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## SUMMARY KEYWORDS

relationship, couples, jeffrey, abandonment, therapy, tony, howard, scott, seminar, find, feel, deal, lover, door, wonderful, work, listening, late, healthy, talk

## SPEAKERS

Jimmy Carper, Howard McHale, Scott Lewis

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Howard McHale 00:01

Yeah, let's use the door thing that's easy to look at. It's real clear. It is real clear. I'm never going out with you again, though. So don't get any ideas. Was it look like he should spend 12 or 1316? The door handle it. He's got a learner's permit. With a bicycle, there's no door. Go ahead. All right. Can we talk about the door?



00:31

Okay, so you're you're into this relationship with James six months into it, you find out that you're really missing, having somebody open the door for you, right? So, Howard, your question is, do you just sit on that? Let it go? Or what do you do with it?



Howard McHale 00:47

Yeah, I mean, well probably was do or you just say, Hey, I'm just being unrealistic. That's what I would do. Well, you



00:53


can do either one and probably screw up the relationship. There was the word I'm sorry. They warned me over lunch. So you can get the FCC to jail. Right? Right. Well find a relationship jail.



01:12

So chances are if you ignore it, if you're right, it is going to just eat at you forever and ever and ever. However, if you can recognize from the very beginning that the door deal is yours, and not his at all. So when you want to talk to him about it, you the easiest way I think, which I

learned from Bruce is simple. My lover, my wonderful lover, in fact, is, the easiest way to do this is just to acknowledge upfront that you understand that this is your issue. You say, Hey, Jason, this is really crazy. And I know this is about me. But something about you're not opening the door far has been for me is really, really eating me.

 **Howard McHale** 01:51

Would it be wrong to ask an open door? Say, Hey, I'd like to open the door for me. But isn't that isn't that now controlling someone else? Is that knock?

 02:00

Howard? Wait, okay. All right, just cool. So if you leave it alone, and if you leave it open and talk about it, probably what you're gonna find out over time, is that if we, if we talk about it, Scott, we're going to find out over time that it having somebody open the door for you means something to you, that's important, it may mean that that you want to know that he's more attentive to you. You may mean, it may mean that you want to know that he's thinking about you. It can have a million different meanings. And I don't know if you know, what it means for you


 **Scott Lewis** 02:34

is attention. It's a finish finish,

 02:36

okay. So if you get to talk to and then you say, you know, I know this is my deal, and having you open the door for me would mean that that, that I would feel more attended to you by you more cared about. That would be really, really nice for me. Now, at that point, what happens then is that he starts to know that you have a greater need for attention that you'd like to be fussed over a little bit. And probably, if he's pretty together, guy, he's going to say, hey, if that's all it takes for you, man, I can do that. If that would make you feel a little bit better, I can do that. But if you jump in and say how, if you jump in and say, Look, I want you to open the door for me, the guy may open the door for you, neither one of you will ever know what it's about. And getting the door open for you won't meet the need for very long. So you'll start to this from among other things, Scott, you'll start to discount it, you'll say you're only doing it because I asked you to. But if you've both gotten really clear that this isn't an issue about your wanting more attention than you're getting, then you probably won't, you won't have to fight over it. It'll be clear to both of you. And he's to keep in mind that this is a man who loves you really wants you to have what you want. He's in a relationship with you because he thinks you're wonderful. And he's probably going to be willing to give you a lot of things if he knows what it is you want. Asking, interestingly enough, just asking for behavioral things seems not to address the underlying emotional issues.

 **Scott Lewis** 04:07

 Scott Lewis 04:10

So you're saying it's important to communicate your needs, but not to just kind of generically communicate your needs. In other words, I want you to open my door. But to say it would, you know, it would make me feel good, it would make me feel important. It would make me feel special. If you open the door for me, you would feel like you were paying attention to me. And that's important to me something like that is the way you should communicate. I think

 04:37

some version of that. But I think one of the things that happens in relationships is that you have to find a way really, really early on in every discussion to disarm any sort of defensiveness that's likely to arise. So if you simply walk in and say I want you to open the door for me, you don't pay me enough attention dadadada da, then instantly this poor man so you'll and criticized he's feeling like a major failure as a lover. He's although he's been trying really hard to do everything he knows how to do. And he wonders, by the way, why you're harping on opening the door when he brought you flowers. Last week, he took you to a concert on Thursday, a thought dinner party on Monday. And he cleaned the house and walked your nasty dog. He can can you're on his ass about opening a door. Come on, give me a break. And then the guy's got to wonder what's going to happen, what you're talking about in the first place. And that's just like a shot in the dark. He has no idea what's hitting. And then the other part of that, I think, is that if he's been trying that hard, and he probably has been, he's probably going to think this man is absolutely impossible to please no matter what I do, he's always going to find something else. And after a while, he's going to say I'm sorry, you're gonna have to find a better lover than me. I can't make you happy.

 Scott Lewis 05:56

And possibly I'd be the first to admit possibly I like nitpick and look for things because I don't want to get involved because I'm I'm afraid of, you know, getting hurt again.

 06:05

I think that's really really good stuff that you can kind of acknowledge that right here on the radio.

 Scott Lewis 06:10

Acknowledging that I can also let you know that you're listening to Scott Lewis and Howard Big Daddy McHale on after hours a continuing tradition on KPFT Houston and KEOS College Station, Bryan, were with Tony Carol. We're going to take a little break and come right back after this and continue when we come back. We will take your phone calls at 526-573-8526 KPFT. You can get in on the conversation and ask about your screwed up relationship too.

 Jimmy Carper 06:36

We'll be right back that's Jimmy Somerville. is brand new single a remake from the old

Supremes. Isn't that nice? And how about a brand new one from Boy George this is off his brand new CD, cheapness and beauty and you're listening to it on after hours queer radio with attitude right here on KPFT Houston, and KEOS College Station Bryan Yes, Boy George with a brand new one off of his new CD, cheapness and beauty. That one was called same thing in reverse. And with me, is Scott and Howard. Yeah.

H

Howard McHale 07:27

Like I was telling you. I don't think he'll be it'd be playing that song.

S

Scott Lewis 07:33

Remind you You're listening to Scott Lewis and Howard Big Daddy McHale on after hours of continuing tradition on KPFT Houston, 90.1 FM and 89.1 fm KEOS College Station, Bryan. Where Where? Where? Is it syndicated? Or where? multimarket now,

H

Howard McHale 07:53

can I tell you something? I touched on this the last show I did when you weren't here that we have never gotten a call from College Station? No, we have you ever. How do we know they're actually they can hear us out there? I don't think they can hear me. Did they? They can hear us?

J

Jimmy Carper 08:06

Oh, they can they can't you know, they've people from College Station have called in on other shows that I've worked on.

S

Scott Lewis 08:12

They just don't we're just too rambunctious.

J

Jimmy Carper 08:14

I'll go to sleep. They're in shock. Howard. Just listening to you and Scott, they're in shock.

H

Howard McHale 08:23

The Odyssey is that even be more shock?

S

Scott Lewis 08:27

526-573-8526 KPFT. If you're listening, you can get in on the conversation. Just give us a phone call. And we will facilitate your question. I want to talk now about the two types of people that seem to be in relationships. People who have fear of abandonment and people who have a fear of engulfment. I have an incredible fear of abandonment. And will to the point that if someone is almost just a few minutes late for a date, or or doesn't show up for a date doesn't call doesn't call when they say they're going to call. I go insane. Absolutely insane. Why? And what do I do about it?



09:17

Wow. Well, let me start. Kind of go back a little bit



Howard McHale 09:21

about you Sure. Okay, it's not two hours. If you keep in



09:25

mind that all of us are keep laughing, Jan.



Scott Lewis 09:31

All of us, keep you here.



09:34

All of us have one great need and that is to feel safe. And seems like half the people in the world have a sense of feeling safe by being very, very close to another person. The other half the people in the world seem to have a sense of safety by staying distant. And I think we have both of you in the room right now. What are you saying again? You're probably a perfect match. Me Okay, so



Howard McHale 10:02

I've made a mental pitcher. Fight for the party. I don't see us having sex.




Scott Lewis 10:06


I don't either it'd be a fight for the bar we bet the laid flat on the bed go





Howard McHale 10:11

 Howard McHale 10:11  
fight for that remote control. Go ahead, Tony.


 10:16  
Open a dating service they do

 Howard McHale 10:19  
we ever deal with go broke.

 Scott Lewis 10:23  
Heard about that, and half the world's Tony's dealt with have gone broke.

 10:30  
Wow, created a zone of safety. Correct. So if you start if you keep in mind that people are just trying to feel safe. First of all, you have, it's also important to realize that we learned early early early in our lives, that the way to feel safe was was either by being closed or by being distant. And an easy way to think about that is if you grew up in a house with with people who were were really, really sort of angry and mean. Some children get the idea that the way to overcome that is to be really close to be the best little kid there is to love. It develops the fantasy that if I love daddy well enough that he won't get mad at me anymore. So that person wants to feel really close to another person and they do it in whatever way they have to. They do all sorts of things just to get to feel close to try to bring the other person to them. On the other hand, there's another group of people who think the world's kind of people are kind of unfriendly and sort of angry. And the best thing for me to do is to try to stay away and not get too close because that way I won't get hurt. So, Scott, you apparently feel safe by being close to someone? Yes. All right. And real quick.

 Howard McHale 11:46  
I'm not afraid of being hurt. I just don't want the crap. Go ahead.

 11:51  
Sounds like the same thing to me.

 Howard McHale 11:56  
So relationships are just a hassle.



11:58

Okay, we got it. So stay single. It's all right with us.



Howard McHale 12:01

I'm gonna be staying single go ahead YouTube Go ahead.



12:07

So what do you do to overcome that? And that fear of being left the the fear of abandonment you called it to start where you've made the first step and that you recognize that that's a really, really important thing for you. And interestingly enough, we all have the fantasy that if our if our lovers would just do what they're supposed to we wouldn't ever feel that again. Unfortunately, the those awful feelings that you talk about and they're terrible people talk about first feeling just terrified when somebody is five minutes late. People talk about feeling really angry about that they make up all sorts of stories they make up stories about he's been killed on the freeway he's out with someone else he'll never come home again.



Scott Lewis 12:54

I'm not that far gone



12:58

Wow, I've done all of those so so to start with I think we it's important that you recognize that that something about you and that that something about your history that something in your early life. And I think another thing really important thing to recognize is that no matter how hard your partner tries, he'll never be able to make that right for you. And you will probably for a long time you will feel frightened when somebody's late. However as you start to recognize that it's about your feeling afraid you'll be able to work with that what most of us do rather than recognizing that this is something that's going on inside of us we go out and sort of attack our lovers



Howard McHale 13:46


yes but as we get them Tony statistically proven that people who are late for functions they don't want to be there or they're not interested interested in being there is it not correct that person who's late all the late all the time doesn't mean that they're they're not really interested in how



14:07

make this sounds like psychobabble self help 101 to me

we're this sounds like psychobabble, self help 101 to me.

 **Howard McHale** 14:11

Oh, that's right. The person doesn't want a relationship so don't pick on me. Yeah, I'll do it for you. That's okay with Houston believe the same way I do.

 **Scott Lewis** 14:23

The same half of had Howard. Go ahead

 14:30

and get Jim. I think it's really easy to define other people's behavior in all sorts of evil ways if we want to. But the reality is, I mean, if we talk about being late, for example, the reality is that we live in this city, and it's damn near impossible to get anywhere on time anyway. You simply can't do it because of traffic. You know, I have to I have to acknowledge that that I I hit share some of what you talked about Scott, when when Bruce is late getting home from the office, he's a busy dentist, right? So clearly he's gonna get held over at

 **Scott Lewis** 15:12

the office anytime to tell long stories while you're in his chair.

 15:18

Is it true? Very true versus saying, Yes,

 **Scott Lewis** 15:21

we joke about your level. And we were talking to the office last week to totally change the subject. We said, we said, it's not it's not painful to go to Bruce Smith, that dentist at all. He's wonderful. He's so gentle on your teeth. The only thing painful are those stories he tells all for you and you can't leave.

 15:42

But you know, clearly, I know that, that whenever he's like coming home, that's because he's caught at the office. And he's also by the way really wonderful that calling to say he's still be off and started. Because he knows I go through some of that stuff. But if I were less aware that this is about me, if I thought this was about him, I would be after him all the time, I'd be nagging at him, being really complaining about everything, I would accuse him of all sorts of things when he comes home late. And after a while he they really good reasons not to want to come home



right. Now who wants to come home to somebody? Ride your ass? Yeah. So I think the beginning of it is owning that it's about you. The other thing that seems to happen is that that whenever we're able to say to our our partners, and I know this is really about me, but whenever you're late getting home, I really get weird. And really often people the partner will say, Well, hey, what can I do to help or let me tell you I got an idea, I can give you a call and say I'm going to be late. However, if instead of approaching it that way, you approach it the way most of us are inclined to which is to simply say, you know, you never get home on time, I don't think you want to be here, I think you're just trying to find other things to do what's going on, you got a boyfriend somewhere else, you just stay at the office, all of that madness. There's not much weight, not much a partner can do about that. But if he can understand that it's really scary when he comes home late. Then most of these really wonderful people who love us and care about us are really willing and able to respond to that if they know what what it is where they're dealing with. Does that does that make sense? Yes.

S

Scott Lewis 17:31

And so at what point do you if they see you get over the? Okay, they're showing up late or whatever. They're standing you up completely not showing it all? At what point after you discuss you discuss it with them in this manner that it's about me it's about my insecurities. That that continues. At what point? I don't know, I guess the question is how do you determine how important that is to your relationship? And if your relationship can survive it? I mean, how long?

o

18:06

Can I jump in? Yeah, because I think we Scott, I think we might be talking about two different things. You you call it a fear of abandonment. And what you're saying is that if somebody makes a date with you, instead it stands you out that causes a good deal of discomfort, makes you feel really awful. I'm not sure that that's so much a fear of abandonment. I mean, I think that's that's kind of about being unwilling to be treated badly. And you might think about whether you want to be married to a man who's that thoughtless.

H

Howard McHale 18:41

Do you think do you think Tony, maybe he has something to do with it? There's a certain if you date someone who's 20 years old, anyone 21 years old, and he's always dumping you, or he's never showing up? I mean, like you said, That's not abandonment, that's just choosing the wrong person. Correct.

o

18:57

It sounds like what's happening is you're getting involved with somebody you ain't getting involved with you. I'm not sure it's much more complicated than that. I know. I know. You know, I really got that over and over, over

H

Howard McHale 19:11

and over. No, but you know, I tried to help Scott. You know, he says, he comes to me and we sit around have coffee in the morning. He goes, What should I do? What should I do? And I don't know I personally think maybe that we go after we I think sometimes Scott's inclined to want to chase people he knows that are going to hurt him. And he's going to get hurt. If you think that's true about people sometime that we were attracted to someone who we know is never going to be our idealistic mate but we want to do it because we'd like to being hurt. We'd like being miserable. We like to complain we like we like it.



19:47

I think you're close but but off a little bit. Because I think I really believe that there are no people in the world. Or virtually no people in the world who go out and look for a relationship in which they're gonna get hurt and really believe that people don't go out and look for the wrong person. But I think what what is more likely to happen is that in one way or another, excuse me, one way or another people are inclined to, to overlook what the relationship really is or overlooked for who the person is they're really involved with. They start to we, we start to make out that people are different from the way they are. We hope that they'll change over time. We, for example, you said I'd never find a man with a job so what

S

Scott Lewis 20:38

Howard said why did not

H

Howard McHale 20:40

now come on delivering newspapers? Is it job busboys is a job



20:46

so maybe if you want to be with a man with a job, you go out and date people who have jobs rather than unemployed people hoping that you can get a job for them to start with. But I think the guy got completely lost what

S

Scott Lewis 21:00

will be taught and I have no idea job thing came from because I never mentioned the job. I never



21:08

arrived, however, do it again. I wish you guys could see what this one's doing.



Howard McHale 21:13

What am I doing? No, I'm not. I'm not picking on anyone.



Scott Lewis 21:16

You know what? We have a phone call. Let's take this phone call. Get in on the conversation. 526-573-8526 KPFT. Caller Are you there? Hello. Hello, Jeffrey. You're in Pasadena?



21:30

Yeah.



Howard McHale 21:31

Okay, Jeffrey, how are you? I'm fine. How are you? Good. You're in a relationship. Jeffrey? Oh, hell no. The crowd kiddo. Aren't you happy?



21:39

Yeah, I am. I'm very happy. Thank you. I haven't I haven't dated in a year and a half. So I'm very much happy. No, what I wanted to comment on is you're doing a fantastic job. And I just tuned in I have not listened to the show in years. But anyway, that's beside the point. What I wanted to comment on is the the I think the hardest thing for anyone to do is to look inside themselves for the answers. I think that we're all one of the problems of getting into a relationship is we don't know who we are what we are. And we were out there looking for that someone who will fill in that void, or fill in what we're feeling inside. So we're out there looking. And it's not going to happen? Because all the answers are right there inside you. I know that from my own experiences, just something I'm sharing. Because I think there are other people out there that need to hear that, that the hardest thing to do is to look inside yourself and find out what's wrong.



Howard McHale 22:36

How do you think you look inside yourself and find that stuff to



22:39

look inside? Where do you live? Where do you find this stuff that? Does that make? So for me, it's for me, it's like you when when I'm doing so I was in three years of therapy for sexual abuse and codependency and dysfunctional family, all those wonderful things that go on. Think for me what it is, is just stopping and thinking, okay? If I'm if I'm doing something, and I know that it's not a positive thing, or it's not a healthy thing, I stop and think like, Okay, wait a minute, why

am I doing this? There's got to be a reason why I'm doing this. And so I think inside my mind, what am I doing? And why am I doing it? And in that sense, I there I find out little things about me that I didn't know before. And that's what I mean by looking inside myself as like the answers is there, we just look for them. If that makes any sense when it makes sense to me.

 23:38


Jeff, I think you're right on the money. And I really appreciate you calling in to say that. The the thing I suggest to people whenever they start to see themselves doing something that's kind of strange or weird or funny, or as you said, unhealthy. I suggest that they start to ask themselves questions like, what is it I hope to accomplish? What do I hope to get from this? Or what's my fantasy outcome of this, of whatever it is I'm doing now? And and I think that's really helpful to people in doing what you're talking about and looking inside and starting to under understand what it is they're really trying to get or, or what they what good thing they hope would come from what they're doing. Is that, is that sort of what you're talking about?

 24:22

Yeah. I mean, it just seems that there are so many people that I meet many people every day, I'm involved in to social organizations that are you know, gay and lesbian. But I meet a lot of people and I find that most of them. I mean, I hate to say this, but most of them need some form of therapy and they need some help because of all the negativity going on in the world. They seem to incorporate it into their lifestyle, and it's very sad. And I don't I don't want to live like that. And it's very hard for me to find anybody who is healthy or healthy enough that are on this. You know, like I call it a journey that are on this journey towards some being better. There, I haven't met very many people who, you know, are not afraid to, to deal with the issues to deal with the issues of you know, their past. And I think that's why a lot of them are out there, you know, promiscuous, whatever, you know, getting into relationships that are unhealthy or whatever they're doing these things because they're running. And they don't want to stop and say, Hey, I can't do this on my own. I really

 25:26

think you're right. We find a million ways to distract ourselves from the things that would hurt if we allowed ourselves to think about them. And certainly one of the easiest ways to stay distracted is to go chasing after someone else. Really want to tell you search. Right? Yeah, we're

 Howard McHale 25:46

saying the constant search distracts us from exactly what we're going.

 25:49

Sure. Yeah, I do want to tell you, Jeffrey, that, that I think there are a lot of amazingly healthy people in the world, it's a little harder to find them. And, but it's harder to find them because

people in the world, it's a little harder to find them. And, but it's harder to find them because they're doing healthier things. And, you know, my experience in the last 15 years has been an incredible number of people do go through, go through therapists offices do very, very good work. And you know, one of the things I always say to my friends who are not shrinks is that the healthiest people I know, are the people who are going going through my office. The wonderful thing is that people are willing to do the work in therapy is that they're the people who know that something's wrong, they want life to be better, they want more out of life, and they're willing to do the work to get it rather than just going on doing what ever they were doing before. I'm inclined to think that virtually all fairly healthy people fairly bright people can benefit from some time in therapy. It's the greatest luxury in the world.

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Howard McHale 27:00

Jeffrey have a pretty positive attitude about a relationship. Are you looking for one, you're near one?



27:05

Me now? There are a couple people that I, you know, kind of have ideas that they may like me? Or will Yeah, I know that they liked me. But it's it's not for me right now. I am not looking. If it happens, it happens. I'm just really not looking. I'm very content with what I'm doing. Now. I really don't have time for one to be honest. I work like 70 hours a week. And I'm really have no time for anybody else in my life, outside of my friends. And in the two organizations that are involved in that take some of my time to

H

Howard McHale 27:42

Tony, do you think that just by saying that, that he doesn't have enough time? Do you think maybe he he doesn't want a relationship? And therefore he dwells himself in his work? So he doesn't have to deal with it?



27:54

No, this is strictly financial BS. I have no choice to to work, but two jobs just until December. And then I'm not going to work two jobs anymore. No, that's not it at all. If I had the choice, I'm not working two jobs. I wouldn't do it because it's it kills me. And but no, I don't think that that I don't think that's it. I have been in a relationship that didn't last very long. That was just because of, you know, might not be any therapy and not knowing who I was, where I was going and being jealous and all these wonderful little negative things that happen. And so I ended it because it wasn't fair to him. It's like, no, I need to take care of myself before I get involved with you. And he had some issues to deal with to one being gay couldn't handle that. And

H

Howard McHale 28:44

that comes up a lot. Yeah, that is



Scott Lewis 28:46

a big issue. Tony, Jeffrey, thanks for calling.



28:50

How you're welcome. How



Scott Lewis 28:51

do you deal with that whole getting involved with somebody where one of the people is out and one of the people is not?



29:02

Well, okay, so what we all want to do is talk about what's wrong with the other one? But I guess Yeah, right. So I guess the reality is that if I'm getting involved with somebody who's that different from me, I have to ask myself what's going on? With me that I keep going out and getting myself in the places that I don't want to be? And I gotta wonder why if I'm really really out, why am I going out? We're getting involved with somebody who's really really uncomfortable with his with his own sexuality.




Scott Lewis 29:38

Oh, absolutely. I have never dated anybody in the closet. And look where it gotcha Yeah, blue platter. Let's talk about the point before we start out because I want to talk about your your seminar. But I want to talk about the point Is that? Is there a point that a relationship is just beyond? I? I see couples that fight so viciously, that it gets physical that they get in fistfights, which to me is just insane. If anybody ever tried to hit me, gotta go see. Yeah, I mean, that would be it. That's just makes no sense to me whatsoever. That is not what you get into a relationship for. What are the signs that it's just beyond?



30:36


Not sure if Scott, are there any signs that is just beyond his I think, really often with with really good therapy, you can work through an incredible number of problems in relationships. However, I guess, obviously, if there's some real physical danger, then you have to wonder if it's really worth it. Although I must say I've seen some couples where there was a good deal of physical abuse, and after, after some time in therapy, that was gone and no longer seem to be necessary. But there's also a whole group of school of therapists that believe that every relationship can be saved. And that may be true. But you know, I don't know if people really have eight or 10 years to spend with a shrink, trying to save relationships, etc.

 Howard McHale 31:27

I mean, has there ever been anyone in a couple have come into your office? And you said yourself? Oh, gee,

 Scott Lewis 31:35

you're in the back. The back

 Howard McHale 31:37

here? I can't save this. I just, there's just there's no hope for these two?

 Scott Lewis 31:42

And do you keep taking their 100 bucks a week? an hour?

 31:49

Question? And a really good question. In fact, yeah, there have been people, there's certainly been couples in my office to whom I've said, if you have to keep doing what you're doing now, I don't see any way for this relationship to work. And if you're going to continue doing what you're doing now that I think the best idea is just to stop. I have also said to couples, on rare occasion, I've said to a couple. If you all are going to be this this mean to each other, you'll have to do it somewhere else. I just won't be in the room with you when this is happening. A good friend of mine says, Look, you guys can go home and carry on like this for free, it won't cost you 120 bucks an hour. And she simply refuses to do that. I'm just much less inclined to, to make judgments about whether a relationship can work or not. But I'm fairly quick to say to people, what you're doing right now is not working. And if you're committed to continuing this, then I don't see how it can

 Howard McHale 32:52

work. Can I ask you one of those general questions again? Sure. And this, this might sound kind of sexist, and I don't mean it to be, but you deal with male male couples, you deal with lesbian couples? And we're gonna talk about gay couples for a second, and you didn't talk about straight couples. But is there a difference between lesbian couples and gay male couples? I mean, do they fight the same way? Do they argue the same way? Are they doing? Are they more difficult or which which are more difficult? Because to me, I would think that lesbians have much better relationships than gay men. Is it was all just different wrapping in same inside?

 33:29

I think Howard, every relationship looks pretty much alike. Whether it's a straight couple, a lesbian couple, or a gay couple. One of the things that that a really good friend of mine, and I have noticed over the years of working with a lot of different kinds of couples, is that, that the same things happened if you if you only looked at the script, you wouldn't know what kind of couple of days. So the same problems exist in all kinds of relationships. That's not to say that every couple has the same problems. But you see very, very violent couples in with men with women and with straight couples, you see real passive aggressive couples in all three places, say very, very healthy couples, and really unhealthy couples, all places. And all in each couple, the role seems the the roles seem to be the same. We used to think that it was about sex roles. And there was a time when people talked about gender roles, not relationships. We've just we're just really committed to the idea that it's about relationship. dynamics. So

H

Howard McHale 34:37

like, we talked about over lunch, you could put a paper bag over their heads and listen to him talk and it wouldn't matter what they were underneath the bag. You



34:44

really can't tell. Yeah. It's just amazing. We're all crazy about wonderful in our own ways. Yeah. I would say you know, I really am committed to the idea that the best work that can be done for people around relationships is issues is to do them while you're single. I think there's a lot of stuff people can learn. And there's a lot of just really academic kind of things that people can learn that make relationships easy.

H

Howard McHale 35:11

Like Jeffrey was talking about how we have to just find ourselves.



35:16

But that, you know, that sounds kind of mysterious and and it may be much less mysterious than then it sounds. With a little bit of pretty with a little bit of really good help people frequently get to know, get a lot of insight into themselves real quickly. And it's not nearly so much psychobabble, bolster these you might

S

Scott Lewis 35:43

call it take this call. Are you there? Yeah. And this is Richard. Yeah. What's your question for Tony, Carol?



35:54

My question for him is, I have met a guy, this guy last night at a bar. And anyway, we spent



like, you know, like the whole evening together. And the thing of it is, is that last night, we both surprisingly found out that we were starting to care about each other. And my question to Tony is, what steps can you take to, you know, not so much as to scare this person away. But you know, to work to work at it, I guess, one step at a time.



36:45

Richard, it sounds like you met somebody who you're really, really interested in. And I think it's probably a good idea to give that some time to be willing to say up front that you're really interested in him. And certainly to express to him your concern that you might do something to mess up the relationship. It's an amazingly honest sort of approach. And one of the things you'll probably hear from him is this his same concern that he's interested in you, He fears doing something to mess it up.



Scott Lewis 37:19

Now, Tony, I want to talk a little bit about your seminars. You do several, one, for singles, men and women, straight and gay. One for couples. And then another one on internalized homophobia. Tell us, let's go through each of these and what people that come to these seminars are going to get preparing for happier live relationships, your singles seminar, tell us a little bit about what people can expect to glean from attending that seminar.



37:58

Okay, thanks. From the single seminar, there, there are several things that people can expect to get but keep in mind that I really believe that by having just some pretty good accurate information, people do a lot better going into relationships. So in that seminar, we we take a look at the sort of natural progression of relationships. We look at some things about attraction, some of the what it means when you're attracted to a particular person. We also take a look at at old sometimes disastrous relationships, use those as a way to start to understand ourselves a little bit better. We teach some things in that about communication, we do some work around history around your early life, to look at the things that are likely to be troublesome to you in a relationship to help you find some ways to start to heal some of those early wounds. Is that so I really believe that the information that the work that can be done by single people is incredibly valuable. I think it's easier to start a relationship and help it become increasingly healthy than it is to get into a relationship have it get bad and then try to fix it.



Scott Lewis 39:23

But if you do find yourself in that position where you're already in a relationship and having problems and it's getting troublesome right then you have a seminar for that too. Yeah, we



39:35

did we did a lot of seminar for everything you got it



Scott Lewis 39:38

for rapid hair loss which would you would need to attend or black we need don't laugh too hard your teeth might pop out.



Howard McHale 39:46

Did you uh Jenny Craig seminar



Scott Lewis 39:52

so yeah, and



39:54

with couples we do a good deal of work around looking at At the underwater