

S: It's nice to meet you both. I understand there are some concerns you each have about your relationship. I also understand some people outside your family have concerns about how America is doing. I am here to help if I can. Could I start by first asking some questions about my involvement with your family. Is that okay with you?

(Nods in agreement)

In offering my help it is important to me that you each feel respected. So, my first question is whether it is important to you that you feel respected by me?

D: Yes, absolutely.

H: That would be very nice.

S: Okay great. I don't know what your ideas are about respect yet but I imagine I will have a chance to learn about them as we go. I have learned respect often means different things to different people. I'm wondering if it is important for you to have me be as respectful of the other person as I am of you personally? Or, would you prefer me to respect you more than the other person?

D: I guess you should respect us the same.

H: Hmm. I don't respect him but I guess you probably should.

D: Such a nasty woman.

S: Okay, so you both support my taking a position of respecting you equally. That's good for me to know. Another question I have for you is about my holding care for America alongside you both. What do you think about my keeping concerns about America in my mind in our conversations?

D: No one is more caring about America than me. No one!

H: I am trying to protect America from Donald.

D: I am trying to protect America from Hillary. She has brainwashed everyone to think she cares about America when all she really cares about is getting everyone to think she is superior to everyone else, especially me.

H: Are you serious? I don't know anyone who needs more attention than you!

S: Have you held different ideas about what is important for America for a long time or is this more recent?

H: We've always fought over what is right for America.

D: I know what would make things great for America. Hillary is okay with America being weak. I care about America being strong, I have to be honest.

H: I do not want America to be weak! Your idea of strong is immoral.

D: Of course you are okay with America being weak. You always enable America. Believe me she enables America. I had to work for everything I have earned myself. No one helped me build the amazing business I built. Hillary lets people take advantage of America all the time.

H: What?! You didn't build anything by yourself. You were given millions of dollars by your parents! And you grew your business by screwing as many people as you could. I grew up without your privilege and I know what it means to be treated by people the way you treat them. You don't know anything about the world that America is inhabiting. This is just Donald being Donald! Typical!

S: Can I ask, is this way of relating you just showed me usual or unusual?

D: What?

S: I'm just wondering if how you were relating to each other just now is a typical way that you relate to one another or if it something that you don't usually do?

H: Yes, it is always like this. He never listens. He just always thinks he's right, and wants to say what he thinks and how he is the only person who knows how to make things great. Either you agree with him or you are his enemy.

D: If you mean, does she act smug like that all the time, then yes that is typical of how she relates. She doesn't ever listen. She doesn't understand what it takes to be successful. She thinks she's smarter than me. Wrong!

S: In line with your earlier support for my respecting you both equally, I am interested in your different perspectives about the problems you experience in this relationship. Would that be an okay place to start?

D: Yes, you can see how arrogant she is, can't you? I mean I bet you are a really good therapist given that you have a Ph.D. I am certain you can appreciate straight away how difficult it would be to be in a relationship with her.

H: Are you serious! You think I'm the one who is difficult to be in a relationship with?! I am the only sane one in this relationship. You hate everyone but yourself. I have tried to be reasonable, but you are deplorable and irredeemable! He is a misogynist and racist.

D: Wrong! She is a chronic liar who will say anything to get people to like her.

S: I'm going to ask the same question I did a moment ago. Is the way of relating you just showed me again typical or unusual? Is this the most common way you relate to one another?

D & H: Yea.

S: How much of the time would you say this way of relating is present in your relationship? Like what percentage of the time is it occurring?

D: 100%

H: This is one place we agree.

S: I wonder how you might describe this way of relating? For example, would you describe it as competitive, or adversarial, or confrontational, or friendly, or kind, or caring, or in some other way?

D: That seems like a stupid question, we fight all the time.

H: We are always fighting, but it is his fault. He isn't ever reasonable never listens to me, ever.

D: She never listens to me!

S: So, "fighting" is an okay way of naming this way of relating that I have been watching so far?

D: What would you call it?

S: Fighting fits for me given what I have seen so far, but I am interested in your understandings more than mine since you know your relationship better than I do. What about for you, Hillary? Is fighting an okay way to refer to this way of relating or would you prefer a different name?

H: No, fighting works fine.

S: Okay, so we can call the way of relating that dominates your relationship fighting. I think I heard you both say that a feature of this fighting includes not listening to each other? Is that right?

(Nods)

S: In addition to "not-listening," I am curious to learn more about how this fighting influences your relationship. I have met many couples over the years who have had fighting take over their relationship. It seems fighting is doing quite well in hijacking relationships these days. The couples I have met with have taught me a lot about what

fighting needs to keep dominating relationships. For instance, I have learned fighting often gets people to play blame games, compete over who is more right and who is more wrong, speak in mean ways, interrupt, criticize, and so on. I also have learned however that fighting takes over each relationship in ways that are unique to each couple. So, could I take some time to learn more about what fighting requires in your relations to maintain its dominance?

H: I guess.

D: Okay.

S: How long has this fighting been such a big part of your relationship? Was there any time in your relationship when fighting was less present?

H: Our families have had different ideas about what is important for a couple of hundred years. Our families see the world in really different ways and we hold values that are fundamentally different.

D: For the most part I didn't really care about the ways our families have fought through history. I was busy building an amazing businesses, making lots of money, while my Republican family and her Democratic family fought. I thought it was stupid and I didn't care. However, when Hillary and I got together we got pregnant with America after our first night together. I then decided it was important for me to be very involved because I don't want America to be influenced by her Democratic family and their ideas.

H: I don't trust him with America either and his families' Republican ideas. America complains to me about how Donald isn't happy about America's friends who aren't also white or Christian. America complains about how creepy he is when he talks about America's friends who are female.

D: Yea, well America complains to me about being afraid of being raped and murdered; and not having a job; about how expensive things are getting, and not being able to make enough money to support a family.

S: So the fighting that is dominating your relationship feeds off your different concerns about what might be best for America? Do I have this right?

(Nods)

D: Yea, and I have so many people who agree with me that I am right. It's unbelievable!

H: I have many more people who agree with me than you. You're delusional and the people who agree with you are ignorant.

S: So, I am learning more about this fighting. I am learning that the fighting feeds off different ideas you have about what is in America's best interest. I am learning it has you not listening to each other. I am learning the fighting goes way back in time between your families. Does this fighting also affect how you each see the relationship? Does it get you to see the relationship as hopeless or doomed to be forever confrontational? Does the fighting give you hope for some new possibilities for caring about America together?

H: I hate fighting.

D: I am not afraid to fight for what is right.

S: Donald, what do you experience after fighting? Does fighting leave you feeling only good or does it have any other effects? Do you ever wish you could have a relationship with Hillary that did not include fighting?

D: Of course I wish we could have a different relationship. I actually admire Hilary's ability to fight. She doesn't quit. After fighting I often feel angrier though.

H: So do I! That's one reason I hate fighting.

S: Okay, so fighting can grow anger for each of you and that doesn't feel so good. Has fighting ever helped you with the different ideas and hopes you have for America? Has it done anything to help make things better? Does it help you go forward in new ways around what each of you care about?

H: No, all fighting does is make trying to win most important. And I can't imagine how either of us is ever going to win until one of us gives in or give up, and that isn't going to happen.

D: I agree!

S: What's it like for you to think the fighting leaves you feeling like nothing will ever change? Is that okay for you or not okay or neither or both?

H: I can't imagine giving up on what I value but I am concerned about how America is being affected by the fighting.

S: Donald do you also hold any concerns for how the fighting might be negatively affecting America in some way?

D: I guess I have some concern that fighting could keep America from becoming as great as I would most want.

S: What way do you think the fighting might be preventing this?

D: The fighting might distract America from being able to focus on being as strong as it might otherwise be.

S: Okay, you each hold some concerns about how the fighting might be affecting America. How do you think the fighting is influencing your relationships with America? How is the fighting getting each of you to relate to America?

H: I'm really worried it is tearing America apart. I'm concerned America is getting into drugs and fights. I'm worried America's mental health from constantly being put in the middle between us. America has to defend him to me or me to him. It can't be easy for America. America seems to be losing friends and I'm afraid is becoming depressed, apathetic, cynical, and mean.

D: I agree America doesn't seem to be doing very well. I don't know how much the fighting is part of the problem or not. America does seem to be falling apart from what I can tell. I believe my ideas can fix America though.

S: Donald, I am interested in your ideas for America and I'm interested in Hillary's ideas as well, but I wonder if we can go back to the question of whether the fighting may be having any negative effects on America? Do you think it might be having any negative effects or do you think America doesn't notice?

D: I'm sure it affects America. I hear all the time about how unhappy and angry America is about how Hillary and I fight and how sometimes America hates me and sometimes America hates her. I'm not sure how it is really affecting America, however.

S: Okay, would it be alright for me to try and summarize what I have been learning so far? Feel free to correct anything that I am not getting quite right. I have learned that fighting has a regular presence in your relationship and that fighting successfully gets you to not listen to each other. I've also learned that fighting has gotten you to believe that what is most important is winning. I've learned that fighting feeds off you both caring about America but having different ideas about what is best for America. I've learned that fighting leaves both of you with more anger and that it can grow hate for America. I've learned that you both think it is possible fighting is having negative effects on America and that it also has you relating to America in ways that you don't fully like. Does it seem like I have missed anything or is there more you think might be good for me to know about how fighting is affecting things?

H: I can't think of anything more.

D: Me either.

S: What's it like for you to identify these effects that fighting is having on you individually, on your relationship with one another, on your relationships with America, and on America itself?

H: I don't like it but I am not hopeful anything else is possible.

D: I can't imagine ever doing anything different either. I wish America and I could just divorce Hillary.

H: I wish America and I could leave you too, but America is never going to be okay having to choose between us. It's tearing America apart.

D: That's true.

S: My experience with couples who have had their relationships taken over by fighting in such a big way is that it can be really really hard to fire the fighting and hire something new. I have also learned from many couples, however, that when they have successfully separate from fighting and replace fighting with a different way of relating they have found it quite preferable. I am wondering if, despite your sense of hopelessness, you might be interested in seeing if it were possible to separate your relationship from fighting and replace it with something different, especially given how much you care about the ways fighting might be hurting America.

H: I guess we should try.

D: We're here because things aren't working.

S: The project of taking your relationship away from fighting can be very difficult. What do you think it might say about you both if you were to take on this challenge of replacing fighting with something else?

H: I guess it could say we care more about America's best interest than keeping our family feud going.

D: I am a person who knows how to make good deals, and if Hillary and I could make a good deal together that is in the best interest of America, I guess it would mean I am smart.

S: Donald, are you saying that working with Hillary to make the best deal for America would mean you care more about what is best for America than the way that fighting has had you focused on winning?

D: I guess so, yea.

S: Okay, I have a proposal for how we might go about the possibility of shifting your relationship away from the fighting that has so tyrannized it. I have an idea about something else we could try, unless you think it is important for me to watch more fighting or there is more you think I should know to understand more about the fighting.

D: No, let's hear it.

H: Yea I'm interested.

S: Okay, my proposal has three steps. The first step involves me talking to one of you instead of to both of you like we have been doing so far. While I am talking with one of you, the other would only be listening. The second step would then involve me talking with the person who has been listening about what they heard, while the other person just listens. The final step would involve my returning again to the person who I started the conversation with while the other listens again. Once we complete one round of this, we would then give the other partner a chance to be the one I talk to first and go through the same process. Here I will draw what I am proposing on the white board.

S: Would you be interested in having a go at this to see if it has any effect in diminishing the fighting?

H: I don't see what we have to lose.

D: Me either.

S: My hope is this proposal might help us all go forward in respecting what is important to both of you. In my experience, the biggest challenge with this proposal has to do with deciding who is willing to listen first. It's a very generous act to offer to listen first. Donald, I remember you identifying yourself as someone who holds women in high regard, I wonder if agreeing to listen to Hillary first would fit with your sense of yourself as someone who respects women?

D: Why not.

S: Is this okay with you Hillary?

H: Sure.

S: Okay, thank you Donald for your willingness to go first. Like I said it can be a real challenge to step away from fighting when it has been so demanding of you. Do you think you are up for it? It could take a lot of strength on your part to keep fighting from trying to reassert itself.

D: I can do anything I put my mind to.

S: That's good for me to know. To help you be successful with your willingness to step away from fighting I think some preparation is important. To prepare I would like to ask you some questions. Is that okay?

D: Yes.

S: I'd like to ask you to think about a time in your life where something was deeply troubling to you and some person listened to you in a way that was very meaningful for you. Can you think of a time when you were experiencing something very difficult and someone listened to you in a way that was acknowledging, compassionate, or caring?

D: Nothing is immediately coming to mind.

H: What about your godfather, Tom? I remember you telling me how special he was to you.

D: You know he died!

S: Actually, it is not necessary for him to still be living for us to invoke his presence in our little project. Was your godfather someone who listened to you in a way that made a difference for you?

D: Yea.

S: Can you tell me about a time when he listened in a way that you think mattered a lot?

D: It is tough to talk about.

S: Despite it being difficult to talk about do you think it might help us learn about what your godfather knew about listening that was so meaningful for you?

D: Yea, I guess so.

S: What were the circumstance surrounding your godfather listening in a way that you found helpful?

D: (Watering eyes) It was right after my brother Freddy died. Freddy was the best guy. He had everything going for him but when he went to college he started drinking for some reason. Drinking eventually killed him. My brother advised me not to drink, and I never have. He was the one who was supposed to inherit my father's business. Freddy couldn't handle those expectations and my father's criticism. My father was a hard man. I struggled with my father too until I was sent to military school where they taught me how to be disciplined and how to be tough.

S: So Freddy's death had a big effect on you?

D: Yea. I loved him very much and I couldn't save him.

S: What led you to talk with your godfather about what you were experiencing after Freddy died?

D: At the service for my brother, my godfather overheard my parents tell me that I needed to be strong and that it was now up to me to carry the family reputation forward. He called me after the service and asked me if I would come over for lunch. When we met he said he did not think it was fair for my parents to put that pressure on me and he wanted to know how I was doing and what I was feeling.

S: What effect did his interest in your thinking and feeling have for you at the time?

D: (A tear appears) It gave me permission to feel sad about my brother. He said he didn't agree with the idea that men shouldn't be allowed to feel all their feelings, including sadness.

S: Can you describe more about how he was with you during this lunch? How did he show care through his listening?

D: He was mostly just quiet. I remember him coming to sit next to me and he put his hand on my shoulder. I told him how much I loved my brother and how frustrated I was that alcohol killed him and that I couldn't save him.

S: What effect did his listening to you at that lunch have on you?

D: I guess I didn't feel so alone. I felt someone understood what a big deal it was for me to have my brother die.

S: What other things did he do in particular that showed you that your thinking and feeling was important to him?

D: I'm not sure. He didn't say much really but I could feel he cared. I could see it in his eyes and hear it in his tone of voice. He was a very kind and gentle man.

S: Did your godfather listening to you in this way make any difference even after this particular lunch meeting?

D: Yea, he and I met every month after that first lunch, whenever possible, until he died. He was always supportive and kind even though we had very different ideas about most things. I was probably closer to him than anyone else in my whole life.

S: What is his name?

D: Everyone called him Uncle Bernie.

S: It doesn't sound like fighting had much of an influence in the relationship between you and your godfather.

D: No. We never fought. We would just talk and share our different thoughts, but it was always peaceful between us.

S: What was it like to have such a peaceful relationship with someone who also had very different ideas than you at times.

D: It was the best. I always looked forward to our visit. I miss him. Hillary was very kind when I told her about how important my godfather was to me. Actually, now that I think about it, she kind of listened to me like my godfather did.

S: It has been quite moving to hear about the ways of relating that your godfather brought to you and your relationship. What's it like to be reconnected with your godfather through this conversation?

D: Hard

S: Is it a good hard or a bad hard?

D: A good hard. I don't think about him as much as I would like.

S: You have helped paint a very strong picture of your godfather and his skills of listening and caring. Do you think in our project you would be willing to listen to my conversation with Hillary in the way that your godfather listened to you?

D: I can try.

S: Okay, before we start, I am just wondering what it has been like for you, Hillary, to have listened to Donald tell me the story about his relationship with his godfather.

D: I was quite moved hearing it again. His godfather seemed like someone I would have really liked to know myself.

S: Me too. Okay Donald I'm going to ask you now to take the position of your godfather while I talk with Hillary. I would predict this is not going to be easy. Not many of us are particularly practiced at the art of listening. Are you sure you are up for it?

D: Yes.

S: If you find it difficult to maintain this godfather listening position you can ask me for help to get back there. Also, if I notice the fighting tradition is making a comeback could I have your permission to try and help you get back to listening like your godfather?

D: Sure.

S: Thank you. Okay, Hillary, you have said you have concerns that have not been listened to by Donald in ways that you have hoped. I wonder if we could talk about one of those concerns so I can better understand what is important to you.

H: I'm not really sure where to start.

S: Anything that comes to mind is fine.

H: Well, it's hard for me not to first think about my mom. She was only 14 when she ran away from home because of her father's abuse. She had to make it on her own during the great depression. One day when I came home crying after being bullied by a bunch of kids, she met me at the door and said there is no place in this home for cowards. I had to go back and face those bullies and when one girl pushed me I pushed her back. The kids went, "Oh okay," and after that the bullying stopped and I played with those kids every day after that.

S: Why do you think that story has stayed with you all these years and is one of the first you think of when I ask you about what is important to you?

H: I decided I would stand up to people whenever they act mean. It also broke my heart to know how hard it was for my mom when she was young. So, I decided I would study hard and try to do work that could help women and children who were disadvantaged and suffering. That is what I have been working to do my whole life. I want to make a positive difference in the world. It is hard, however, when I see how much meanness there is all around.

S: Is your life-long commitment to stand up to meanness strongly shaping your life even now somehow?

H: Yes! This is a big part of what upsets me about Donald. I see him doing and saying mean things all the time and it just bothers me so much.

D: That's not true!

S: Donald, are you having some trouble listening like your godfather would if he were able to be here?

D: I was doing fine until she said I was mean.

S: It seems like Hillary talking to me about what is important to her interrupted your ability to keep listening in the ways your godfather knew to offer you. Would you like some help to get back to that kind of listening?

D: No, I can do it. Keep going.

S: Okay, thanks. Let me know if it becomes difficult again for some reason. Hillary you were helping me understand that meanness is something you have cared about since you were young when you experienced bullying and when you heard the stories of abuse that your mom experienced as a girl that contributed to significant struggles for her. You were also helping me understand that you have maintained a commitment to

stand up to meanness however you can throughout your life and this commitment has you noticing meanness present in your relationship with Donald at times.

H: Not just in our relationship and how he speaks to me, but I see meanness when he talks to America about women, people of color, immigrants, people with disabilities and Muslims for example. Every time he does this it hurts me. It reminds me of being hurt I felt when I was bullied by those kids when I was little and the hurt my mom faced in her home and after she had to leave her home. It also has me thinking about the struggles that his mom faced when she immigrated as a young woman from Scotland during the depression and faced severe discrimination. When I think about the real hurt this meanness can cause it makes me want to push back like I did when I was little. I refuse to be afraid to stand up to meanness and unfairness when I see it.

S: Okay, could you tell me a story about a time recently when you witnessed meanness present in Donald's talking?

H: He thinks it is funny and just locker room talk but I overheard him telling his buddies he can get away with kissing and grabbing women whenever he wants because he is famous. As a woman myself I have had men treat me like that and it feels gross and unfair and like they think we women are only on this planet for their sexual pleasure. I'm outraged that this is still happening in 2016. Women have fought and died forever for the right to be seen as a person and not just a sex object. I don't think Donald has ever been taught how to care about how what he says and does affects another person and how he is supporting a rape culture that we women know more about than men do. Actually, now that we are talking about this I realize this is what I care about most. I care about people caring as much about how they are affecting another person as whatever they are feeling and thinking themselves. This is the kind of world I hope for. If we could build that world I think many fewer people would be left to experience so much suffering like our mothers did and so many people experience today. Steve, do you know what percentage of girls and women are subject to sexual abuse at some time in their lives? Do you know how many of us carry hurt inflicted by men? Do you know how much it hurts every time someone makes a joke about the hurt we have experienced? It isn't just words. It isn't just a joke. It's meanness and insensitivity.

S: Thank you for helping me understand what matters to you so much when you see or experience meanness. I wonder if it would be alright to pause here for a moment and allow me to talk with Donald's godfather about his experience of listening to what you have been sharing.

H: I'm pretty riled up but I guess that is okay.

S: Okay. Donald, were you able to keep listening from the position of your godfather?

D: Yes, mostly.

S: Okay, I would like to ask you some questions about what you experienced in listening with your godfather's skills. Could you imagine how his eyes would be and how he would be sitting and what he would be feeling and thinking?

D: At times.

S: During those times was there anything in particular that you heard that moved you or touched you and had you caring for Hillary?

D: I guess when she talked about our mothers.

S: When she talked about the difficulties that your mothers experienced in their lives?

D: Yea.

S: While listening like your godfather, what was it about hearing Hillary talk about your mothers that moved you?

D: That they had such hard times and they also were strong and wonderful women.

S: Did listening to Hillary talk about your mothers give you a sense about something very precious or important to her.

D: I think she cares about everyone being treated equally and fairly, which I think is important too.

S: So, when you listened like her grandfather, you resonated with something that Hillary was saying was important to her?

D: Yea, it made me a little sad.

S: Can you tell me a story from your own life that might help me understand better how you are able to feel sad and moved by the fairness and equality you heard matters to Hillary? Can you think of something in your experience that could help me understand why you are able to say you care about this too?

D: Let me think... I guess I didn't think it was very fair to expect Freddy to become what my father wanted. It just wasn't him. He was an easy going and fun loving guy. I know Freddy hurt inside a lot but it wasn't ever really acknowledged in my family and it couldn't ever be talked about really.

S: Okay, so Hillary talking about the suffering and struggle your mothers went through as women moved you and has you thinking about the suffering and struggle Freddy experienced in relation to the expectations of who he should become. Do I have that right?

D: Yes.

S: Could I ask how listening to Hillary and thinking about Freddy is affecting you now? Can you tell me where it takes you in your thoughts or feelings that you might not be experiencing if you hadn't been listening in the ways that your godfather listened to you?

D: It has me thinking about how I haven't thought about Freddy's pain for a long time and I remember promising myself I would always care about him even after he died. I'm not sure what to do about what was unfair for Freddy. The only thing that I have known to do is to try and make him proud by being successful myself.

S: If Freddy were able to be here with us, given you know him so well, do you think he might have any ideas about what he might want you to do about his pain and the unfairness of the expectations that were placed on him to be someone different than who he wanted to be?

D: I think he would say he would want me to listen more carefully to what Hillary said about caring about how I might be hurting people and not realizing it.

S: What do you think about what him wanting you to think more about how you might be hurting people unintentionally?

D: I would say I agree that would be a good thing for me to do more, but I don't know how to do that very well. I've been focused a lot more on building a business and making money and keeping my father's dream alive.

S: Thank you for listening in the ways that your godfather showed you. I have a strong sense he would be quite moved to think he contributed to your ability to do this for Hillary? Do you have a guess about whether he would feel happy about how hard you have worked to take up this different listening position in our project?

D: Yea, I think he would feel proud of me for honoring what he did for me at the hardest time of my life.

S: And, what about Freddy? If he were here and could comment on your efforts to listen like your godfather to what Hillary cares about, what's your guess about what he might think?

D: He'd feel good to know I remembered my promise to him and that I was caring about how Hillary's pain.

S: If I could ask your godfather and Freddy about whether what you have done today contributed to their sense that their life matters and was not for nothing, what do you think they might say?

D: I think they would feel like their lives mattered.

S: What's it like to think that the effort you made to listen to Hillary in the way you did honors the significance of the lives of your godfather and Freddy?

D: It feels really good.

S: Why does it feel good?

D: Because I want to be a kind person, and I think a kind person cares about helping people feel like their lives matter.

S: Thanks so much Donald. I'd like to turn back to Hillary now. Hillary, I would like to ask you some of the same questions I was just asking Donald. While listening to our conversation was there anything you heard that touched you or moved you in some way? Anything that struck a chord for you?

H: Yea, lots of things.

S: Like what?

H: Let me see. I guess just what he said right at the end about wanting to be a kind person who cares about helping people feel like their lives matter.

S: Okay, and was there anything else?

H: I guess when he said he didn't know what to do about the pain that he knows Freddy felt.

S: Oh okay, so two things that struck you when listening were Donald saying he cared about kindness and helping people feel like they matter, and his sharing that he didn't know what to do about Freddy's pain.

H: Yea.

S: Can you help me understand what you think being moved by these things says about what is important to you or is significant to you?

H: Well like I said before, I am strongly against meanness. Instead I believe in the importance of kindness and compassion and understanding. I find it is really kind for Donald to be caring about the lives of his godfather and Freddy even when they are no longer living. I like hearing him caring about the experiences of other people. It is what I think is really important in the world.

S: Okay you were moved by Donald's kindness because of how much being kind matters to you. If we had more time I would like to ask you more about the history of

your commitment to kindness and compassion that you linked earlier to some experiences you had when you were young and to the care you kept about your mom's experiences when she was young. I'd like to hear more stories about the ways you have brought kindness to people's lives and the ways that kindness has been brought to yours. I'd be interested in knowing whether you have witnessed any more moments where you saw Donald linked to kindness. But, since we are almost out of time, I would like to bring this first round to an end by asking you where you are now in your thinking or feeling that you were not before we started this project? Where has this conversation taken you in your thinking or feeling that is important to you?

H: I guess what is really standing out for me is Donald saying he doesn't know what to do about the promise he remembers making about Freddy's pain. I hadn't really thought about him not knowing how to relate to difficult feelings, but it makes sense given what I know about his life. Hearing him say he doesn't know what to do leaves me a little hope that he might be interested in learning how to care about other people's feelings. I would be willing to support him if that was something he was interested in learning. In my experience it can be difficult to care about other people's feeling but doing so makes me feel like I am living a full and content life. It is like what he said about thinking his godfather and Freddy could feel like there life was for something. That is what kindness, compassion, and caring does for me. It leaves me feeling like my life has mattered.

S: What's it like to be thinking these things?

H: It's wonderful because sometimes I can lose sight of caring about these things and in losing sight of that I can be living my life in ways that don't really suit me.

S: Does this have you thinking about any steps you might want to take now that you have reclaimed the importance of kindness, caring, and compassion?

H: I want to try to be kinder in my conversations with Donald. Maybe that would be how I could listen to him when its his turn to talk to you.

S: How would that be for you Donald? Would you be interested in having Hillary listen to you with kindness?

D: I'm pretty sure it would be better than fighting.

S: Well I want to thank you both for having a go at this proposal I offered. I've been quite moved by your willingness to do this when you helped me understand how much fighting has come to dominate your relationship. If I had time I would ask you some questions about your evaluation of this experience. Maybe you could research whether this has any effects on either of you or your relationship between now and the next time we meet. I want to tell you that in my experience problems like fighting don't like to let go easily and will likely try to make a comeback in tricky ways. So, I wouldn't want you to feel like failures if that happens since we have just begun this work of rescuing your

relationship from fighting. My last question to you both is what you think America might have to say if America had been able to watch the way you were relating in this conversation?

H: I bet America might feel less anxiety.

D: I hope America might be happy.