Value of Outside Help

**SUMMARY KEYWORDS**

family member, emotional baggage, dynamic, listen, assistance, story, relationship

**SPEAKERS**

Paul Adams, Carey Berger

**Carey Berger** 00:06

Hello, I'm Carey Berger.

**Paul Adams** 00:07

And I'm Paul Adams.

**Carey Berger** 00:08

And today we're actually talking about the need to get some assistance no matter how good you are. And I get to tell my own story. I had a situation with a family member and it was exactly right up the middle of the line of what I'm used to doing. And I help you folks with it all the time, I knew exactly how to handle it. I mean, I kind of wrote a book on this, right? I'm pretty good at this. So I go through the process, and I go through exactly the way it's supposed to be done. And the end, it wasn't received the way I thought it was supposed to have been received. I was flabbergasted and sad...

**Paul Adams** 00:44

...because you thought family members are gonna fit the same textbook.

**Carey Berger** 00:48

Well, I knew that it's funny all these years, I've said to each of you, you know, you can say the same words and they'll sound different coming out of your mouth and coming out of somebody outside's mouth because of the relationship and the larger context it's being heard in. And I knew that was true, but I thought, Oh, no, I can do this. I've done this before. I can do this. And I was wrong. And so I will offer to y'all, that to the extent that you're working with a family dynamic situation, no matter how much you know what you're talking about, and you're right about it, probably more right than I was. Still, there is something to be said for having an outside voice to be a part of that. It's heard differently.

**Paul Adams** 01:36

Yeah, because a third party can come into the situation, and there's not emotional baggage. I mean, they can listen to the story, they can hear the dynamics of it, and they don't get emotionally involved. And that's the difference. When you're with a family member or someone you love, who might not be a family member, the way you look at emotions is going to be a little bit different. And it really can lead to different results and what you normally anticipate.

**Carey Berger** 02:06

Even if you weren't the one that was looking at it emotionally, I really was I was being a professional, but that was hurt so differently. No, but wait, my dad's being professional, Dad's not listening to me emotionally and that's just as bad as being emotional. So it unfortunately, there's our lesson for the day I learned the hard way, remind us of what we already knew. And we just wanted to share it with you. So when you get to that tough time, get help where you need it. Thank you.

**Paul Adams** 02:33

Thanks.