

WSWB S4 E1 Transcript [Rough Edit]

Wife: [00:00:00] My sexuality belongs to

my parents in India.

The church is

America

and I got married and were belonged to

my husband. They met as teenagers at church. They married as virgins. They've been together for 10 years, two children, two professions, and they also have a decade of a miserable sexual connection.

The only area of our marriage we have ever had conflict in,

was sex.

And I

hated it.

It would make me miserable. I used to cry during sex and he was miserable

because

we were like, I want you to enjoy it

Husband: [00:00:33] early this year. She said, you know what, maybe the way to fix my sexuality is. To explore my sexuality.

Apart from you

Esther: [00:00:44] at her initiative, they opened the relationship.

Husband: [00:00:47] If this is what you need to be a full person, this is what you need to find, whatever you're looking for, then go and I'll figure out how to cope with that.

Esther: [00:00:58] And unexpectedly sexuality between the two of them has been more lustful fun.

Connected and intimate.

Wife: [00:01:07] I mean, our sex life is better now than it has ever been in our marriage. Like it is a dream come true for both of

us, but not without its problems.

Husband: [00:01:16] It does come with a price, the prices and knowledge that my wife has sex with other

people.

Esther: [00:01:31] So you meet at 12. You marry at 2222. And you were first for each other?

Wife: [00:01:43] Yes. Yes. Every

Husband: [00:01:45] first dating versus boyfriend, first girlfriend

Wife: [00:01:48] person, we held hands with, I mean, first everything

Esther: [00:01:55] and with the permission of the church. No,

Wife: [00:02:02] no, no. I'm very, very, very oppressive religious environment. And that fed and bled over into our families a little bit.

My parents were very, very afraid because for starters, I married outside of my ethnicity and they weren't expecting that. I had some really racist family members, um, extended family members who would. Make a lot of comments about how African Americans were a bad idea, more prone to divorce, more prone to leave me with a bunch of kids.

I didn't want

Esther: [00:02:39] you family background was one

Wife: [00:02:41] Indian. Yeah. Um, you know, the religious beliefs that we grew up with, or you date one person that person needs to be the person you marry. There was a whole true loves weight, purity, culture, um, phenomenon that. That we were very much in and I used to stress and stress and stress about the finality of it all.

Like how do you know that your,

Esther: [00:03:09] it, let me ask you something the doubt about this is because you never had another. So how could you know, or the doubt is also, um, I basically did what I knew I should. And therefore, I don't feel like I own it as, this is what I truly like.

Wife: [00:03:32] None of these choices ever felt like my

Esther: [00:03:35] choices.

How does it apply to sexuality?

Wife: [00:03:38] Oh, my sexuality has never been mine. It wasn't until this year that I actually, and that was part of

Esther: [00:03:44] the state. It hasn't never felt like it was used because.

Wife: [00:03:51] It was other people's rules, other people's definitions that shaped everything

Esther: [00:03:57] growing

Wife: [00:03:57] up. You know, I grew up abroad and I actually think I had pretty awesome rebellious mom who didn't want me to grow up to be what all of other women in my country are expected to be.

Esther: [00:04:13] And the expectation was

Wife: [00:04:15] to be demure and to.

Conduct yourself with, with, um, submissiveness in some ways I was never that way I was loud and a tomboy and very opinionated and very, very curious. And, uh, and then the church has their own much more rigid. It wasn't family that was as oppressive for me as a religion was if I wore a tank top. Which I did to youth group one time in rebellion, because I was like, why my shoulders are going to make somebody else go to hell or somebody else sin.

And I'm like, are you kidding me? I did. And, and the immediate consequences and immediate shame and immediate pushing to the margins where I realized like, um, as long as I believed in that construct, my sexuality was nevermind. I remember hitting puberty and a sex drive and libido showed up that I was blindsiding.

Um, and nobody else around me seemed to have that problem. And so I would sneak watching, you know, erotic on late night TV. I would spend a lot of time in the shower with a, you know, a handheld shower head and just so much shame because.

Husband: [00:05:45] Yes. Not to the same level. So why,

Esther: [00:05:48] um, why do you think that she can say, you know, my sexuality belonged to my Indian culture, then it belongs to the church.

Then it'd be knocked to you. It belongs to all these other institutions, marriage, religion, family. You get to see messages that you don't have the same inner turmoil. I

Husband: [00:06:17] didn't get the same level of shame that she did. No one told me what to wear. Right? No one tells boys don't wear that because you're going to Tim, the girls.

So no one told me you're going to corrupt her. By dating her. We did have the same rules of no sex before marriage. Um, you do need to date the person you intend to marry.

Esther: [00:06:50] You need to marry the person you intend to date.

This conversation really highlights the complexity of the paradynamic around sexuality. On the one hand, women are the mirror differential submissive. They have no say they have to cater to the men. On the other end, they have the power to corrupt the power to seduce, to tempt by their sheer appearance.

They will deflect him from his more honorable pursuits. And this two sidedness of femininity to virtuous and Vixen is really what is being told here by these two people, David spent the same 10 years in the same religious school and each one had their shaming, but it's a different imprint.

Wife: [00:07:40] I used to beg him.

I'm like, let's just have cycling what the heck is going to happen.

Esther: [00:07:46] But that ardor, that intensity of desire. That you had when it wasn't allowed, did it come with you when you got married? Well, so I spent

Wife: [00:08:00] four or five years that we were dating, trying to shut it off and doing everything I could to shut it off.

And it worked and I never recovered that. I became really angry, I think, deep, deep, deep down. And it

Esther: [00:08:20] kind of got. Layered over the anger sinoid. Sorry. Okay.

Wife: [00:08:31] Why? This is bothering me now?

Esther: [00:08:35] How could it not?

Wife: [00:08:43] Aye. I just hated being alive.

Esther: [00:08:47] It felt like.

Wife: [00:08:51] like life was just this uphill, never ending struggle. And the only way to survive it

Esther: [00:09:05] and to not

Wife: [00:09:06] have it get worse was to be anything but myself. I think my whole personality was just in antithetical in some ways, too. The way I should be if I wanted to be happy and the sexuality, I think it was a bigger part of it than I realized.

And then we did get married and to flip that switch. Oh my God. It was impossible. It was impossible to go from, you know, um, almost 10 years. If we look at when puberty first hit too. 10 years later going, Oh yeah. Now I want it all the time. I did it. And everything about sex was scary and

Esther: [00:09:53] overwhelming. It was, we actually

Wife: [00:09:57] saw a therapist cause I was like, is there something physically wrong with me?

Because I can't tell the difference between pleasure and

Esther: [00:10:02] pain. In what sense?

Wife: [00:10:05] There were times where. If he was touching me or kissing me, the, the sensation on my skin felt too much

Esther: [00:10:12] felt overwhelming

Wife: [00:10:14] and felt jarring. And I couldn't figure out why it fed this, this frustration that I felt like just kept building up and would show up in other ways,

Esther: [00:10:30] how the anger.

Wife: [00:10:34] Show up

Esther: [00:10:36] and the nice man became the receipt

Wife: [00:10:41] punching bag

Esther: [00:10:42] of something. Totally.

no,

Husband: [00:10:53] I, I knew, I know she was angry was, is angry.

Esther: [00:11:02] You were not puzzled by her lack of interest, lack of response.

Husband: [00:11:07] I was affected by her lack of interest. Lack of

Esther: [00:11:10] response. I mean, I'm happy you have good denial, but there's a limit.

Husband: [00:11:18] I don't think she was angry at me.

Esther: [00:11:19] No, she wasn't angry at you. She was angry period at all.

The repressive. Systems that she had to face, but you were the recipient

Husband: [00:11:31] of it. Yes, yes.

Esther: [00:11:34] Yeah. And I mean,

and

Wife: [00:11:35] the anger was, it was so hard to nail down. I was angry at the sexuality and my own identity within that. I was angry at the financial consequences of just the life we had. I mean, we were

Husband: [00:11:49] not only our kind of first generation successful marriage.

First generation

Wife: [00:11:57] college graduates. Yeah.

Husband: [00:12:00] We have a lot, so much school debt.

Esther: [00:12:04] And right now you have the debts. Yes. You have the degrees. We

Wife: [00:12:09] do. We have my parents

Esther: [00:12:11] have your parents. You have your children. Yes. And you have tremendous strengths. You have tremendous resources and strengths and you have each other.

Wife: [00:12:26] I know it, this life taken out possible without him, by my side. There's no way

Esther: [00:12:35] you're taking the same

love for you. Okay. Well, you don't get emotional very often

just taking it. Because in the last month she's been talking so much about other men that you don't even know enough about how important, special, and an anchor you are in her life. It's gotten a little lost

she couldn't even begin. The explorations that she's on. Hmm. If this wasn't an established, stable, safe Harbor,

Husband: [00:13:36] she said that she said that a lot, part of me makes me feel when I hear that. Thanks for the last decade. Thanks for the past. That's the past new men are my future. I'm going off on my own now.

So I know it is valuable. A part of me feels like it's a past and it's done,

Esther: [00:14:12] even though she comes back. To the relationship and to you and brings and shares with you, what she's learning and discovering.

Husband: [00:14:26] Yeah. It's I mean, that's

Esther: [00:14:28] good

Husband: [00:14:29] also that doesn't eliminate,

Esther: [00:14:34] I get it.

Husband: [00:14:35] The other feeling

I guess there's a lot of questions that come with it. Is it. Okay. Do you need me to watch the kids while you go with the other guys? Are you appreciative that we have this 10 years foundation and now we have a house in kids and now you can go play with the other guys. Hmm.

Esther: [00:15:02] So you,

Wife: [00:15:03] you wonder if you're a convenience?

Husband: [00:15:06] Yes. Am I here to be stability for you? Bye you go have fun elsewhere.

Wife: [00:15:18] So one of the things we talked about before any of this started was the boundaries and the, the kind of irregular the, how do we regulate? What role these other relationships?

Esther: [00:15:37] Hmm, wait a sec.

Stay with him for a

Wife: [00:15:43] moment instead of wanting to fix it. That's hard.

Esther: [00:15:48] Well, interestingly, because you come with such an institutional backgrounds, you answer in institutional terms, even the way you just walked in, you know, you came and you say there is. India then there is the church, then there is marriage and now there is polyamory.

It's just the next institution. And I'm not sure that is very helpful. Yeah. Sometimes it's better not to name. The framework so that people can actually explore without the repercussions of heavy loaded terms, monogamous polyamorous. In this instance for this couple, these two words have become so antagonistic that they feel that their relationship made vanish because of it.

These two people have no desire to split up, but if we need to find a way to experience freedom, that isn't hurtful to the other and acceptance that isn't a betrayal of oneself. And you can tell that this in itself is new for them. And so he's writing away furiously trying to capture the words that I, myself am only sketching as I try to make sense of their dilemma.

Instead of talking about sexuality and what has happened to sexuality for you and in your marriage, we're busy talking about a transition from monogamy to polyamory. From one institution to another. And for somebody who has been fighting institutions, you are them loyal to them.

The fact that there may be elements of that doesn't mean that you have to start to think in this either or fashion that creates a kind of a binary between the two of you. You know, one person's happiness is the other person's misery one person's exploration is the other person's commodification becomes the caretaker, the parent, the useful guy, the other ones are the funny guys, the ones with whom you have meaningful transformative experiences, you're going like this with your head the whole time, which one of those words is the ones that

Husband: [00:18:16] are meaningful transformative experiences,

Esther: [00:18:18] right?

Every relationship has to straddle security and adventure, right? Fun, instability, familiarity, and exploration. And what I'm hearing you say is it sucks to know that I become stability and reliability and the anchor, but the waves are somewhere else. And I want to ride the waves with her too. So we're going to have to enter the labyrinth together without naming, without labeling anything, just simply make sense of what's happened.

And then we'll see if there are tags that we need to put on this or not.

Okay. What has been the sexual. Relationship between the two of you,

Husband: [00:19:17] as soon as we got,

Esther: [00:19:20] yeah.

Husband: [00:19:23] We've been following all the rules and not having sex.

Esther: [00:19:25] Right. But you were drawn to each other, painting all the time, kissing all the time, you know, playing at the borders, loving the ambiguity of it all. The notion that one hasn't had sex, because one hasn't had intercourse is an outdated notion that no longer reflect and maybe never reflected how we behave, how we feel toward each other, the erotic energy that two people can share in the midst of the denial of the act.

What switches afterwards is that they have the permission for the act of intercourse. And the sexuality becomes narrow down to the act and the energy vanishes being sexual is more than just having the act of intercourse, insects. We have got to broaden the definition.

Wife: [00:20:18] We, when we would talk about like, what the heck should sex be?

Can you just tell me what it should be? Because if you ask me, I don't need it. I could go the rest of my life without it. And it'd be fine. Um, so since we, since we're here, we're married,

we must have sex. What is sex to you? What is good sex to you? And he would always say the thing that you want guys to say, which is I wanted to, I want, I want you to feel pleasure.

I want to know that I can pleasure you and eat what stressed me out so bad. Cause like, I don't even know what that means. I have no idea what that means. Um, I remember something he always wanted was to go down on me and it was traumatizing

Esther: [00:21:05] and now I love

Wife: [00:21:07] it. I love it.

Esther: [00:21:09] He's a big

Wife: [00:21:10] tastic lover.

He really is. It was amazing. And

Esther: [00:21:22] the same behaviors, the same touch that felt so violating. Yes. Feels intensely pleasurable. Yes. That should tell you something, you know, To me, that is so powerful because in some interesting way, what it speaks to is that it is not about the sexual activity behavior touch itself since the same movements of him, the same touches of him that felt so.

Violating is now such an intense source of pleasure to sex is not the issue. Yeah. Yeah. The context of the sex is the issue. The meaning you gave it has fundamentally changed what I'm imagining when I felt that this is something I have to do. Because I'm your frequent wife, because now it's part of the should, because it's still part of that institution that imposes it on me.

I experienced the whole thing as a violation, as an oppression, but now that I considered myself an emancipated free autonomous, sexually liberated woman who went and explored her own sexuality elsewhere. And I feel like I own it. You can do all of this to me. And I love it.

Wife: [00:22:56] My God. I don't think I've processed

Husband: [00:23:00] at all

Esther: [00:23:03] to come up with the idea of exploring elsewhere.

Wife: [00:23:07] It had always been in the back of my mind. Um, what happened was I got off birth control and, um, I got off birth control because I was trying to find any key, any solution to help alleviate depression and anxiety and all my goodness, the physical. Libido came back and I couldn't control that. It felt like going back to being 14 years old, it started with just going.

I letting myself go back to, I wonder what it'd be like to kiss other people.

Esther: [00:23:40] What's interesting about the thoughts may not just be the particular nature of those thoughts. But it's the fact that you allowed yourself to have thoughts with themselves, the expression of finally owning your sexuality? Yes.

By peace, if you own it. Oh my goodness. Then you're not just experiencing it as a subjugation and a submission, which I think was your first sentence when you walked in. Yes. This is as much a conversation about sex and sexuality, as it is a conversation about power.

Wife: [00:24:22] Say more of their

Esther: [00:24:24] ownership is a power. It's a redistribution of the power, by the way, he never had a sense that he owned it and it wasn't as bad. This is your shtick to really clear. This has nothing to do with you. In her case. Freedom is generally in the territory of the forbidden. Yes. What's free about doing what you're allowed.

Correct. When I wrote mating in captivity, there were a number of questions that guided my entire exploration on the nature of erotic desire in longterm relationships. And one was why is the forbidden so erotic? It's not just because it's forbidden and transgressive and therefore it becomes a luring it's that in the forbidden lies the freedom and the autonomy.

Yeah. If she comes home, This new found woman and brings all this energy to you that tells me that the problem wasn't you or her connection or disconnection or lack of attraction for you, but the way she was trapped inside, otherwise people don't come back to their partner with it. They are confirmed that indeed.

There's something that they lack visa with their partner that they can experience elsewhere.

Husband: [00:25:49] How do you know she won't with her next partner? Oh yeah. That's better than you. There are some ways in that I already feel replaced texting.

Wife: [00:26:09] Oh my God. I swear to God.

Esther: [00:26:11] So. You

Husband: [00:26:14] can say, I don't want to replace you.

You're still my best friend. However, when we are together,

Wife: [00:26:27] the

Husband: [00:26:27] first thing you do when you wake up, the last thing you do when you go to bed is check your text messages a lot of time. When we have family time, one time during sex. One time while I was putting on the condom check the text message. And so it is not only in my head, that attention is being taken away from me and applied to other people.

Esther: [00:26:58] But

Wife: [00:26:59] what I've told him is

Esther: [00:27:01] after about him,

Wife: [00:27:02] what was that

Esther: [00:27:03] about him? Oh, because you knew at this and he may be onto something. True.

There's real learning here. There's jealousy. There's competition. There is needing reassurance. There is you're needing to make more efforts towards showing how much he is important rather than spend your time in her asking him to adapt to the importance of others he's stretching far and beyond. Yes. If he says, you know where you're texting others, this comes from that place that now says, you know, I used to know that I'm the only one in number one.

Now you tell me I am still number one. I'm certainly am not the only one, but I don't always feel enough. Number one,

Wife: [00:27:56] I feel at a bit of a loss on how to

Esther: [00:28:01] help. The first thing would be to switch the narrative from. The discovery of my polyamorous site too. I'm just so happy. I found a way back to us instead of putting the emphasis on what you found elsewhere.

It's, it's what elsewhere has allowed you to actually experience with him who doesn't want to come back to the place that gives you security and freedom at the same time.

Husband: [00:28:36] if I went, okay, listen, sex. Isn't working between us. I'm going to go look for someone that makes me happy. That makes me feel more like a man. Wouldn't that choice increase chances of breaking up the marriage. That's kind of what this feels like. I'm going to go look for some. When some inexperience that makes me feel more like a woman, but

Wife: [00:29:06] I'm not looking for something because you didn't fill it.

It's not like I'm going, Oh yeah, I want it. I want someone who does X, Y, Z, because you don't.

Husband: [00:29:16] So you're not looking for someone that does X, Y, Z. What if you find someone?

Wife: [00:29:22] My heart is completely in. I don't want anything compromising us, but what I need you to do. It's to trust that it's not freedom without you.

The freedom isn't to leave you and pursue others. It's to hold your hand while I get to experience

Esther: [00:29:42] more, say that again, the freedom

Wife: [00:29:46] isn't about leaving you behind and running away. The freedom is about doing this with you. I still want to be tethered to you. And sometimes that means running around and enjoying new experiences.

And sometimes you can come with me sometimes mean you may not want to, but at the end of the day, I'm still connected to you. But I do get to this room to be able to explore. I don't know if that helps.

Husband: [00:30:18] That helps

Wife: [00:30:19] what helped.

um,

Husband: [00:30:24] what she made you repeat

Wife: [00:30:26] the freedom.

Husband: [00:30:27] You're not running away. You're trying to hold my hand and explore.

The exploring still

Esther: [00:30:42] hurts. It

Husband: [00:30:44] feels like I'm a horse in the

Esther: [00:30:48] stable.

Husband: [00:30:50] And she comes along and says, Hey, I want to come ride you now. Great. I love being written. Let's go. Okay. Thanks for the ride. Go have fun riding the next horse.

And the next day is another horse the next day and another horse. And

Esther: [00:31:09] there's so much to next day, up

Husband: [00:31:12] to twice a week was our agreement. And how often does it happen? I don't, I don't count twice a month. Twice a month used to be. I was the heart. You are my horse. I'm your horse. Yeah. We love each other we're horses.

Esther: [00:31:26] Yes. But when you went to a horse, she didn't ride you off. Some,

Husband: [00:31:32] we, we have better sex. You have more sexual, a better sex. Unquestionably.

Esther: [00:31:38] Are you more connected? Not just what, what do we mean here? When we say better sex, what's better in your mind.

Husband: [00:31:49] It's more passionate. It's more intimate. There's more freedom.

Esther: [00:31:53] Okay. She's

Husband: [00:31:56] into it. It's not a duty.

everything I imagined sex to be. The church has no sex until marriage and in my head was okay. As soon as we get married, we're going to have awesome sex. And everything that I imagined the awesome sex to be is here in our sex life. And so she asked me all the time, is it worth it is me going out with others?

Esther: [00:32:31] That's a terrible question.

Wife: [00:32:33] I told her.

Esther: [00:32:35] No, that's okay. That's so what would I replace it with?

You are constantly trying to justify what you're doing. Yes. If you do that and you're not free,

the best you tell him. I'm so pleased by what's happening between us.

The difference in the models is that when you were the only one, the mother was based on exclusiveness. Yes. And exclusiveness is everything that cannot happen elsewhere. That is unique to us. Yes. What you're switching to now is a model that is based on specialists. You know, the exclusiveness doesn't tell you anything about the quality of the interaction.

It just creates, it just emphasizes the boundary.

Husband: [00:33:29] That's what I think I've said is that. There's kind of, there's two different types of specialists. There's special because of X it's exclusive. Now she is trying to convince me we're special by degrees. It's I'm not the only one I'm the most intimate or I'm the most special.

Wife: [00:33:56] And

Husband: [00:33:56] I understand that, but there's a sadness at the loss of the exclusive specialist too. I'm one of the horses in the stable now. And maybe I'm your favorite horse? Right, but I'm one of the horses

Wife: [00:34:08] hate this horse. Like you're one of the, you're not one of the guys like it. If it would be maybe one of, if I had multiple lives built with multiple men and we had children together and plans together and dreams together, then maybe, and how the hell somebody would manage that is beyond me.

You are not one of anything. You are the only, there is no one else who has. Your role in my life. There is no one else who I feel about the way I feel about you. There's no one else I've committed to. No one else I've built with fought for fought beside, like, there is no one else. I hate hearing the horses in a stable thing.

Esther: [00:34:47] I want you to hear that. she's been trying to say this for awhile.

That doesn't mean to take away the jealousy or the fears or anything. Those feelings are normal, but you also want to hear what she just told you because you are trapped in a, I've lost my place and I've lost my youth, my exclusive role. And now I'm one of many, and I'm interchangeable.

Wife: [00:35:21] Yes.

Esther: [00:35:23] And she's trying very hard to tell you, you are not here's this woman who was coming and finally freely giving herself to him, but because she got the juice somewhere else, he would rather live as a King of a desert than a Prince of a fertile land.

This is the trap that men are.

Husband: [00:35:46] It feels like there's a cap on my happiness.

Esther: [00:35:52] I

Husband: [00:35:52] can, I have a new, I've been I'm six months into a new job and my boss can give me a great review and say, I'm, I'm randomly going to give you a raise or you're

doing really good work. And I get really proud of myself. I think about my wife sleeps with other men. And so there's this, this cap on my happiness.

I don't feel wrong. Just

Esther: [00:36:16] the motives.

Husband: [00:36:18] Demoted and

Esther: [00:36:22] enlisted women. Does it play itself there too?

Husband: [00:36:31] That is certainly I've. I imagined maybe other people might think in my situation,

Wife: [00:36:37] but you don't.

Husband: [00:36:38] I don't, there's a little thought of. Okay. What kind of man, let his wife

Esther: [00:36:49] do this, what I was thinking

Husband: [00:36:54] and the response to that is she's not yours to own, so that thought doesn't stay, stay around.

Wife: [00:37:04] But you've also said on the same vein, um, pan, we bumped heads over one statement, he would say, which is, I don't like sharing you. I'm like, I'm not yours to share. And the owners and I've told him that I'm like, I feel like this is more the controlling.

Esther: [00:37:20] And instead of responding, I'm going to give you different responses a little bit, because.

It doesn't mean there's no validity to what you say, right. Just sorry, if you say, you know, he already said it, she doesn't belong to me. You know, you're having conversations with patriarchy, you know? Yes. But you can also say, you said generous. I think you, I love you ever more for it rather than, you know, have another discussion with the institution.

Talk to your husbands. To me, this is less a story of monogamy and certainly not of polyamory as it is the story of how did this woman go about finding a way to find a lead for the first time in her life, connect in a full way with her own sexuality and come to her husband as a desiring woman.

Wife: [00:38:25] But

Esther: [00:38:26] at the same time, it does create in him, you know, old feelings. Am I a pushover? That's not a new thought. Am I kind, or am I stupid? You know, that's an old question for you and it gets evoked here. I think. Yeah,

Wife: [00:38:47] I did not know

Esther: [00:38:47] these

no,

Wife: [00:38:53] he's

Husband: [00:38:55] kind, am I stupid? That's a good way of putting it.

Esther: [00:38:58] What words do you use?

Husband: [00:39:01] Am I a pushover and I would have, and it probably would have stopped there. Am I kind, or am I a pushover? Am I, or am I kind of where my weak link?

Esther: [00:39:10] Yes. I think that that's an old question. Any in this situation. Understandably.

So, yeah. And don't squelch it.

I would hate it if we try to have this conversation and just with a nice bow tie, it's done, you're in the middle of something. You need to be very active, proactive, and careful so that you don't take your enthusiasm and it overrides everything. You try to listen to him and not to constantly bring it back to you.

because you have a hard time knowing that you are the cause of some of the feelings. So you want these feelings to not be there. They are. They're normal. They're there. They're part of the story and make room for it. Just don't compare yourself to a horse. This is a work in progress. Like your marriage is, it may not be your destination.

It may be a stop on the road. The truth is that she doesn't know. She can say it's done wonders. I don't want to leave you it's because you hold my hand that I feel the strength to explore elsewhere. It will only bring good to us, but to truth is that she cannot promise this. So his fear is legitimate and he cannot be the only carrier of that fear.

He cannot be the only person who holds the vulnerability that comes with that change. What happens when we want to convince somebody to move over to our side is that we only want to give them the mirror of all the great things that come with our choice, our decision, what we stand for. If we are able to speak about the positive and negative aspects of our choice, then it lets the other person off the hook of having to only speak about the dangers and the risks.

They both need to be able to carry both sides.