



LYNN GROGAN

COACHING

Reality Show Life Coach Podcast
Episode 9
Lynn Grogan (Host) & Elizabeth Elliott (Special Guest)

Unedited Transcript

all right welcome back to The Bachelor life coach podcast
today we're talking about season 24 episode 9 of The Bachelor fantasy suites
week and she's already excited people let me introduce my guest today
Elizabeth Elliott Elizabeth introduce yourself please

hi everyone I am Elizabeth Elliot

I am a certified life coach I work with men I engineer them for success in their
work life and in their personal life like what does that mean engineer them
it sounds like you're your be own I help them build the life they want that's
amazing yeah like you could help Peter oh honey I have been working on that man
all season he just doesn't know it yet and the funny thing is is so I was kind
of curious because I really I coached men and I mentioned one of them one of my clients that I
was doing the show

they're all watching the show - really yes I was so surprised it's not just our
guilty pleasure oh this is intriguing I can't wait till next season when there's
like noodles of men on the show - to an alarm clay I'm excited so not only are
you coach Berman you're also my coach and vice versa so I talked about my
coach Elizabeth you're the Elizabeth I'm talking about oh my gosh thank you so much I just love
you I just love you -

oh my gosh and and we're gonna talk about things other than we get to talk
about guess what I've been wanting to say it because nobody on that freakin show will say it sex
sex I'll say it again honking about

baby we're gonna get real and honest today baby we're gonna take this podcast
to a new level and are you gonna make me blush today Elizabeth I feel like you're gonna get
dirty all right speaking of

okay let's do the brief show recap so we can have the coachable moments feel free to chime in
as

we go through these I mean there's not much to this episode but there's a latch of this episode
so we start out with

picking up where the cliffhanger left off where Madison has pulled Peter to the side and she tries to tell him that him being intimate with other women would be a deal-breaker for her but in not so many terms does she say that she tries yeah go ahead well I was like waiting for her just to say hey I'm saving myself for marriage if you bang the other women it's gonna be a problem for me but I mean I don't even know what she actually said and what was just voiceover to the producer she felt very comfortable talking to you about this topic just not Peter so or did she talk to Peter about it and and they're playing with us I don't know either way Peter doesn't seem like he's got in the clear answer that he's looking for cuz he keeps getting her to try to repeat herself like so you mean what and then she's not able to fully communicate in my opinion what was going on so Madison did you also notice here how'd they walk outside and she's like freezing and she tells Peter this and he's like fully dressed and he does not give her his jacket yes I did notice that actually and it's funny because it seems to me to highlight such a bigger point here is that I think that she has in her mind the picture of the kind of man that she wants to be with and I think that she kind of is operating from that future place and I don't think that Peter throughout this whole journey has done the preliminary work to really know what he's looking for I know let's talk about okay I'm gonna I'm gonna quickly do the show recap and yeah yeah I'm like yes the meat-and-potato okay so yes that happens and then they go to Australia where Peter has the fake accent there's kangaroos and koalas and the didgeridoo and they're all excited to be there until they find out that they're going to be roaming together which they typically don't do on fantasy suite weeks usually the women get their own separate rooms they don't have to even know anybody else's typically they're actually different cities but they're all in the one room and one by one he knocks him down he goes with Hannah and then Victoria F and then Madison and while he spends the night with the first two ladies when Madison prompts him at the end to find out if he has been intimate with them he says he has and then she walks away I know I'm hanging I know I know you're ready to coach Elizabeth I am too I'm ready to talk about this today good let's do it coachable moments I know you have yeah you're like busting at the seams here so let's get going uh scene one let's go back to that one that you just touched upon with Madison and Peter um you know in that scene she's also telling him that actions speak louder than words which we just talked about he didn't give her a jacket nor does Peter

ever carry around tissues he wants them to cry all the time but he never has any tissues for them and so they're like waving their tears away or like trying to like I think at one point in this episode Victoria F is using her dress as a napkin or as a tissue but anyway um yeah so Peter doesn't actually understand fully what she's saying but he does imply at the end of that scene that like I don't know where Madison stands in general because she hasn't told me that she loves me whereas the other two ladies has so we can see he's weighing with a lot of ideas here of whether or not he honors whatever he thinks she's saying to him in terms of being intimate with other ladies and what else like what did you think about this Elizabeth okay Peter I think this scene really shows us and this is what I've been struggling with with Peter all season I just don't believe he's done the preliminary work like I don't know like he keeps looking for the women to give him validation whereas I'm really I wonder like what kind of partner he wants to be how does he want to show up as a husband and you know in this moment Maddie's making it very clear she she is saving herself well she's not making it clear she's making about as clear as mud it's got her mind in her mind she's saving herself for marriage and that's how she wants to show up yeah and she is saying actions speak louder than words and at this point at all they've had or words oh I know well and it's interesting to get cuz what does she know about his actual actions in life because everything is manufactured by this TV show right and so he or she is saying I want you to take X Y & Z action which is don't have sex with these other ladies but yet here he is in a situation where that it's exactly what he's supposed to do we don't know what he's gonna do in those rooms but he is set up to do that right and it's like it's funny because it's also the perfect storm for everyone's belief system it's been brought into it and you know there's I think there's actually I'm pretty I was gonna say there's a lot of judgment going on here but it doesn't seem like Mattie's participating in the judgment she's saying these are my beliefs and I just don't want to feel badly about it so tell me more about the judgments like what do you mean by that like who's judging who well as we flash forward you see Hannah Ann and Victoria one of my favorite scenes later is when Maddie obviously is disappointed when Victoria F comes back from her fantasy suite and she stands up and leaves oh and the exchange of smirks there was so much judgment of Maddie in that moment between the two of them without a lot of words because you know they have to be quiet because she's just in the other room right so they're trying to convey a message which is I know right and

they're like it's so funny because they quickly give her to call it the ultimatum but I don't know all that

Maddie really said was I'm going to find it difficult to continue down this path with you because the next path is to get engaged yeah yeah and so okay so we have the scene where Peter has just this conflict of interest because do you think he would have done the same thing if Maddie was like I'm all in I'm in love with you let's get married like if she absolutely

because I don't think that he had I mean he says at one point that passionate connection is so important to me passionate moments I need that connection and so I think that's part of his discernment process he doesn't believe that intimacy or spending the night together we all know sex is that's it's just part of the gig with them yeah it's just part of the dating process it is and where as Maddie's coming with a

different belief system for herself and in some ways she's saying hey you don't have to believe what I believe but it just makes it difficult for me to see you as a husband or spouse yeah so for

her it doesn't seem necessarily that it's all about him having or not having sex it seems more so about hey I've made

a request of you um based on something I strongly believe and if you honor that request it tells me something and if you don't honor that request it tells me something and so him not honoring that I

don't think it was about the sex for her because she knows like sex four times on a windmill oh my god Thanks the man

enjoys some Sun and she knew that getting into it yeah and so basically she's just saying you know uh I think it's more so about like I expect my husband to honor my wishes once in a while right especially as a cue to believe them mm-hmm you know but this is

moving forward this is the kind of man I want to marry yeah either even has said that to him you don't need to have my same faith but I think this was during hometowns but she said I want to be with a man in essence who's kind of a thought leader for both of us yeah and so by him doing

this is like okay what kind of leader are you yeah if you know you don't you can't keep a word but he didn't make it that word to her he didn't promise her anything no he didn't so and I think I

think the reason why he didn't is it goes back to when he said she hasn't given me that validation of words that I need so I think he's kind of saying hey although he has told her he loved her so what does that mean I don't know what it means I know for sure he did not promise

her that he would take any actions at least not on camera and so I'm wondering if that's part of the conflict for Madi

at the end is because he never promised her like if he had promised her gave her his word that he would not sleep with

the other women I think it would have been easy you know like she would have it would've been like a deal breaker

gone but I don't think this is the last we see of Maddie now it's how I think it's probably gonna be that conflict of like okay he didn't give us words oh and then what hand I like respect Peter for at least not making a promise that he was probably gonna break for sure but we can see that conflict and it's interesting too because it's like like sex is neutral whatever happens between men and women is neutral until you have a thought about it and so Peters just like hey this is super fun like his thought about sex is yeah this was fun this is a way to connect with another here right and Maddie's like this is all things sacred right and so it just doesn't balance out for them no and I think that's the interesting part here and it's interesting also to see Hannah and with her relationship with Peter and her belief system comes into play and same with Victoria they each handle the decisions that they make like both of them seem to think that this act of sex will take their emotion to the next level oh yeah so it's almost like they're using the action to give them the feeling of love oh that's so true because you see like you know in Hanna Anne and her one-on-one with Peter she's talking about being willing to make certain sacrifices very devoted and so I wonder if part of that sacrifice is well I know this is what's needed maybe this is sooner than she would want to have sex and I don't know I mean like we don't know what happened if they were right that way but I get the impression from Hannah Anne that she's just like okay well I love him so I'm gonna do it it takes till exactly the next level and that might be intimate in a certain way right yeah yeah and so it all means different things like to different people and I would guess right on the scale here that Victoria F and Peter are maybe more on the same page and what sex means and then the others are still trying to wrap their heads around it well no Madison knows what she wants Hannah Ann's willing to do what it takes right or f1 to have fun Peter wants that fun right and it's so interesting too I think the joke of it is is that Maddy kind of frames the whole show with actions speak louder than words mm-hmm but it's so interesting that it's the action and the words whereas for Hannah an the action gives her more words um the next level and so she in her mind because she's had this action and she feels this committed love to him is willing then to do whatever it takes right and then he calls her the perfect woman for him right exactly until yeah twelve hours later when he's with the next perfect yeah let's move into that seat yeah Victoria F oMG love her oh my gosh so this is probably one of my most favorite lines from the episode where Peter says I love everything about my relationship with Victoria except when it comes to just communicating I'm having heart attacks I'm like what is there like okay so if there's if it's my chance i i just was laughing so hard because I have like closed captioning on when I

watch this and I watch I just had to go right back I'm like really just I mean what is there like communicating pretty big part of a relationship wouldn't you have to say Elizabeth pretty much yeah I think it's pretty / I think that and knowing who you are in a relationship are the two key things who are you as a person and who are you in the relationship and then how do you communicate that to that on a scale of one to ten how do you think that Peter and Victoria F are doing based on what you just said one being not so good ten being amazing I think they're kind of it a one yeah I would agree and I think but ironically as I think where they come into relationships and how they're looking at building a future they're right on the same page totally on the page he walks away to hear like yeah so I I don't know like it's interesting there because he's like he's just saying hey I just want to be able to talk to you without you walking away he does mention that at one point he's like I'm not gonna say things perfectly to you but I would appreciate if you stayed in the room and even that's super hard for her right how would you if you had a client like Peter who was like listen here's the relationship I in let's just like push Maddie and Hannah and to the side right now let's just say he's in a relationship with Victoria F like how would you coach him on what's going on here well first of all that's that's what I would ask him that the first and foremost how you you are in a relationship is all based on your thoughts right not what she does or doesn't do it's based on the thoughts between your ears so it asked him all of those questions like what do you think about her walking away mm-hmm when you're thinking she shouldn't do that she should stay here and continue the conversation with me how do you feel you know are you and then are you acting from a place of judgment on her or a place of annoyance that she's walking away right and and can could you accept her in a relationship knowing that she walks away because I get it cuz that's neutral cuz it's totally neutral I mean she can she's an adult she can do what she wants to do obviously she feels most comfortable right now walking away from Peter and the cameras right um it's so funny to that you asked me that question because that the thing I hear most from my clients and and it started organically as just a response when I said to one client hey what do you want in this situation and he said I just want some big dick energy and I was like had never heard that before and I'm like what does that mean and you know he's like you know some swagger and I'm like thinking okay frat boy all the terrible in my head I'm spinning that out but when you coached somebody you don't get off in your own head all about them right so I kept probing him for more thoughts about what big dick energy is and really what it came down to was he wanted to know he had his own back in every situation he could handle any emotion that would come up based on his thinking

so it's confidence right yeah so that's what I asked you know with Peter why does it bother you so much when she walks away what's going on with you because really if you want the big dick energy in this conversation you'd be okay with the fact that she walks away yeah yeah and just be like okay she just needs a minute right she always comes back she's needy in it yeah right and that's what loving someone I think that unconditional love is all about you get to do you you get to walk away you get to be a brat you get to do all the things that you need to do but I'm just gonna be over here and I'm just gonna love you because I have decided to love you no matter what totally when I think it's interesting in that scene to is that he's asking her to accept that he doesn't say things perfectly right in those conversations but he's not willing to accept her walking away as well right because I think he's judged that walking away is far worse than not saying things perfectly yeah and he takes walking away to mean something in particular that she's not interested in him when really it could just mean I'm very interested in you but I need to go away for a moment now because otherwise I'm just gonna break up with you here right and I think for throughout this process Peter has said very clearly I need validation from them yeah and when she walks away she can't be there to give him the validation he's looking for which I think so I perfect because he's still there and he's the one that needs to validate who he is not her or her actions are her words totally yeah and like look at the source Peter the source of where you want the validation aren't these like women that are like having their own thoughts their own feelings they have like no space to give him the validation and actually space I think is brilliant in this and that's what the producers of this show I kind of love that this was the intimate week because as a viewer I was drawn into the intimacy of this because I was beginning to feel the awkwardness of the lack of space between the three women mm-hmm oh you know that's true and it's funny because in also too I coach that it's in the space that we allow ourselves that all the discernment and all of the power comes from and they have none of it which is so ironic that they really don't he has all of the power this week oh he totally has all of the power like he doesn't have to give them the card that says hey will you come to the fantasies with me which takes that next level on that level so they Jake are our love to a new level I mean okay so you know coachable moment 3 is about Victoria as well in their conversations I just want to dive right into that big yeah I thought this was so interesting so I think she's a little braver in the scene because she knows what's at stake now she's in the final three he asks her like hey what's

this all about you just shut down when we try to have these conversations and she says telling him just like yeah I'm just like had this last relationship that was like three and a half years and I just never felt like good enough I was never asked about my feelings it was it's been really weird for me that you're asking me about my internal monologue essentially what's going on for me inside and then he's like clearly excited about this her opening I see him and he's just like he does ask good questions of these ladies sometimes he's just like tell me more about that essentially I was actually proud of Peter in this moment I was my daugh anything yeah yeah I'm not let me flip to it because I was like Peter you're showing up you know actually are asking the questions of her that are they're targeted right on yeah did you find it I did how I didn't know sorry oh it's fine we can edit this part up okay oh now I have what Victoria said about their sex that's what I write down the direct quote on that one well I think in general he just asked her like yeah he just asked her like hey what do you what do you mean by not feeling good enough and then she breaks down and clearly gets in her head in that moment it's just like kid she doesn't feel like she's good enough to give an answer to that even right well you know it's funny as I kind of have this theory and you know how when we have a preconceived thought that's there then we just see it everywhere I'm looking for the evidence oh yeah I think that she's a contestant in this coming man I think that she never loses track of it this is a game and that she's here to win and when her voice goes up a couple of octaves when she's like stop you know what I'm talking about yes I think that is her contestant voice and yeah he starts playing the role of the contestant and so I think in this moment Peter is actually doing what we do as coaches he's really trying to get a hold of one of her thoughts he wants to know more about why she doesn't feel good enough and at one point she says I don't know I don't know when he's like you do know which I've said so many times to my client yeah you do know ask yourself the question and answer it and what she's done between what does my heart say what do I really think here and what does my contestant brain tell me to do here yeah and that's why she can't answer it because she's like I just I don't know what you're looking for from me that's when she's saying as a contestant I just don't know what to do my am i vulnerable and real here or am I still painting this picture for you so that you'll choose me at the end right it's almost like she's realized she stepped into this scary zone like I separated the real zone I stepped into a pile of poo of real and I think that's what happened in that moment she's that come her like oh I've gone into the zone

I didn't want to go into this is this is this is terrible and so she's like drawing herself back in and suddenly does not have words to give him like why don't I what you want me to say absolutely and she's terrified of her real oh yeah no I because I think that from what she tells us of a her previous relationship that's her pattern she knows how to be the girlfriend that they are expecting she just doesn't know who Victoria F is when it's just her and she's so freaked out about it and like you know if she's gonna do it's like I'm not gonna do it on national TV then people will really know me right yeah yeah and guess what that's real intimacy totally yeah that was common right there so much more intimate than the act of sex right and it makes me wonder I'm guessing if any of the couples had sex it was her and Peter because that's probably what she feels more comfortable yeah he's like kept her around for that reason maybe but she knew going into this the man can we say four times in a windmill one more time she knew that and so she wanted to win oh yeah it was like oh I know how to do that yeah I could get you there oh and there's the contestant and her again did she cry in that scene we know that's a turn-on for Peter problems I I don't remember but I'm assuming because at this point I just assumed she's gonna cry so I don't even see the tears anymore right it's just a part of her face it just glides it's like having glitter on your face their tears their permit ears yeah I mean for Victoria like sometimes I'm like oh how would I coach her I'm like I don't think she wants to be coached in that moment I think like she just thinks this is part of her identity she can't talk openly and vulnerably to another human being oh and I think she thinks it's part of the game I think she thinks this is hi I'm so fragile you know and that hot passionate anger that she comes at him with is somewhat of a turn-on for him oh it is he's always saying with her oh I would never be bored with Victoria fi he's always keeping my my toes so if she just suddenly played nice and look like I don't even know that for her I don't know like I think she she's like just giving him a little bit of an inch each time to like keep the mystery there the intrigue something I think she's a master I actually think she's a master at this game and I think part of the like crazy tears and the vulnerable oh you know I just don't know how to show up I think it's all part of her game oh my gosh that would be so interesting later to find out she was like oh yeah that's what I was doing seriously and I'm like you know she's playing the dumb contestant but I'm like oh who's pulling the strings here I know you're up there what I really want to know more about is with the Marisa from the previous from hometowns was speaking of Victoria breaks up relationships for sure and I'm

also just like Victoria girl if you know how to break up relationships there's two living with you right now why not go for those okay but let me tell you something I'm so glad you brought that up okay cuz that's exactly what she's doing okay we were totally poking the bear with Madison when they start talking she's goading Madison into losing it over the sexes cuz she does everything but come out and say so we're having sex with him what do you think of it mm-hmm you know she keeps saying she keeps saying to her in those moments and she says it the camera catches her in a smirk occasionally yeah and a DS just like you know she's getting played I think so too because there's that moment when Victoria asks Maddie like hey what happened after a rose like it seemed I don't know she said it in a very gentle on Victoria like way like she was genuinely curious and wanted to know and that octaves were up that's the contestant oh my gosh now I can't unsee that Elizabeth I know oh my gosh number four which is still kind of discussing Maddie in this ultimatum you're totally right uh Victoria has one opinion when she's with Maddie very like gentle kind of a friend let's talk about this but when she's just talking to the camera there was such an interesting line I think it was victorious at something like you know it's not okay to put expectations on someone who's looking for their wife with three different women right now right yeah and it's like Oh where's the mirror here honey right isn't that what you're doing you're putting expectations on how Maddie should be behaving Oh totally well yeah I think it was interesting but also if you take a step back like most people like pursuing a dating relationship I'd have an issue with this but they're like no this is a game I'm gonna win hate right yeah yeah I mean right before your wedding how about you know your husband sleeping around not sleeping around but pursuing sex with other women and that's part of what he needs to do to know if you're okay yeah very publicly I mean some people probably do this quite a bit behind the scenes but yeah I know he's doing it publicly um the whole idea of the ultimatum in a relationship like is this something that you remember had to deal with yeah you know it's so funny because I really struggled with this with what is she actually saying and I think she actually because she backs saying I don't want to tell you what to do mm-hm so she's trying she's going between like placing a boundary around their relationship set out of love saying hey I want you to be the person that I marry in the end and my ideas he's gonna look like this but is she really operating from a manual of hey I need you to do this so that I can love you and I think she's struggling here I wondered about that too because she did feel very compelled to tell him this that like she would prefer that if she

was gonna say yes he didn't he wasn't intimate with the other women in the house but yeah like is it an ultimatum or not
I don't know I mean I think from Madison's point of view she was hesitant to use that word but I don't think she had language to call it anything else right well and I do think I think it's totally fair to say that in our relationship hey these are my ultimatums these are the things for me that I'm I am comfortable with and the things that I am not comfortable with and just put them out there and you know how they want to behave is totally up to them it's only when you say I'm not gonna love you if you do that then it becomes this like tricky manual business oh that's true doesn't cuz it's like what you were describing first just sounded to me like a preference or like a breaker almost just like hey I would prefer a husband that does XY and Z but no you're totally right I think that Madison would have a hard time feeling love for him like if you know she talks about a lot of like well I've already like lowered my standards and expectations so so much by me basically being on the show um but I don't know it seems hard to go from one belief system which is believing so strongly in faith like I think it would be Madison's preference to marry somebody that was also saving themselves for marriage for sure um be easier it'd be a hell a lot easier right yeah uh but ya know I think I think she's wavering and B trying to decide is this just a preference that I had or is this a deal breaker that I have like and I'm not sure she knows that I think John's what she's coming back with this next week which I think it's brilliant again on the producers point is that I think next week is women tell all right it is women tell all yeah so we get the pause and she gets the pause for the discernment process yeah what do you think that process is see like I don't know um I think that it doesn't sound to me like she's going to talk to the other women I think that she understands that her belief system is different than theirs and she doesn't want to be a judgment of them I also wonder - is obviously Madison doesn't have a confidant there she doesn't have a coach doesn't have a parent and that's like the role I think she's so used to in making decisions in her life right is having sounding boards and the only sounding board that she might have that's not Peter or the two women are any of the producers who have their own agenda oh for sure right so they're offering her thoughts all day long I'm sure up until now is said like you know what do you think about Peter like sleeping with other people like goading her a little bit like kind of just like Victoria does oh yeah so she's getting it from all sides and so I wondering if this like

strengthens her belief system because then she just has she has like so many like competing interests coming at her here and I think it's so interesting to that this really is the test of her faith when you have no one else this is her time and it's great that we're recording this right at the start of Lent which is the time when Jesus kind of went into the wilderness to test his own faith this is Maddie's lint you know this is where what does she believe and is she going to find her strength in her faith and I'm not saying that if she found her strength in her faith then she'll walk away and ever come back yeah I don't know what the answer is there and I don't think open faith would actually tell you what the answer is it's something she has to find from in her heart and sorting it out on her knees with her God hmm so it's gonna be fascinating to see who is gonna be so fascinating to see because it's like I think for her forgiving Peter for this means she can't forgive herself for forgiving him like I think that there's gonna be some element of us that she does give Peterlee away that comes back to her like a self-judgement Oh like she's lowered her standards and now she is not at the same faith that she her faith is yeah maybe in question if she was going to come back so it'll be really curious I think I mean it's kind of stacked against her because this is probably the first time in her life when she has had to only listen to her own voice because there's no other like um common voices around her because she she had her dad her dad would be like well Maddie you know as I'm you know your leader in faith here's what I think you should do there's nobody there offering that suggestion to any of them but I think particularly Maddie here and so she's just like okay this is the first time in all of their lives they've had to listen to their own voice if they want to go a different route than what everybody else around them wants them to do right so she has to define for herself what what do I really mean by this yeah and I think you know in some ways it kind of counteracts what for her to make the decision to stay with Peter she's really going back on her request of having a spiritual leader in her life like that she was asking Peter that's what she wants and a partner and so she's gonna have to become her own leader which I think makes for a better relationship I wonder - I mean this kind of has us rolling right into coachable moment number five which is Maddie walking away like they have this talk over dinner where she's asking him point-blank hey I made a request of you last time we talked did you want her that request um which is interesting they wait until dinner because they've had all day together it would be the first thing I said hey how are you did

you sleep with him no I know so she waits until dinner who knows why like I mean yeah her timing is interesting um you know she tells him that she's sacrificed a lot she's compromised a lot and then you know Peter is honest with her like good for him and he's like yeah have been I'm sure he's waiting for that moment she's gonna ask me at some point um and so then you know ultimately she honors her word to herself by walking away yeah I think she needs that I think she really needs this discernment process yeah she's this space she needs the space um any mean she's nobody wants Maddie to leave Peter wants her to stay to fulfill the process the producers want her to stay for sure or come back at least I mean they're in Australia so the boomerang is popular there they wanted a boomerang back today yeah yeah

what about that moment so cringy what I know I know I was like oh my gosh they are totally creating this awkwardness and the viewers Oh totally yes like yes come on he thinks he's cute yes but I mean yeah so she walks away I mean is she listening to herself or she pulling a Victoria F and walking away because she can't handle the emotions of staying I don't know I don't get the impression that she's walking away out of having made a decision and then honoring the decision I get more the impression she's running away what

do you think oh that's such a good question um I think she truly is frozen and I think she's aware that she's on camera and she realizes okay she's having that same Victoria F moment where this is real and where do I want to be on camera in this moment mm-hmm yeah I mean it seemed a little bit fight-or-flight that she's walking now hey but where's she walking away to I mean she's going back into the Viper is done if she leaves and doesn't spend the night with Peter the Vipers dance girls right she has it's not like she's going back to her own hotel room she's going back to women who love to stir the pot right so she's she's screwed either way I think right like where she's let's see one clear on one thing she is not getting screwed

oh man I thought that was like there's a lot of emotions flying high here for sure for sure and the thing that's I think so interesting and watching the show so I have been watching it with my 15 year old daughter and my 70 year old mother no yes and but the funny thing is

is this particular week was the one week both of them were like I can't even watch it I have so much second hand awkward I'm like feeling it and they were like totally Restless and moving around part of it you know it just for some reason this week it just drew them into the place they're like I can't even stand that's so interesting

I watched it from a hotel room in Nashville by myself so I had like this generic hotel room so I'm wondering like how much place like where where did you

end up watching it did you watch it by yourself with somebody else I I did I watched the recording of it cuz I was traveling and my mom watched it we I called her during the recording and that's when she and her sweet little southern proper voices like Elizabeth you need to turn it off right now she's like I could hardly watch it this week and I'm like my mom is it the sex and she's like it's not the sex which I just loved that she could have the conversation with me she's like it's just so awkward between the women I know smirks the she's like just oh and then my daughter was watching it and she's like you know the [__] are out you know and I was like what and I'm watching the recording and then she comes in the room and she's like See Mom look at that I'm like she's like that's like the lunch table at high school oh it's so interesting that multi-generation like goad you into saying something so like reveal more about yourself so then they can go spread it and laugh about you behind your back which is totally the thing with Maddie right and so either she stays with Peter know what the person she's like nope about or she goes back to the lunch table where they know that she did not spend the night with Peter and those are the people she gets to talk to like doesn't last people you want to talk to right and who are gonna flaunt the fact that they've been intimate cuz now she knows she can't hide it no she can't hide it right and then she's go back was it you I don't know I mean they're gonna have a women tell all in their own little hotel suite and then we get to see the women tell all next week with all the well not all the women coming back a select few because I don't think Kelly's gonna be there but um oh really she wasn't saying addiction no she wasn't invited it's you can google it it's very interesting I know the shame I mean but yeah I mean it'll be interesting to see how this wraps up because we ended last episode with Maddie and Peter having a conversation we ended this episode with Maddie and Peter right and so that's where they're creating their y'all now I know I like it's interesting the drama I actually think it's funny um that producers I mean I think they're the major puppeteers here oh it has 100 percent they've been able to take someone who you know I'm a life coach I spend my days managing my own thoughts and coaching people to manage theirs yeah and yet in these moments I am like going through the gamut of emotions just as the watcher of it all I mean and they're creating drama by all the thoughts like oh no oh no she didn't you know all of these thoughts that I'm having along the way and or like this is awkward you know no I feel the awkwardness and it's kind of fun I know the only way I could get out of feeling awkward with them was if I decided that the producers

were all like Frank inviting where they're taking you know obviously different scenes and they're adding pauses in there with where there weren't pauses before and you know and mending it all together in the editing process I'm like this was probably a very different scene and so that's how I could get myself out of feeling what they were feeling because I was like oh this is manufactured right but that's the only way cuz otherwise I would have been like my heart just like your mom right honey honey but you know it's bad and I'm glad you brought that point up because I think that part of the communication skills is and definitely Victoria and Peter I wish that they could hear this because the first thing is there's what are you thinking what are you saying what is the other person hearing and then what are they making at me then you've got to ask yourself could I be wrong here and so I think the producers are kind of crafting this beautifully like they're twisting it all up and then there's like what are we seeing and could this all be wrong here I'm sure almost all wrong if they had wanted to produce a love story this season that on a bow at the end they could have but no they wanted to something very different oh my god I know oh that's the interesting thing I can't wait so who's getting played here we are I love it oh my gosh so that's five moments Elizabeth I went fast if somebody wanted to find you online where would they go they would have to be a very good typist and they would go to www-where advisors dot-com and it's all spelled out squ a re d AV is o RS comm so you can spell people go find Elizabeth on the PI I will also have a link at the show notes Lynn Grogan comm slash episode 9 brilliant Thank You Lynn thank you Elizabeth this was super fun [Music]