and you get flooded, one thing that you can work on is learning to get your heart rate down during those moments you can't speak. So instead of trying to force yourself to talk, instead of saying, "Why can't I get this out, I need to get it out," saying to yourself, "I'll be able to get this out if I can lower my heart rate." And to do that I'm probably going to need to take deep breaths, I'm probably going to need to leave the conversation for 15-20 minutes and take a walk, I'm going to need to drink some water, I'm going to need to do things that remind me that I'm safe again.

Redefining Health & Wellness

#59

Featured this episode: Shohreh Davoodi & Elizabeth Earnshaw

Shohreh: I appreciate that you said you can leave the conversation if you need to, because I feel like sometimes that can feel, to the other person, like you're abandoning the conversation or you don't want to talk to them. But in reality, like you said, you're trying to bring your nervous system back to a state to where you can have the conversation you wanna have.

Liz: Yes, and if there is frequent flooding or stonewalling in a relationship, a suggestion is to talk about what you're going to do in those moments before they happen. So if you know they happen a lot, saying to your partner, "Hey, I've figured out that when we talk about difficult things, I get flooded and it makes it hard for me to stay present with you, and I really want to stay present with you. So what I'm going to do when that happens, is I'm going to let you know that I need a break. The break is not to abandon you, and I will come back."

Remember, we have to make the relationship safe. So if you are stonewalling and you just leave and the other person doesn't know what that's about, it doesn't feel safe to them. So letting them know, this is not me leaving the conversation for good, it's me calming down so that I can actually talk to you, can be really helpful. And to actually create language together about what that's going to look like. So you might say to your partner, "I'm just going to say 'I'm flooded, I need a break,' and that's going to cue into you that this isn't me ditching."

And then the other person really needs to be able to work on accepting that and allowing it in those moments, which is super hard. And I know for many people in that position, their response to that is, "That's not fair. I need to have this conversation. They're just getting out of it." But if you can look at it from a science-based perspective that your partner truly cannot converse with you, it's not gonna go anywhere. It's just gonna stay

Redefining Health & Wellness

#59

Featured this episode: Shohreh Davoodi & Elizabeth Earnshaw

in stonewalling. You're gonna get angry and you're probably gonna criticize. They're gonna feel more threatened by that, and then you're going to end up where you usually are.

So allowing that person to take at least 20 minutes—that's how long it takes for people to get back to a baseline—at least 20 minutes to calm down, and then that other person does need to be responsible for coming back and saying, "Hey, I feel calm now, let's try again."

Shohreh: Mmhmm.

Liz: But you have to let them go, because if you don't, you're only amping up their heart rate even more.

Shohreh: Mm. That is fascinating!

Liz: Yeah, so that's the third. The fourth is contempt, and that is the worst of all of them. It is criticism super charged and when contempt exists within a relationship without changing, if it's chronic, it leads to divorce with over 90% accuracy.

Shohreh: Damn!

Liz: You can actually predict that it will lead to divorce. So if you're not married, you can imagine though, if it leads to divorce, it definitely leads to breakups, and if you think about how we use it with other people in our lives, like our children or our friends, you can imagine that it has a deep impact there too.

Contempt is when you criticize someone, but you do it from a one-up position. So criticism might sound like, "Ugh you always leave the dishes in the sink and you never help me." Contempt sounds like, "You know, I

Redefining Health & Wellness

#59

Featured this episode: Shohreh Davoodi & Elizabeth Earnshaw

knew your mother before she died, and she would be *disgusted* with how you leave dishes in the sink.”

Shohreh:

Yeah, it’s like that dripping with disdain.

Liz:

Disdain and disgust, and you can imagine when I just said that, my face looked like I was disgusted. When you get to that point, and this goes back to the three R’s, you have lost respect. You cannot show someone respect and be contemptuous with them at the same time. It is the full-on loss of respect, and at the furthest end of its spectrum, it’s truly emotional abuse.

So when we see contempt start to show up in a relationship, it means a couple of things. One, there’s either been a series of painful experiences within the relationship and the person truly has lost respect. They went from respecting their partner and loving their partner to hating them. And we can see this with affairs, right, like the person who is betrayed might feel so angry that they start showing some contempt. We can see this when our partner is not responsive to us over and over and over again. I see that with a lot of people. “I’ve tried to get you to respond to me for years. I’ve told you that I’m struggling, I’ve told you that I’m in pain, and you dismiss me. And so now I have contempt for you.”

So that’s one reason. There’s an actual hurt that’s happened that has led to this. It doesn’t excuse the behavior, because the behavior is still harmful, but it explains it, and it can help us to figure out what to do with it.

The other reason people show contempt is because that’s how they learned to speak to people. So they came into the relationship that way. They came into the relationship thinking, when I’m in conflict—and it’s not always conscious, right—but when I’m in conflict, I’m angry at someone, it’s okay for me to talk this way. And usually you’ll find that they were spoken

Redefining Health & Wellness

#59

Featured this episode: Shohreh Davoodi & Elizabeth Earnshaw

to that way by a parent, or a loved one, a caregiver, or they saw their caregivers speak to each other that way.

So, based on what's going on, you have to decide how are you gonna overcome the contempt and move back into a space of vulnerability with that person. And if you can't, then you have to choose to end the relationship, because if you believe you can't ever get yourself to respect that person again, enough to make the relationship a safe place, then the relationship is inherently unhealthy and unsafe.

But if you believe, hey, you know, I think I can stop speaking this way, I can express myself in a different way, I can express my anger in a different way, I need us to work together to heal what happened with the affair, to heal what happened with the lack of responsiveness, and as we do that, I'm gonna be able to heal and work on the way I'm speaking, then you can potentially overcome it. And if you learn to speak that way, then you're gonna have to do a lot of individual work to figure out how do I express my anger, and my frustration, and my needs in a way that does not harm the other person.

Shohreh: And let's go back to that expression for a second. In particular when I'm thinking of criticism and defensiveness, because I think of the four of these, criticism and defensiveness probably show up in relationships most often. Even really healthy relationships are gonna experience—

Liz: Totally!

Shohreh: —some level of those two.

Liz: I probably did it this morning with my husband [laughter].

Redefining Health & Wellness

#59

Featured this episode: Shohreh Davoodi & Elizabeth Earnshaw

Shohreh: Exactly. I'm like, I can think of many times in the last week that these two things have happened. So, these things are gonna come up. So considering that, what are some ways that we can bring up issues that we have in the relationship that are not in a criticism way, and then if you are the person who is hearing that, what can you do to not immediately go into that defensiveness mode as your response?

Liz: Yeah, I love that you brought up that we all do this [laughs] to some extent and you're normalizing it because even though the statistics are scary, all of us have done this. So if you're thinking, "Oh my gosh, I criticized my partner this morning, are we gonna get divorced?" No. It's okay. Take a deep breath! [Laughter] It will only be problematic if it's chronic and you don't work to remedy it and reduce it. And criticism and defensiveness are like the building blocks that usually happen first. So if you can fix those, you're less likely to get towards stonewalling and contempt.

With criticism, you can bring up your complaint. Complaining is fine, complaining is great. We all need to complain in our relationships because look, you are with another human being, who is a human, and they're gonna be annoying sometimes. You are also going to be annoying sometimes. And to think that you can be in an intimate relationship with someone and never complain about what's happening, or never be complained about, that's just unrealistic.

So we wanna move from criticism to complaint, and we want to be able to complain in a way that doesn't put the problem within the other person. You don't want to make their whole personhood a problem. So when you say words like "always" or "never," you're making their whole person a problem. So you wanna move away from those words, and we use what we call "gentle startup."

Redefining Health & Wellness

#59

Featured this episode: Shohreh Davoodi & Elizabeth Earnshaw

And you can say something like, “I’ve noticed that when I get home from work,” so we start with “I’ve noticed,” “there are a lot of dishes in the sink, and when that happens, I feel...” “And you want to use a feeling word. A lot of people will say, “I feel like *you*...” [Laughter] That’s not feeling! That’s a creative way for you to criticize somebody again, so stop! [Laughs]

Shohreh: Shhh, shh. Liz, don’t call us out on this!

Liz: I’m calling myself out too [laughs]. “I feel like you never think of me,” right, that’s a creative way to criticize. So, “When I notice the dishes in the sink, I feel frustrated. I feel pissed off. I feel really exhausted thinking about it. And I need us to figure out how to solve the dishes problem. I need to walk into a home that’s organized. I need peace at the end of the day. I need cleanliness.” So you’re actually talking about what you need, and you’re making it easy for that person to know how to be successful with you.

Instead of talking about all of the things they do wrong and all of the things that you don’t like, you’re saying how you feel, you’re saying what you notice, and you’re being very clear about what you need. And we call this using a positive need. Because most people speak in negative needs, which is, “I need you to not leave the dishes in the sink.” So most people say what they don’t want. You have to work on saying what you *do* want. You have to work on being able to say, “I want a clean sink. I want help. I want peace at the end of the day,” or, “I need peace at the end of the day.”

When you do that, you’re less likely to elicit defensiveness from the other person because, going back to what I initially said, you’re being vulnerable. Criticism is a way to stay really far away from vulnerability. I’m putting my shield up, and I’m throwing a spear at you. That way you can’t

Redefining Health & Wellness

#59

Featured this episode: Shohreh Davoodi & Elizabeth Earnshaw

get close to me. But this is taking your shield down and saying, “I actually am inviting you to get closer to me. I’m inviting you to see a problem that I see, and I’m inviting you to look at the problem with me.” And it changes the dynamic.

And will this work every time? No! Your partner still might get defensive, your partner might always get defensive, but when you speak this way, you speak from a place of clarity and integrity, and when you speak from a place of clarity and integrity, not only is it clearer to the other person, but you actually get clearer with yourself. So even if you don’t get your wish, you can walk away and you can say, “You know, I’ve been pretty clear with my partner, and it’s still not happening, so what does that mean for me?” So it helps you to learn about the relationship.

Shohreh:

Yeah, ‘cause I also assume that sometimes there’s a compromise component to this, because you can say, “I need this,” and what if the other person can’t necessarily meet that need or doesn’t want to?

Liz:

Absolutely! Let’s say, I say, “I really need help in the house. I think we should hire somebody,” and my partner says, “We don’t have money to hire somebody. That scares me, but I need financial security.” [laughs] That’s actually a common one, right? I need this and the other person has an opposite need. And when that happens, that is a beautiful opening actually to talk about your needs together and to find ways to honor them both. But you can’t even get there unless you’re able to actually express that need.

So, yes, you might express it and the other person might say, “We can’t do that,” or, “That doesn’t work for me.” And that’s okay. People are allowed to say no, right? You then have to decide, is there something we can work on together? So, is there an agreement we can come up with that works

Redefining Health & Wellness

#59

Featured this episode: Shohreh Davoodi & Elizabeth Earnshaw

for both of us, or are we at total odds? And if we're at total odds, then what does that mean? So the more clear you get, the more you get to move towards these conversations that actually move you forward. Whereas if you have that shield on and you throw the spear at the other person, all they're doing is guarding themselves the entire time and you get nowhere. You just stay in the cycle.

So I think it's really important you brought up the fact that the other person might say, "No, that doesn't work for me," and that's okay. That's okay. But you have to be able to be responsive enough to each other to at least say, "Okay, if that doesn't work for you, then what can we do? I hear you on that."

And that brings me to your other question, which was, what happens with the person who is feeling defensive, right? The person who is feeling defensive has to work on being responsive instead. When we are defensive, we are not responsive [laughs]. We put our hands in front of our face and we're essentially saying, "I'm not letting anything in." Nothing that you're telling me is gonna come in. It's not going to impact me, I'm not going to hear it, I'm not going to do anything differently. Not only is it not going to come in, I'm actually going to catch what you tell me and I'm going to throw it back at you in some capacity, and that's where that ping pong comes in. So I'm not gonna respond to you, I'm going to just dismiss you and smack it back.

What you want to do instead is learn how to respond. And learning how to respond to a person who is complaining to you can be hard work, and it also can change the trajectory of your conversation immensely. So, you have your partner come in—and we're gonna use the dirty dishes again, it's my favorite example [laughs]—"Hey babe, I've noticed that there's

Redefining Health & Wellness

#59

Featured this episode: Shohreh Davoodi & Elizabeth Earnshaw

dishes in the sink when I get home, it makes me feel pretty annoyed. I need us to find a solution to that.” And you want to say, “How could you bring up the dishes at 10:00pm? I just spent the whole night getting the house together, I worked 12 hours today, and the last I looked, your car still needs an oil change.” That’s what you wanna say [laughs].

But instead, you take your armor off, you become more vulnerable by responding to the complaint. You might even think of it as like a customer service agent, right? Being able to say, “You’re right, there are a ton of dishes in the sink, and it’s pretty disgusting.” Saying something that short takes so much less energy than all the other stuff that defensiveness brings up, but it’s really hard. And it almost, in most cases, it almost immediately disarms the other person. If I complain to my husband and he says, “You’re right, I totally get why that would be a frustrating thing to see at the end of the day,” all of a sudden I can take a deep breath. Oh, you’re not gonna fight me on this? You’re not gonna bring up the oil change? You’re not going to tell me how lazy I also am? Great! You’re on my side.

So in a relationship you should let your partner know that you’re on their side. So I’m on your side here. I don’t want you to walk into a house and be pissed off, that’s the last thing I want. And then the conversation can move from there. So what John Gottman suggests is that you either take responsibility for your part, or if you truly believe you have no responsibility in it, which I would say is 2% of the time [laughter]—we almost always have some responsibility, even if it’s a little bit—then you validate. So taking responsibility might look like saying, “You’re right babe, I didn’t get to the dishes today.” Period. Validating might be, “I could see why working a really long shift and then coming home to a mess would be incredibly frustrating. I don’t want you to feel that way.”

Redefining Health & Wellness

#59

Featured this episode: Shohreh Davoodi & Elizabeth Earnshaw

Both of those are responsive ways to engage with somebody. And they don't punt it back, they don't prevent the discussion, they just kind of allow it. And if you can both work to shift criticism to complaining and to talking about your needs, and you can shift defensiveness to responding and being on your partner's side, imagining that the problem is on a table in front of you and you want to solve it too, then it's less likely that you actually get to the stonewalling and to the contempt.

Shohreh: Mm I love what you said about imagining that the problem is on a table in front of you, right, like it's a puzzle that the two of you are trying to solve instead of a battle where you're both bracing for impact and you're armoring up [laughs] because you wanna fight each other.

Liz: Yeah, I call it dodgeball. We don't need it to be dodgeball [laughs]. Like, you don't have to be throwing the ball back and forth at each other, which would be the problem, where you're bracing, like you said, for impact.

Shohreh: Yeah, you're partners in this, that's the goal—you wanna be partners in this instead of opponents.

Liz: Yes, exactly.

Shohreh: Easier said than done, of course, but you have given us some great things to think about in terms of how to do that.

Liz: Yeah, and it's really hard. And I suggest that you practice it in really small moments that aren't as hard, because in the big discussions it becomes harder. And also, that you give yourself permission to repair. So if you catch yourself being critical, just say it out loud. "Oops, I just caught myself criticizing you. I'm really sorry. I'm gonna try it again. I wanna say that differently. It wasn't nice for me to say it that way." Or, "I think I'm getting a

Redefining Health & Wellness

#59

Featured this episode: Shohreh Davoodi & Elizabeth Earnshaw

little defensive, let me take a break. I'm gonna come back, and then I want to hear you."

Repairing is just as powerful as doing it right the first time, because repairing shows that you have the self-awareness to notice when you get it wrong and to let the other person know. And that's really what relationships are, is a series of getting it wrong and repairing [laughs] over and over and over and over again. And couples that can repair, they do really well.

And I'm not talking about manipulative repair where you really harm somebody and then you kind of love bomb the person later. That's not the same thing. I'm talking about real, honest repair where you sit within your humanity and say, "Ugh, I really messed up. I'm sorry, let me try again." And that can be just as powerful as getting it right the first time.

Shohreh: I love the idea of being able to do that even in conversation, because I think some of us go into this conflict mode where we've reached this point of no return, where we're like, alright, it is all-out brawl, and, like, there's no turning back now. But in reality, at any point you can say, "You know what, this conversation is not going the way that I thought that it might. I'm sorry I'm acting this way, let's start over."

Liz: Yeah. One thing I suggest to people is to allow yourself to narrate your internal world in those moments. How many of us have moments where we are arguing with someone and we're actually thinking in our heads, "I need to shut up?" I have that happen all the time [laughs].

Shohreh: Yeah, same.

Liz: In my head I'm thinking, "Where has this gone? This is not going anywhere. I'm ridiculous. I need to stop right now." [laughs] But because I want to get

Redefining Health & Wellness

#59

Featured this episode: Shohreh Davoodi & Elizabeth Earnshaw

the other person to listen to my point, I won't stop. And I think that something that can be really powerful, whether you're in that position or you're in a position where you can't even start, you can't even express yourself at all, narrate that in the moment. Say to your partner, "I don't know why I keep talking about this, because I know it's not going anywhere good." Or say to your partner, "I have something I want to say, and it's not coming out."

Narrate all of that chatter that you have about the process, and let the other person know about that process, because actually, talking about the process of your conversations is more powerful than talking about the content anyway. And if you can start sharing that, what your process is in that moment, you create intimacy with the other person.

Shohreh: The process is such an important point to bring up, because so often the fights that we have are variations of the same thing, even if the subject matter is 'the dishes' versus the "oil change," because it's coming down to more base level issues in the relationship.

Liz: Yes, exactly. It's coming down to real issues with process in the relationship, right? Where there's something that's not going right with the way that you and the other person engage on things, and that's bubbling up as "dishes" or "oil changes."

Shohreh: So one process that I wanted to ask you about is this concept of bids for connection. And this is something that my own couple's therapist shared with me and shared about this idea of how you can turn away or turn towards in relationship. And that has really been instrumental in how I understand my relationship and what my partner needs from me. So I'd love if you could talk a little bit about that concept and why it's important.

Redefining Health & Wellness

#59

Featured this episode: Shohreh Davoodi & Elizabeth Earnshaw

Liz:

Yes, I can absolutely talk about that. Bids for connection is one of my favorite things to talk about, because we do them all day long and we don't notice. So bids for connection is essentially what we do to connect with other people, and we do them with strangers, we make bids with people at Starbucks, we make bids with our friends, we make bids with our family members. And what it is are these small moments where we want the other person to pay attention to us.

And what they might look like is just sharing something like, "Wow, did you just see that squirrel that ran by the window?" Or, "You made a really great coffee today, this is delicious." Or even making a noise, that's a bid for connection. So when people try to open a jar or something like that, and they're going, "Argh, this is really hard," mostly that noise is a bid for connection. They want the other person to look over at them, or to say, "Yeah, let me help you," or to say, "Yeah, I tried that jar last week, isn't that terrible how difficult it is to open?" But they're these little moments where we want another human being to respond to us, and this comes back to responsiveness again.

When we make bids, there's three ways that people respond. They either turn towards us, against us, or away from us. We want people to turn towards us, but often in unhealthy relationships we end up with people who turn away or turn against us.

Turning away looks like me saying, "Look at that rainbow outside, isn't it beautiful?" And the person just stays on their phone. They just keep texting. They don't even look up at the rainbow. They don't even act like I've said anything. So I hand them an attempt to connect, and they don't even put their hand back.

Redefining Health & Wellness

#59

Featured this episode: Shohreh Davoodi & Elizabeth Earnshaw

Turning against looks like me saying, “Isn’t that a beautiful rainbow?” And the person saying, “I don’t even see it. I don’t even know what you’re talking about.” And I’m not saying they don’t actually see it, but kind of shutting it out—“What are you talking about? That’s stupid. I don’t care about rainbows.” [laughs] So I’ve tried to hand them connection, and they’ve pushed my hand away.

Shohreh: Who doesn’t care about rainbows? Come on, people!

Liz: My person in my example! They’re very grouchy about rainbows, I don’t know why [laughs].

So when we encounter someone who turns away or turns against us, it feels really, really bad. And if you encounter it with someone who is not super special to you, so you try to make a joke with someone who is standing in line and they just keep texting on their phone or they don’t laugh, they turn against you, eh, maybe it feels kind of yucky, but you go on with your day. But if this happens with your intimate partner, or with your parent, or your sibling, or your friend, it feels really bad.

And over time, what will happen is you’ll actually stop making bids to connect. You’re not gonna tell them about the rainbow anymore, because you know that they either don’t care or they fight you on it. And when this happens over time, you can imagine, if somebody is not making a bid for connection anymore, well then there just ceases to be connection. And this is what it looks like when people stop sharing thoughts with each other, feelings with each other, and experiences. They just stop bidding.

For the person who turns away or against, they’re having their own experience, right? Either they are distracted, so that’s why they turn away, and we’re all going to do that sometimes. You don’t need to respond 100%

Redefining Health & Wellness

#59

Featured this episode: Shohreh Davoodi & Elizabeth Earnshaw

of the time, but you do want to respond like 80% of the time, right? So if you find that when your partner speaks to you or shares something with you that you miss it a lot or you get distracted, you wanna be able to work on how am I going to be more present in this relationship. Or, again, can you catch yourself and say, “I didn’t hear you. I just got distracted by my phone. Can you tell me what you saw again?” And that in itself is actually turning towards, right?

If you’re someone who turns against, it’s important to work on disagreeing or sharing your perspective without shutting someone down. A really common thing that happens with couples is someone shares a dream and the other person turns against it. That’s something I see the most with turning against. So I walk past a house on our walk, and I say, “I love that house! I wish I could live in that house,” and my partner says, “That house? We’re never gonna afford that house, what are you talking about?” That’s turning against. And if I say that to that partner, they’re gonna say, “Well, am I supposed to go along with something that we’re never going to be able to have?” And I say, “Yeah, you are!” [Laughs] And then there’s a way to later on talk about how you can’t afford it, but when people share their dreams with you, they don’t necessarily need to go enact that dream five minutes from then. They’re not gonna call the realtor and buy the house. But what they wanna hear is that you can respond to it.

So you can say something like, “That is a really beautiful house,” or if you don’t think it’s beautiful, you can say, “I could see why you like that house,” or, “Tell me why you like that house. What’s your favorite part of it?” When people make bids, they don’t need you to agree with them, they just need you to respond to them in a way that feels like you are embracing them, not pushing them away or ignoring.

Redefining Health & Wellness

#59

Featured this episode: Shohreh Davoodi & Elizabeth Earnshaw

Shohreh: So would another form of turning against then be the devil's advocate position?

Liz: Yeah [laughs], that's definitely turning against. It's definitely a form of dismissiveness, and whenever I post about not using devil's advocate, people are very defensive of devil's advocate [laughs].

Shohreh: Look, I am in a house with two lawyers, I know. We use devil's advocate against each other all the time!

Liz: I was raised by a lawyer and almost everyone in my family is a lawyer, so believe me, I know the devil very closely! [Laughter]

Shohreh: Oh yes.

Liz: I don't hate devil's advocate when it's used in a time that it's supposed to be used, right? If you're having a philosophical debate, [laughs] and you've set that up, and everyone is sitting in the living room and you've decided that you're going to be talking about some philosophy that you all differ on and you wanna use devil's advocate as a form of debate, go for it. Devil's advocate though is dismissive in terms of intimacy. And if you utilize devil's advocate in order to shut your partner's belief or thoughts down, or to get your own point across, it's turning against. And they're gonna stop trying to connect with you.

And it's always interesting to me how many people really defend the use of devil's advocate in intimate situations, because I believe if I asked them, "Can you tell me about a time that you really wanted to share something, or you were really excited, or really struggling, and the person responded with a hypothetical, or the person responded by debating you, what did that feel like?" I would guess that they would say it felt terrible. I came home and I told my parent, "Oh I'm so excited, I was just told by my job in

Redefining Health & Wellness

#59

Featured this episode: Shohreh Davoodi & Elizabeth Earnshaw

six months that they're gonna give me a great raise," and my parents said, "Well, but what if they're only giving you that raise because they're gonna add 20 hours to your work week," it doesn't feel good! That's turning against.

So learning to work on just being able to sit with the person in their experience, and being curious about it, and allowing them to have the floor for the moment. Because that's the other thing about devil's advocate, when you utilize it, you're actually making yourself center stage. And there's something in it that takes away the stage, the power, the moment, for the other person. And then you make them debate you while they're having an emotional experience. And it's just turning against, and people will stop sharing with you if that's all you ever do.

Shohreh: Yeah.

Liz: That's my spiel on devil's advocate [laughter], you can tell how I feel.

Shohreh: I am so glad you had feelings about it, because it is definitely something that I have had to work through. Again, when you have training like a lawyer or some other professions, it leaks out into your personal life, and it can be really hard to have that boundary.

Liz: As a couple's therapist, I've had many clients where one partner is an attorney or even both, and it is a very difficult training to step away from outside of the workplace. It's a very important training in the workplace. You have to use devil's advocate as an attorney. I mean, you're supposed to put hypotheticals out there, right?

Shohreh: All the time!

Redefining Health & Wellness

#59

Featured this episode: Shohreh Davoodi & Elizabeth Earnshaw

- Liz:** Yeah, you're supposed to peel apart what people are saying and catch inaccuracies. That's literally your job! And it's hard to step away from it outside of work. And there's nothing wrong with having the skill. It's a good skill in some places. But when it comes to intimacy, it really keeps people at a distance. And the same with any profession, right? Like, as a therapist, I sometimes need to be able to step away from my therapy [laughs] lingo, and it's hard. It's really hard to do.
- Shohreh:** Yeah, it turns out when someone writes you a love letter they don't want you to correct their spelling and grammar, huh! [Laughter]
- Liz:** Right! Is that hard for you to step away from? [Laughter]
- Shohreh:** Thankfully not anymore because I have been out of the legal profession for almost four years now, so I've been able to slowly get away from it. But my partner is still a lawyer, so these things do come up.
- Liz:** I love it! [Laughter]
- Shohreh:** Alright, well I feel like we have to talk a little bit more about boundaries because they are so important in relationships, and yet people really struggle to set them in romantic relationships. So what do you want us to know about boundaries?
- Liz:** Well, first of all, they're super important, and if you hear the word "boundaries" and you have an uncomfortable reaction to it, then pick another word, because a lot of people think boundaries mean putting a wall between you and the other person. And I could get why it sounds that way, so maybe use the word "transparency" instead.
- But essentially, boundaries are letting people know what you are and aren't okay with. So you're being transparent with the people in your life

Redefining Health & Wellness

#59

Featured this episode: Shohreh Davoodi & Elizabeth Earnshaw

about how they can have a relationship with you. And the hope is that they are also transparent with you, because it actually makes the relationship much easier.

Boundaries are different than ultimatums, so sometimes those two get confused, which is why some people feel uncomfortable with boundaries. Ultimatums are about taking choice away from the other person. So you're demanding something, you're threatening that if they don't do it, that XYZ is going to happen to them. With boundaries, both people get a choice. The other person has a right to say no, and then you have a right to either accept their no or end the relationship.

So with a boundary you might say, "I'm not okay with it when you ask me for money and you don't pay me back. I need you to pay me back. That's my limit. And I'm not going to give you any more money until you do." So a healthy boundary looks like offering the other person a choice. However, it doesn't mean that they get to make the choice and then you have to stick with their choice. For instance, you might say to someone, "I've already loaned you a lot of money, so I can't loan you any more money, and I don't want you to ask again." That person might still ask you again, right? They kind of get to choose that. There's no way you can prevent them from asking you again, but you've let them know that that's the boundary, and they get a choice there.

You, on the other hand, have to then decide, what am I going to do if they ask me again? So everything comes back to you. It's what you're going to do. So if they ask me again, what I'm going to do, is I'm going to tell them that from here on out I'm just not going to read their messages. Or from here on out I'm actually going to block their phone number. So you are making the choice with how to respond to their response to your

Redefining Health & Wellness

#59

Featured this episode: Shohreh Davoodi & Elizabeth Earnshaw

boundary. It's all about you and the way you're going to engage with how they negotiate what you've told them. So you're transparent, and then you're going to see how they negotiate with that.

An ultimatum would sound like, "If you ask me for money again, then I'm going to tell your mom how irresponsible you are." So it's nothing about how you're going to protect yourself, it's more about how you're going to punish them. So you're kind of threatening them that you have to accept this or this is going to happen to you. So the big difference lies within one is very external. One's about the other person changing, about threatening the other person, about demanding. And the other one is about knowing what you're going to do if they cannot accept your limit. And you taking your power back and being able to lean into that power by following through and making decisions that are good for you moving forward.

Shohreh:

And I also wanna say that boundaries can be incredibly unique to the relationship that you are in. And a great example of this is one of our past multiple time podcast guests, Erica Smith, she's been very public about this boundary in her relationship with her spouse, which is that they have separate bedrooms. And when she's talked about this online, there are some people who are like, what? You're married and you have separate bedrooms? Like, that's bananas! And she has said, you know, this is the boundary that I've set in my relationship that I really value my sleep, and I struggle to sleep next to another person, and this is something that works for us. So it can be whatever you want as long as it's what you need and what you've agreed upon in your relationship.

Liz:

Absolutely. And the beautiful thing about it is the other person gets a choice. So with this person choosing, saying, "I really wanna sleep in my own bed, 'cause that's good for me," their partner could have said, "No, I

Redefining Health & Wellness

#59

Featured this episode: Shohreh Davoodi & Elizabeth Earnshaw

don't like that," and chosen to move out of the relationship, right? I mean, the person doesn't get a choice to force you to do the thing you don't wanna do. So they can't say, "No, you're not allowed to sleep in your own bed, you must sleep in this bed."

But what they do get to do is they get to say, "Yes, I'll live in a house with you where we both sleep in our own beds," or, "No, that doesn't really work for me. I want a partner who is gonna sleep in bed with me." And again, if the person says, "No, I can't do that," then you get to say, "Okay, well, that's okay. You know, I get that you need your own bed. I respect your limit. I respect your need here. And my need's different, and I really need a partner who can sleep in bed with me, so I'm going to have to find a way to do that." Right? But in your example, they both agreed. They both made the choice to say, okay, that works for us. I can respect what you need here.

Shohreh:

And that's one of the reasons I think people are so afraid to set boundaries, is because there is this fear of, well, what if the other person doesn't agree, and I don't want to lose them.

Liz:

Yes, and that is a huge reason that people don't. Because the reality is, you could. And I don't like to sugarcoat that reality, but when you set a boundary that's truly transparent, you give the other person a choice. You don't control them. There's not a power imbalance anymore.

When you set ultimatums or when you withhold information, there's a power imbalance. You control. And when you stop controlling people, then there is a risk that they make their own choices and that the choice isn't you, and that's scary.

Redefining Health & Wellness

#59

Featured this episode: Shohreh Davoodi & Elizabeth Earnshaw

I would say it's not usually the outcome. Usually the outcome, if the person really does care about you and you're in a committed relationship, is that the other person wants to work with you. In most cases, if someone really cares for you and you say, "This isn't working for me. Here is a reasonable request," most of the time, the other person will want to come up with an agreement.

And maybe you both come up with an agreement. Maybe you say, "Okay, I get that. Maybe we'll sleep in bed together on Fridays, Saturdays and Sundays, and during the work week can I sleep in a separate room so I get the sleep I need?" But if you're not transparent about things, then there is an element of control, and there is an element of being able to negotiate and navigate things in a way that might keep someone around. But it might keep them around to your detriment, or it keeps them around to their detriment.

And so by stepping into being transparent about what you need, what you want, what you're willing to accept, you actually are being very loving, because you're granting someone full transparency about what the relationship actually is. And they then get to decide, is this a relationship that works for me too?

Shohreh:

And there's so much power in stepping away from this idea in our culture that when you're in a relationship you are one, right? You are a merged component of people instead of two individuals who are choosing to be in a relationship with each other. And I think when you take that control away, that's what you're saying. You're saying, I respect that you are an individual and you get to make the choices that you want to make, and I also get to make the choices that I want to make. And either we will get to continue forward doing that together, or if not, then maybe you'll have to

Redefining Health & Wellness

#59

Featured this episode: Shohreh Davoodi & Elizabeth Earnshaw

leave. And that will suck, but also, we're individuals, and that's just something that may happen.

Liz: Exactly. Yep. And again, it does suck sometimes, and it is hard, and the more transparent you are, the more you're going to step into difficult conversations. And that's hard. But, it reveals to you the reality of the relationship, and it's better to learn the reality of the relationship than to have to find it out later in a way that is not conscious and that was not by choice. So, I suggest as soon as possible in your relationships, work towards being transparent.

Shohreh: Mm. Exactly. Well Liz, I could literally talk to you for hours. You have so much good information in your brain that you're sharing here. If you could leave everyone listening with just one final tip that you think might help them have better relationships, what would that be?

Liz: A huge tip to have better relationships is to try to consistently remember that your job with each other is to honor the life of the other person. And when both people are honoring each other, when both people are working towards supporting the other person and having a life that they deserve, a life that feels good to them, the relationship goes much better. You're less likely to use the things that we talked about earlier. You're less likely to shut them down, to be disrespectful, to be unreliable, because you really want to work on showing love to the other person, which is honoring them, and in turn, expecting that they also honor you.

Shohreh: That was fire! Thank you for sharing that. So, for our final question, which I ask all of my guests, I want to know how do you define health and wellness for yourself at this moment in your life?

Redefining Health & Wellness

#59

Featured this episode: Shohreh Davoodi & Elizabeth Earnshaw

Liz: Health and wellness for myself right now, this is such a timely question because I've really been thinking about it [laughs].

Shohreh: Yeah.

Liz: For me, the entire experience of this quarantine has made me rethink what a healthy lifestyle looks like. And I've come to the conclusion that my life was very unhealthy before, because I was very busy. I was driving an hour to my son's daycare, an hour to work, an hour back to his daycare, getting home at 7:00pm, making like the worst dinner ever, cleaning a house, going to bed. It was just a hamster wheel.

During this quarantine I've learned to step back. I've learned to give myself more time and to not just fill it up. And I've really worked on having more internal boundaries with myself. And I talk about internal boundaries a lot, but those are the boundaries you have with yourself. So I've been telling myself, no, you're not allowed to schedule something on Mondays when you've already said that's the day that you take with your son. You're not allowed to skip dinner because somebody asked you to come help them with something.

So for me, health and wellness has been giving myself time and space to honor what I think is life at its most basic form, which is spending time with my family, eating, cleaning up my house, drinking water, and playing outside. And that has been what I've been trying to do as much as possible.

Shohreh: Amazing how sometimes it's just going back to those basics that can change everything.

Liz: Yep, and I was forced to do it [laughter]. Unfortunately I had to be forced. But I am committed to kind of keeping it that way.

Redefining Health & Wellness

#59

Featured this episode: Shohreh Davoodi & Elizabeth Earnshaw

- Shohreh:** Awesome. Well thank you so much for being here Liz, I loved this conversation. How can people find you and work with you if they would like to?
- Liz:** If you would like to find me, you can find me on Instagram @lizlistens, you can also find my private therapy practice at www.abetterlifetherapy.com, and if you're interested in joining a monthly membership where you get a new lesson in love every single month, you can find it at Love Lessons, and if you go to my Instagram page, the link is there—it's super easy to find.
- Shohreh:** Yeah, I'm gonna be joining the Love Lessons, because if this conversation is any indicator of the wisdom that you have to share, I can only imagine that that membership program is amazing.
- Liz:** Oh, I would love if you joined, that would be amazing. I'll send you a link! I'll just write you in.
- Shohreh:** Yes! Awesome! I'm so stoked.
- Liz:** Awesome!
- Shohreh:** Thanks again, Liz, for making time for this. I know that you're super busy, and like you said, you're trying to de-busy yourself, so it means the world that you would come on this podcast.
- Liz:** Thank you so much for having me. It was fun to talk to you.
- Shohreh:** And that's our show for today! If this podcast has taught you anything or helped you in any way, I hope you'll consider supporting me in my effort to keep it going. You can join my Patreon community and receive members-only perks by going to shohrehdavoodi.com/Patreon, or you can tip me for my work through the payment links located at the bottom of the show

Redefining Health & Wellness

#59

Featured this episode: Shohreh Davoodi & Elizabeth Earnshaw

notes for each episode. I would also encourage you to subscribe and submit a rating and review through your podcast provider of choice. I love hearing from listeners, so feel free to screenshot from your podcast player, post on social media, and tag me. Finally, if you're looking for more information on what I'm all about and how to work with me directly, head over to shohrehdavoodi.com. Hope to see you for the next episode.