

Cultivating depth and intimacy

Guest: Dr. Alexis Shepperd

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Alex Howard - [00:00:09]

Welcome everyone to this interview. Well, I'm really happy to be talking with Dr. Alexis Shepperd. Firstly, Alexis welcome, and thank you for joining me.

Dr Alexis Shepperd

Thank you for having me. So good to see you again.

Alex Howard

I'm looking forward to this interview. We did an interview, which must be five or so years ago, and I enjoyed what came out of that. And where we went with that. I'm looking forward to getting into this because I think we've just been talking before recording. There's a few different pieces of this jigsaw and a few different, let's say, threads that we want to follow, but particularly looking at authenticity in relationship and depth of connection. We're also going to explore a bit in this interview around where we're relating from, who it is that we're showing up as in relationship, and the importance of commitment to truth in relationship. And that's not always easy.

Just to give people a bit of Alexis' background. Dr Shepperd trains people in the art of intimacy - emotional intimacy that moves you to tears, sexual connection that is passionate and embodied, and authentic communication that sets you free. She has a PhD in psychology, created the *Authentic Women Experience* for women and *Mastering Connections Program* for men, and has been coaching individuals, couples, and groups for 20 years.

Alexis co-created a style of deep coaching and interpersonal communication called *Circling* and trained hundreds of coaches in this method. This work inspired a global movement that touched countless lives and generated dozens of *Circling* and *Authentic Relating* organizations around the world. So Alexis, I think, is a bit of a frame and a shape to help us explore some of this in this interview. It'd be helpful just to say a bit around, when we talk about authenticity, what do we actually mean? And also why is it so important in relationship?

Dr Alexis Shepperd

People get into relationships, well, I mean, first and foremost, because we're hardwired for that. We're relational beings from day one, from the womb, we're relational beings. Before we can even make sense of anything that's happening, we're wired to meet each other and feel each other. And then, of course, most of us don't have the best examples of how to do relationship in a healthy and sane way and carry things over from our childhood, the wonderful things and the difficult things. But it seems like a lot of people are walking around needing to be connected to people, wanting to be connected, wanting intimacy and relationships that really matter.

And yet, because of their conditioning and who they thought they had to be to be loved and accepted and free, and, you know, all those sorts of things, have learned to hide parts of themselves. And so most people walking around walk around hiding big parts of themselves, even from the people they're closest to. And then it becomes something in between you.

So even as much as you want connection with the most important people in your life, you got secrets. And maybe they're obvious secrets, you know that you're literally keeping something from your partner. But a lot of times they're more subtle. They're more like, wow, if you really knew this about me, you would probably go away. Or I don't want you to see me like this. So I'm going to consciously or unconsciously, try and make sure that part never gets seen. And whether that's through omitting important things, or we just have so many ways of hiding, burying ourselves in work.

But that's what I see is most people wanting to be more connected to the people that they love the most or that matter the most to them, and yet habitually hiding big parts of themselves.

Alex Howard - [00:04:53]

It's interesting, as you're speaking, what comes to my mind is that, we hide those parts of ourselves because we fear that if people see those parts, they will reject us. And yet the more pieces we hide, it's almost like, the image that comes to my mind, they almost become bricks of a wall that cause more and more barriers and more and more distance from those that we actually wish to be close to.

Dr Alexis Shepperd

Exactly. Those are the things that are in between. And it's funny because we're so afraid of being rejected by other people, or smothered, engulfed, all that kind of stuff. We're so afraid of what happens if you really see me. But then the moment I start hiding myself from you, I'm already rejecting myself. So most people are walking around, having already decided that they're not, they're not lovable and they're not desirable, and they're not interesting enough or smart enough or whatever it is, and it gets played out in filtering so much of who we are.

Alex Howard

It's like so much of the rejection that we experience is actually us rejecting ourselves before we give anyone else the chance. Right?

Dr Alexis Shepperd

It's so true. Sometimes it's obvious. Some people walk around aware that they are criticizing themselves or that they don't think that they're enough. But there are so many more subtle ways that that happens. And one of them is just when I filter and edit and hide big parts of myself.

So, I'm not an advocate for raw, unfiltered authenticity without context, without, you know, at work, with your boss, with your partner, regardless of if he or she is in a state to hear you. This is not about using authenticity as a way to have no social graces.

Alex Howard

Weaponized authenticity?

Dr Alexis Shepperd

Yes. Exactly. It's more like, oh, what would happen if... Because this is the other thing that I find so interesting about it is, it's not just can I say, can I stop hiding from you, but oftentimes the path to stop hiding is there might be some stuff in the way that is exactly the very thing that I wish I wasn't feeling. Like in a relationship, if somebody stops feeling attracted, or isn't sure what they want anymore, then that might be like, oh, my God. This will damage the relationship. So that is the very thing to hide.

So I'm not saying go around willy nilly, and say, every judgment or every little thing on your mind. But sometimes I find those things end up building up. But if people can have the courage to not give them a ton of weight, but even say the very things that are, they think will destroy their lives or have them become unlovable. But to be honest about them, then sometimes they actually clear away. They might either lead to like, oh, yes, this is a deeper truth. We're not a fit anymore. But a lot of times, it is the fact of holding it in that starts to dampen. I mean, there's nothing that kills attraction and connection more than all the stuff I don't want to tell you.

Alex Howard - [00:08:46]

Right. And that's the funny thing, isn't it? And I noticed this with my wife that sometimes the thing that feels most difficult or most edgy to say that we fear is going to cause the biggest rift. If it's said in a relatively skillful way, often it's the opposite. Right? We actually feel closer because we've shared something that feels vulnerable.

Dr Alexis Shepperd

I love that. That just gave me a little bit of chills, as you said that. And both because I'm like, I get you do that. It just made me happy for you. And also just the amazing relief that that can be. I mean, you have to have enough safety first. So when I work with couples, that that's one thing I start to build, and to have them start to recognize in each other the dynamics or the things that, in particular, have them feel very unsafe, which might be completely different from person to person.

But if the lack of safety is too high, then there won't be any room to listen from that open, spacious place that you're talking about, that you have with your wife. But if we can get enough safety going, and if you can start to recognize in your partner the things that make them feel the most scared, the most upset, the most defensive, and just have a little compassion and a little skill around that stuff, then it makes the space to really talk about anything.

Alex Howard

So it strikes me that the place from which we are relating is also part of this, right? Are we relating from our ego and how we want to be seen and the stuff that we want to get, or are we relating from a deeper place in ourselves? I'd love to hear you talk a bit about perhaps some of those different places that we can be meeting relationship from.

Dr Alexis Shepperd

It's funny too even as we talk, every time we talk, there's what we say, and then there's where we're saying it from inside. And that's happening all the time. Like I could feel it, even as you ask that question. Will you ask me again?

Alex Howard

Yeah. So it's the place from which we are relating. So are we relating from a defensive, needy, grabby, controlling, sort of more egoic place, or are we relating from a more heartfelt place, or indeed, are we relating from a more soulful place, like who we are beyond any of that. That has a big impact on the depth in a sense of connection.

Dr Alexis Shepperd

So much so, even more than what we're saying. I mean, that really is when you can tap into deeper layers of yourself and becoming more from your heart and less defending, then you really can start to say anything. And so some of this is like something that you can grow into over time. You deepen your capacity to be with things that were once very scary to be with. So the things that would cause you to get defensive or alert or on edge or ready to fight or ready to run away. Those are things that you can start to get a lot more comfortable with. So then they're not the things that ten years ago terrified me.

Now I can stay relaxed and open and dropped into myself in the face of them. But then it's also a day to day thing. On days when I haven't slept enough, I'm sometimes not as available to drop in. But those are also practices that people can do.

So wherever I'm starting from, maybe in any given day, I've got so much to do, I'm wound up, I'm tight. How to drop in, how to drop into your body and drop into your heart. So that when you do go and talk to your partner or your children or anyone who's important to you, that you've got some tools to be able to drop into a deeper place in yourself, because that's felt, that's seen, that's heard. And then you feel better about whatever you're saying too.

Alex Howard - [00:13:21]

What are some of the tools or the practices that help people meet relationship more from that place?

Dr Alexis Shepperd

Well, there are the things that you can do with help and guidance. I'm thinking about the things that I do when I work with people. And then there's the things that you can do on your own, in your daily life, or with your partner. Or really, even on first dates. That's fun, too, is that some of these principles, you can practice with somebody you've been with for decades, or you can practice on a first date.

Alex Howard

And you might as well get started early, right?

Dr Alexis Shepperd

Yes. Exactly. It actually makes things a lot more fun. So first I think about, like, okay, how can I get myself ready? And whether it's you're going to go have a difficult conversation with your spouse, you're going on a first date, like, am I relaxed in my body? What are the things I'm saying to myself? Because just like we were talking about, it's easy to pre-reject ourselves. We start to create our own lack of safety inside even before we go into a conversation.

So there are great ways to just check out, what is it that you're saying to yourself about yourself, or about what you think is going to happen, about your worst fears, about what you need to protect yourself from.

Another thing I like to look for when you go to search to relate to someone is, what are you assuming when they say that? What are you assuming about their intentions? And we all have biases around this, but it can be very easy when we're triggered to assume the other person is trying to make us look bad, or trying to be right and make us wrong, or trying to punish us for something.

But what if, just as a game, what if you went in and you assume the other person has a positive intention that may or may not be true. But if you create it as a game-like, because you don't know, you don't know until you ask, until you find out. But what if this person, your partner, your spouse, what if their intentions are positive? Whatever they're saying right now, what if you just play like they're positive, then how do you respond? And suddenly then the way you listen to everything they're saying becomes very different than if I listen to it like, oh, they're doing this to hurt me, or they're...whatever else there might be.

Alex Howard

There's something about. Also, I think there's just another piece of this jigsaw of understanding this, of, what is the purpose of the relationship? Like what's the container? Is a relationship about just making each other feel good in the moment? Or is the relationship about a practical task of raising children? Or is there a relationship about something deeper, like a commitment to truth and to spiritual growth.

Say a bit about what, in a sense, the purpose of the intent of the relationship. Why is that so important here?

Dr Alexis Shepperd - [00:16:59]

So that's a great thing, especially for single people who are looking for relationships, to get clear about what is the purpose? What do you want it to be? So you can set it from the beginning. You can talk about it very early on.

A lot of people I work with are also sometimes in the middle of a very long relationship, and they hit a crisis point. So they didn't start out deciding, oh is this going to be a conscious relationship that is in service of our growth? They just started out like, oh I met somebody I was attracted to. Maybe we slept together. And then here we are in a relationship. And then here we are 20 years later with a whole life and we didn't really decide on purpose why we were doing this.

Alex Howard

Right.

Dr Alexis Shepperd

And then it can be scary to start to ask those questions because it's like, wow, what if we, are we on the same page? If we ask these questions, what does that mean about our future? Or am I going to have to dismantle everything? But I think even just getting clear about this for yourself and starting to talk about this as a couple is very powerful.

And it doesn't have to be just one thing. So say, people who are already 10, 20 years in, they've already, they're in a relationship because maybe they already do have kids, and they're, they have a life together. And so that's not going anywhere. But I think, most of us play, most of us end up in a relationship by default.

And I think what you're talking about is, how can I choose the context on purpose? Like, why are we here together? Am I here just to get through the day, or to raise these kids? Or because I said I would, because that was what was expected of me, because I was too afraid of being alone?

Okay. All of that stuff can be in there. But really, if you want to have a better relationship, like, what do you want out of it? Because it's going to come with great times, and it's going to come with hard times, no matter what. So that the context you're talking about is like, okay, well, what if this is for our growth? What if this is in addition to all that stuff? What if this is to heal on deep levels? What if this is to support each other in becoming the best versions of ourselves?

So that at the end of my life, I look back, and I'm so glad we were together. And I'm so glad of who I became in the process.

Alex Howard

That's beautiful. And I think there's also this piece around putting it back in the frame of where we started, around authenticity, around something around the commitment to truth, of connection and intimacy, even when it might not be convenient, or even when it might feel edgy, or it might feel difficult. And if the purpose of the relationship is just to feel less alone, there's probably not going to be the willingness to go to those places. But if the container is that there's a commitment to depth and truth, that somehow gives more will, in a sense, to really be seen and to really see.

Dr Alexis Shepperd

Because that is one of the most healing things in a relationship, for us, as people, is to have the experience of really, truly being seen for who we are, warts and all. Really, really seen and loved and

accepted anyway, and to have that be a vehicle for us actually loving and accepting ourselves and maybe places that we haven't been able to. And I find when that happens, it's like, oh, when that is there, I can be with anything. So it's kind of like, it can become this positive upward spiral of, you're never going to feel really loved if you're hiding parts of yourself, because you're never going to feel really seen.

So you got to take the risk of telling the truth. And it is a risk, because you don't know, you might be rejected. That is always true. When I first started doing this work, we had a saying that was, my truth in the present moment is the greatest gift I can give. And again, this doesn't mean every judgment and ridiculous thing that crosses my mind. But if I can have the courage to tell you the truth of how it is for me, even if I wish it were some other way, even if it's you know... So I've had breakthroughs around this in the past, around things that I was ashamed of. Like, you know, in the past, I used to be kind of crippled by anxiety in some ways, even in my closest relationships. And being able to talk about that, which was terrifying, terrifying at the time. And I've also had to say those things that I never wanted to say, like, I'm not so sure about this relationship, but being able to do that, being able to actually say what is really here, now I'm going to get a little woo woo with you, because...

Alex Howard - [00:23:13]

Please get woo woo. Let's get woo woo together.

Dr Alexis Shepperd

Okay, good. Most of the time. So not only do people hide things because they're afraid of being rejected, but they don't trust what's going to happen. And there is no promise that you won't get rejected. But it's very interesting if I'm like, oh, what if I, instead of focusing so much on what I wish were true for me or true in our relationship, what if I just talk about what is true as best I know it. This takes a deep trust that, wow, if I follow, if I'm authentic, if I'm committed to that, to being authentic with heart, to being authentic with care and compassion, but really, to being authentic, and saying what's true, that it will be in service of my growth and your growth.

I don't know where it will lead. Maybe we'll...maybe it'll take us deeper, maybe it will break up. I don't know the answer to that. I can't predict the outcome, but it's almost like something about trusting experience. So most people are operating from I don't trust my experience, and instead I need to try and be another way than how I am. I'm not fitting into the box of how I thought I should be, but it's almost like, it is a very kind of spiritual practice. Like, what if I just trust that, whatever I feel here.

What, if I want this or I'm scared of this, and I say that to you, that I trust that it's going to lead us where we need to go, even if I can't see that far ahead yet.

Alex Howard

One of my lessons in relationship has been that, my default place to go to is intellect, so I can very easily go into a place of trying to figure things out and solve problems. But equally, the flip side of that, as I can go to catastrophizing and anxiety and so the two sides of that coin. Sometimes in tricky moments in relationship, it's almost the more insecure I feel, the more the tendency is to try to meet it from that place. And one of the lessons over the years has been that it almost never gets fixed or solved from that place. It normally just gets more stuck.

And there's something about just dropping that efforting and that trying to fix it or make it right, to just drop into a felt sense and a curiosity and openness and not knowingness. And there's some sort of living wisdom or guidance that often arises in that place. I'd love to hear you talk a bit about what helps that dropping, doing and fixing to allow something wiser to happen.

Dr Alexis Shepperd - [00:26:23]

One tool that I think is so powerful for this is, I say, speaking kindergarten language. Because the mind wants to know; it over complicates things. And there is a place for that, for the nuances and the analysis and the processing. But really, when you get to the heart of the matter, if you want to, if you're having trouble dropping in and speaking from that place, how can you say the essence of it in the simplest way possible? And like a kindergartener, in a way a kindergartener would understand.

And it might be like, I'm so scared I don't know what to say. Or I want to protect myself and run away right now. That's a little fancier than kindergarten language, but it's close. And something about that is like a tool that like, okay, if you're in the weeds with your partner or really any other relationship, or you're in your in your head, or you're in anxiety... And another one is to go another level out, like a bird's eye view, because you might be arguing about the dishes or about should we see other people?

Most of the time the arguments are about the dishes, but sometimes they're even as strong as, do we end this marriage or not? But if you just take a step out, that's the content of what you're talking about, what is the metaframe? Or, what is the bird's eye view right now? It might be like, I'm so mad because I don't feel seen by you. Or I'm so scared of losing you. Or I feel trapped here, and I don't know what to do.

Alex Howard

What's also interesting is you're talking very much in a way which is, just, it's a comment on how one feels, and it's a taking responsibility for that feeling, right? There's not blame. There's not story. There's not kind of manipulation. It's just kind of, this is how I feel in this moment.

Dr Alexis Shepperd

Exactly. And that's a, you know, simple but not easy thing to do. So a lot of times when people are learning how to do this, it might get really clunky at first, but then when you get good at it, it starts to feel really simple. But those things that you said, like, even if you're really bothered by another person's behavior, by your partner's behavior, you can name that. But the most powerful things happen when you take responsibility for your own experience and express that. And express it in a simple way and express it from a feeling space and then get curious about their experience, even if their experience, even if what they start to say, scares you or upsets you.

Alex Howard

You spoke a little bit earlier to that critical judgmental voice. There's something here about, obviously, the container of trust being there, but also the willingness to get it wrong, like it being okay to not, like, because I think the danger can be, again talking a bit from personal experience, that when the mind gets too involved, one can try too hard to find the right words. And in a sense, the more one tries to find the right words, actually, the more one is disconnecting.

And there's something about giving the permission to just say what feels true in that moment, even if it's a bit clunky or it's not perfect.

Dr Alexis Shepperd

So a lot of times when I'm working with individuals and they have a new realization, like they see something that was in their blind spot. Oh, my God, I've been acting this way. Oh, my God, I get defensive every time I think she wants to leave me. And they start to want to try and do something new. I would suggest, hey, at a time when you're not fighting, go to your partner and just tell them that you've had this realization, and say, hey, I'm going to mess this up sometimes, but I'm going to start practicing this. Do you have room for that? Because it sets them up.

So it's great when somebody's already at the stage that you and your wife are at, where you have that container of trust, you can already talk about these things together, the permission to mess up and not get it right all the time. That's so great. That's what I want for every couple. For people who don't yet have that, I say, go out and just say, hey, I'm going to be trying this new thing where I tell you more of how I'm feeling. And I just want to let you know that because I'm probably going to mess it up a whole bunch. And if you can set somebody up for that beforehand, when you don't already have that shared context, then they're so much more likely to have room for that, because they already know what's happening.

Alex Howard - [00:31:42]

And somehow if one is choosing their moment relatively carefully and expressing themselves in that way, and their partner is an absolute no to any kind of freedom and space to work with that, I mean, that's kind of important to know, right? It's like sometimes our fear can be if I ask for this or if I express this, they're going to say no, and they're going to reject me. And then I think one of the things is, if they actually do, that's like, you kind of need to know that.

Dr Alexis Shepperd

Exactly. It means one of two things. It does mean either this relationship is not a fit. This person does not want to grow in the ways that I do. And there's not room for me to change and be more authentic or be messier, for us to change our dynamic.

But before people jump to that conclusion, there's also the possibility that your partner is scared and he or she does not know how to tell you that. And instead, they tighten up and say they have no room for what you're trying to do because they're scared about what that means. They're scared you're going to leave them. They're scared you're going to overwhelm them and engulf them with all of your feelings and needs, and they already feel trapped or flooded. So I often say before you write it off, see if you can just imagine like, okay, what would, alright, they just got defensive. It seems like they have no room for you. What could they be protecting? What could they be scared of? And what could you do that might make it a little safer for them, so they don't have to be on guard so much.

You can just ask them outright. But also there's this, what I call applied empathy, which is not just understanding where another person is coming from, but understanding it so deeply and the art and skill of being able to communicate that to them so that they feel deeply understood and felt unseen and accepted in what they're experiencing. That's a set of skills you can develop over time, but to not only start to try and understand, where could they be coming from? And use curiosity and questions. But also there are ways of framing it until they feel so seen and understood. A lot of times, people then don't have to be locked into a position of defending themselves. And then suddenly they do have lots of room for you. So it's usually one of those two things.

Alex Howard

I know. That's very helpful. I'd love to talk a bit about the potential. What we're talking about here is hard work, but in a sense, it's the most important work, often in one's life, when one really shows up. But I'd love you to talk about what can come from showing up to a relationship in this way and some of the states and the experiences that one can have.

Dr Alexis Shepperd

So I kind of think of this on like three levels. So there's the level that most people know about and want, which is I just want to have a better relationship. So this personal, interpersonal level, want things to be better, closer, less conflict, more sex, more ease.

There's what's below that, which is the shadow work, the healing work. That's another reason why I love working with relationships because you get close to somebody and everything that's unresolved from your past is going to come up, but also a lot of deep healing is possible through that.

And then there's what you're talking about, which is the higher potential because there's more possible for people than just a relationship that is more comfortable, a little more fun, a little better sex. So I found this has been an interesting experience in my life and actually on a daily basis. But I think about those relationships, which are the context of who we are to each other. And then there's relating, which is a verb, which is happening all the time. So a lot of people can be in committed relationships and have very little healthy relating going on.

And a lot of people can be, you don't have to be in any kind of committed relationship, but you are relating with people all day long. So how can you improve the quality of that? They're both important. But what I found, too, is that there are certain ways that you can use relating, which is something that only happens in the present moment.

It's happening right now, with you and I, in this particular context. But that you can use the vehicle of what is happening right now. All my feelings and sensations, all your feelings and sensations, the way your eyes just lit up and you just had a little bit of a smile as I said that.

There's like an exchange happening all the time between people, all the time. When you start to pay attention to that in a certain way instead of what most people do, which is talk from a preconceived idea of what they want to say or where they want the conversation to go or how they want to be perceived or what has to get done.

But instead, when I drop into what's happening for me right now and what it's like to be with you, sometimes deeper states can open up, what you might call spiritual states or altered states. Sometimes it can feel like a deep state of meditation, like I noticed for myself, something in my body just in this moment right now, as we're talking, my body just relaxed a little bit more. My mind just went a little bit more quiet. I feel so I feel more space inside of me that I didn't even know I was missing until this moment.

Sometimes I find if people follow that, it's not a matter of like, how can I create a state. The cool thing about authentic relating is not just being understood more or liked more, but is if I follow what is happening right now between you and me, and I make just as much room for you to do that, there can be a joy for no reason. Or maybe, I was in a fine mood, but suddenly tears come up, and I didn't expect that, and I don't know why. Or deep states of presence or spaciousness or ecstasy, or turn on.

It doesn't even have to be about, it doesn't have to be about anything. So many people are trying, so many couples are trying to have better sex, from trying to get the other person more aroused or. But really, if I find it so interesting, if you actually drop into connecting with your own body and with what's happening with somebody else, sometimes it's just there, because our own aliveness is there. When the space isn't so filled with all our thoughts and our agenda and our protections, there's room for something that's so much more alive, and that's alive between two people.

Alex Howard - [00:40:01]

What touches me when you're speaking is that we talked a bit about the place from which people are relating. And when one's in that egoic place of relating, often what they're trying to get is a sense of feeling safe and feeling held, or they want to have a sense of being adored or a sense of connection. And there's this efforting that's going on to try to get that.

And what you're speaking to in this moment is the arising of what one is trying to get, which is actually already there. But to feel that, one has to slow down and one has to trust and one has to open. And actually in the container of relationship, there's actually deep wisdom and potential that's already waiting there.

Dr Alexis Shepperd

You said it so well, and I felt this moment of delight when you said that. But it's so funny that people are looking for that safety or that aliveness or that connection or the passion, and they're trying so

hard to get it. It's so understandable because most people have been through things that I would not wish on anybody. So it's just really understandable. And it's not something you can just wish away.

But it is also so exciting. It's exciting for me if people can create enough safety in themselves and spaciousness and develop that more emotional, relational space to relax open. Then actually those things they were so hungry for, like connection or passion or meaning, they're already there. They're already here right, right now.

I just, every time I find that, it's like a surprise. I know it here, but when I know it here, it becomes a fact. It's like a dead thing. It's a noun. But even each day in my personal life or with my clients, when I rediscover that, I'm delighted all over again. It's like, oh, my gosh, it's like the secret universe that I know is there because I studied these things. But when I find it again, it's alive. And I feel so grateful for that, like it's right here.

Alex Howard - [00:42:39]

And it's almost like the harder we try to get to it, the further away from it we find ourselves.

Dr Alexis Shepperd

The mind that is scared and in protection does not like to hear that. And does not believe that. And most people's inner critics are on a tirade. That like, oh, my gosh, well, if I stop beating you up, then you will fail at everything in your life. And I'm the only thing keeping you going. And if you really said all of that stuff, your life would end, your relationship would end.

But if people can walk through the fire on the other side, it's like, it is more freedom. It is a kind of freedom people only dream about, and that I really wish for everybody. I think the most mundane things start to get so exciting.

Alex Howard

I'm mindful of time, Alexis. I feel like we could continue down a very fascinating journey here, but I'm also mindful of the time. For people that want to find out more about you and your work, what's the best way to do that and what's some of what they can find?

Dr Alexis Shepperd

The best way to do that is to go to my website, AlexisShepperd.com. I post everything that's new that I'm doing there. I have a long history of leading workshops, intensive workshops for men and women and for coaches, year long trainings for coaches. These days, I'm really enjoying just working with people one on one and with my couples. But there will be more programs in the future because there's something really powerful when all women get together, when all men get together, or when couples get together.

And if people want to work with me, I hope they come and find me because I really love my clients. And it's sort of like what we're talking about. We get to go on a journey where I don't know where it's going to lead. And that is the most exciting thing, because it always leads us where we need to go.

Alex Howard

Wonderful. Alexis, it's always a delight to spend time together. Thank you so much.

Dr Alexis Shepperd

Thank you, Alex. Same.