

# Bonus Episode - I Wish I'd Said

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## SUMMARY KEYWORDS

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## SPEAKERS

Deana Thayer, Kira Dorrian, Future Focused Parenting



Future Focused Parenting 00:03

What happens when two parent coaches, one a Christian and the other an agnostic Jew, sit down to talk about parenting? They take their listeners from surviving to thriving. I'm Deana Thayer, and I'm Kira Dorrian. Welcome to Raising Adults, a podcast brought to you by Future Focused Parenting.



Deana Thayer 00:22

Hi, everybody. Welcome to another bonus holiday season spin cycle. And I'm excited about this one because it's where we can recover from all of our like, oops, not oops moments, but the whoo, I wish I'd really said so, welcome to I wish I'd said, with Kira and Deana. Here's what I wish I'd said on a previous episode and forgot to.



Kira Dorrian 00:45

Oh my gosh, I'm so excited.



Deana Thayer 00:47

You're already laughing?

K

Kira Dorrian 00:50

Okay, so I'll go first.

D

Deana Thayer 00:53

Okay. Okay. I wish I'd said in the swearing episode, because that was such a great episode. And when I listened back to it, I realized that you and I were kind of saying the same thing at one point in my head, but I wasn't articulating it very well. So what I didn't say that I wish I'd said, because our listeners who've listened to the swearing episode, know that I am pro swearing, I'm a fan. But what I didn't say was I am not in any way, a fan of it being directed at someone. So I think that when we were talking about it, and you were saying it being hurtful and these things, I agree with you, I would never swear at someone and nor would I ever think it was okay for my kids to do that. So I wanted to really make that distinction, because I think it's an important one when I swear. And what I was talking about on that episode in terms of like swearing being, okay, in my opinion, is as a part of a colorful way of expressing yourself as these words that have, you know, these really interesting meanings and interesting impact on a, on a description. But never, ever, ever, at someone. And so I thought that was really important to pull apart and did not, did not get a chance to do that. And then when you mentioned, at one point, you're like, I said that I don't allow the word hate in my home, stupid in my home. And you were like, well, so there are words that you assign meaning to right, as being not appropriate words. But again, it's to me, it's about it being at someone. So that was just such an important thing that I felt didn't come across in that episode. So I just want to make sure that there's an important distinction. I like it. Thanks for clarifying. And I should say that those of you who are listening to this, if you haven't heard one of these episodes that we're talking about, in things I wish I'd said, they are available in the like the little mini show notes on this episode on whatever platform you're listening to. We will put links in there to these episodes, so you can check them out. And then you can mentally place the things that we are saying now into those episodes. Right. Now those will be added in and you'll know what we wish we'd included. So what do you wish that you'd said, Deana? Well, a first one was way back when we did our first episode about blended families. And I was talking about how to navigate, just talking with a new spouse who isn't a biological parent of your kids and how there's a lot, there's a lot there. But what I didn't say which is so important. And actually, this is not just for blended families, I think this works for anyone who has a spouse or a parenting partner, if you have a co parent of any kind, it is so important not to assign or assume motive. Because I know something that was easy for me to fall into in the beginning was if Scott says something that I deem, I'm not a fan of it, it must be because he doesn't like my children, or something along these lines. Well, of course, he doesn't feel the same way because they're not his kids, and then I would go down a really yucky kind of rabbit trail. But I think this is so important in any relationship,

especially intimate relationships, or where you're parenting together, that it really is okay to say to a spouse or a partner, you know, I really didn't like what you said there, or I really didn't like what you did there and to be able to talk about how it made you feel. Like, that really made me feel undervalued, or it made me feel like maybe, maybe we weren't on the same page about something, but not to assume why it was happening for them. Not to say, and it must be because you don't like my kids, or I know it's because... fill in the blank. And I just think that is so important in all our relationships that we're not assuming a motive. It's okay not to like a behavior or the words but not to assume the why, and we talk all the time about the why. And I think it's important that we understand that we might not always be inside someone to know their why. So it's okay to say I really didn't like that what, or I really didn't like that how, but not to assign them a why. Does that make sense? I so wish I'd said that.

K

Kira Dorrian 04:55

Really that's great. I'm glad you had a chance to say it. My second one is something I wish I hadn't said.

D

Deana Thayer 05:01

Oh those happen too.

K

Kira Dorrian 05:03

So I'm gonna out us a little bit here, but listeners, occasionally, when we sound like morons, we edit over ourselves. So, there was a particular episode, the friendships episode, where I was trying to say the word extricate, which means to remove oneself. Instead, I said extradite, which is what you do to a criminal that has to be extradited back to their original place of being. Now here's the funny part. We caught it. And we fixed it on two of the three times that I said it, but there is one rogue time that I did not catch until it was live. So things I wish I hadn't said, extradite when I mean extricate. You're welcome.

D

Deana Thayer 06:02

So now when you hear the rogue extradite, you'll know that we know. But unfortunately, we knew too late as sometimes happens, even in the modern world of podcast editing. All right, last one. Okay, I wish I'd said...things I wish I'd said on a recent episode, the travel episode. Why did I not mention how much our family loves all inclusive travel? Okay, this is amazing. And here's why. Yes, it is often more expensive up front. But then when you get there, you never take out your wallet. People, I can't tell you how great this is. Especially if

you have five teenagers like we did two of the times we went, because they are hungry all the time. Or if four of them aren't, one of them is. So then you can take advantage of the 16 restaurants at the resort at any time without paying for it, or worrying about did I leave a big enough tip? Or do I need to go buy a drink? No, you just swim up to the smoothie bar and get a smoothie. It's the best thing ever. And I will tell you worth every penny of paying that more expensive resort price and I just thought, why didn't I talk about this? It was silly. So there you go. All inclusive travel. If you can do it, do it. Amazing. Like even grown up drinks are included in a lot of all inclusive places. So if that helps you, if you need your wine to cope with vacationing with small people, there you go.



Kira Dorrian 07:35

There you go. Thank you for joining us for this episode of things I wish I'd said by Deana and Kira. Hope you're having a great break. We will talk to you on January 6 for our first episode of 2020. It's going to be a doozy. It's called epic mom fails. Thanks for listening.



Deana Thayer 07:55

Raising Adults is produced by Kira Dorrian and Deana Thayer and recorded in Kira's laundry room. Music by Seattle band Hannalee. Thanks for listening.



Future Focused Parenting 08:02

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