

```
{
  "transcript": [
    {
      "text": "hey everybody welcome back third",
      "duration": 4.72,
      "offset": 1.599,
      "lang": "en"
    },
    {
      "text": "installment of ifs and black uh you guys",
      "duration": 4.559,
      "offset": 3.36,
      "lang": "en"
    },
    {
      "text": "are infrastructure every week i&#39;m gonna",
      "duration": 3.921,
      "offset": 6.319,
      "lang": "en"
    },
    {
      "text": "say it is what it is well we have two",
      "duration": 4.161,
      "offset": 7.919,
      "lang": "en"
    },
    {
      "text": "dynamic women who are leading us off",
      "duration": 4.72,
      "offset": 10.24,
      "lang": "en"
    },
    {
      "text": "this week we have tasha hunter as the",
      "duration": 5.279,
      "offset": 12.08,
      "lang": "en"
    },
    {
      "text": "therapist and marcia leftwich as the",
      "duration": 4,
      "offset": 14.96,
      "lang": "en"
    }
  ]
}
```

```
{
  "text": "client what you&#39;re going to see are",
  "duration": 4,
  "offset": 17.359,
  "lang": "en"
},
{
  "text": "layers upon layers upon layers and i",
  "duration": 4.159,
  "offset": 18.96,
  "lang": "en"
},
{
  "text": "hope that you enjoy every moment of it",
  "duration": 4.24,
  "offset": 21.359,
  "lang": "en"
},
{
  "text": "because what you&#39;re going to witness is",
  "duration": 3.92,
  "offset": 23.119,
  "lang": "en"
},
{
  "text": "just a beautiful display of holding",
  "duration": 2.481,
  "offset": 25.599,
  "lang": "en"
},
{
  "text": "space",
  "duration": 3.281,
  "offset": 27.039,
  "lang": "en"
},
{
  "text": "as exhibited by by tasha and the",
  "duration": 4.319,
  "offset": 28.08,
  "lang": "en"
},
{
  "text": "greatest willingness to continue to go",
```

```
"duration": 4.239,
"offset": 30.32,
"lang": "en"
},
{
  "text": "deeper and delve in and just unpack and",
  "duration": 4.32,
  "offset": 32.399,
  "lang": "en"
},
{
  "text": "peel back everything uh that&#39;s just",
  "duration": 4.641,
  "offset": 34.559,
  "lang": "en"
},
{
  "text": "associated with any with with what comes",
  "duration": 3.921,
  "offset": 36.719,
  "lang": "en"
},
{
  "text": "up in the moment is",
  "duration": 3.12,
  "offset": 39.2,
  "lang": "en"
},
{
  "text": "just an incredible display of model hope",
  "duration": 3.759,
  "offset": 40.64,
  "lang": "en"
},
{
  "text": "you sit back relax and allow this to",
  "duration": 4.559,
  "offset": 42.32,
  "lang": "en"
},
{
  "text": "just speak to your system and with that",
  "duration": 5.84,
  "offset": 44.399,
```

```
"lang": "en"
},
{
  "text": "we&#39;ll uh we&#39;ll get right into it",
  "duration": 3.36,
  "offset": 46.879,
  "lang": "en"
},
{
  "text": "you can hear me okay",
  "duration": 4.721,
  "offset": 51.039,
  "lang": "en"
},
{
  "text": "okay",
  "duration": 5.92,
  "offset": 53.76,
  "lang": "en"
},
{
  "text": "hi marcia hey tasha",
  "duration": 4.799,
  "offset": 55.76,
  "lang": "en"
},
{
  "text": "so",
  "duration": 3.519,
  "offset": 59.68,
  "lang": "en"
},
{
  "text": "how are your parts today",
  "duration": 4.161,
  "offset": 60.559,
  "lang": "en"
},
{
  "text": "cool",
  "duration": 2.96,
  "offset": 63.199,
  "lang": "en"
},
}
```

```
{
  "text": "um",
  "duration": 3.84,
  "offset": 64.72,
  "lang": "en"
},
{
  "text": "for the most part my parts are okay i",
  "duration": 4.801,
  "offset": 66.159,
  "lang": "en"
},
{
  "text": "have a little",
  "duration": 4.48,
  "offset": 68.56,
  "lang": "en"
},
{
  "text": "flutter in my system",
  "duration": 3.92,
  "offset": 70.96,
  "lang": "en"
},
{
  "text": "um you know",
  "duration": 5.84,
  "offset": 73.04,
  "lang": "en"
},
{
  "text": "this one part that just keeps coming up",
  "duration": 4,
  "offset": 74.88,
  "lang": "en"
},
{
  "text": "that i&#39;ve been working internally with",
  "duration": 5.561,
  "offset": 79.759,
  "lang": "en"
},
{
  "text": "but you know that doesn&#39;t work",
```

```
"duration": 3.8,
"offset": 81.52,
"lang": "en"
},
{
  "text": "yeah",
  "duration": 3.441,
  "offset": 86.479,
  "lang": "en"
},
{
  "text": "it&#39;s sometimes difficult when you&#39;re by",
  "duration": 4.48,
  "offset": 87.84,
  "lang": "en"
},
{
  "text": "yourself working on this stuff so",
  "duration": 5.28,
  "offset": 89.92,
  "lang": "en"
},
{
  "text": "yeah i get that and",
  "duration": 5.759,
  "offset": 92.32,
  "lang": "en"
},
{
  "text": "um tell me more about this this little",
  "duration": 5.599,
  "offset": 95.2,
  "lang": "en"
},
{
  "text": "flutter that&#39;s that&#39;s in your system",
  "duration": 4,
  "offset": 98.079,
  "lang": "en"
},
{
  "text": "so",
  "duration": 4.161,
  "offset": 100.799,
```

```
"lang": "en"
},
{
  "text": "we&#39;re in july right yeah so i have a",
  "duration": 5.201,
  "offset": 102.079,
  "lang": "en"
},
{
  "text": "trip in august",
  "duration": 4.96,
  "offset": 104.96,
  "lang": "en"
},
{
  "text": "that i&#39;m ready to cancel",
  "duration": 4.799,
  "offset": 107.28,
  "lang": "en"
},
{
  "text": "uh i&#39;m really excited about it i&#39;m going",
  "duration": 4.4,
  "offset": 109.92,
  "lang": "en"
},
{
  "text": "to a yoga",
  "duration": 4.161,
  "offset": 112.079,
  "lang": "en"
},
{
  "text": "it&#39;s like a yoga training retreat it&#39;s",
  "duration": 5.2,
  "offset": 114.32,
  "lang": "en"
},
{
  "text": "in costa rica never been to costa rica",
  "duration": 5.76,
  "offset": 116.24,
  "lang": "en"
},
}
```

```
{
  "text": "but it&#39;s in the jungle",
  "duration": 4.32,
  "offset": 119.52,
  "lang": "en"
},
{
  "text": "and you know what that means",
  "duration": 4.84,
  "offset": 122,
  "lang": "en"
},
{
  "text": "i have to get on a small tiny baby",
  "duration": 5.279,
  "offset": 123.84,
  "lang": "en"
},
{
  "text": "plane and",
  "duration": 5.08,
  "offset": 126.84,
  "lang": "en"
},
{
  "text": "i am about to cancel the trip because i",
  "duration": 6.241,
  "offset": 129.119,
  "lang": "en"
},
{
  "text": "got to get on the small baby plane",
  "duration": 4.8,
  "offset": 131.92,
  "lang": "en"
},
{
  "text": "and i don&#39;t want to get on the small",
  "duration": 2.959,
  "offset": 135.36,
  "lang": "en"
},
{
  "text": "baby plane",
```



```
"duration": 3.599,
"offset": 136.72,
"lang": "en"
},
{
  "text": "it is oh it&#39;s only",
  "duration": 5.841,
  "offset": 138.319,
  "lang": "en"
},
{
  "text": "like 45 minutes that&#39;s too long",
  "duration": 5.441,
  "offset": 140.319,
  "lang": "en"
},
{
  "text": "that&#39;s true",
  "duration": 4.88,
  "offset": 144.16,
  "lang": "en"
},
{
  "text": "i know exactly my parts are definitely",
  "duration": 5.44,
  "offset": 145.76,
  "lang": "en"
},
{
  "text": "subgrouping with you on that one",
  "duration": 4.4,
  "offset": 149.04,
  "lang": "en"
},
{
  "text": "even thinking about it i feel like oh i",
  "duration": 4.8,
  "offset": 151.2,
  "lang": "en"
},
{
  "text": "need to breathe or something because",
  "duration": 4.96,
  "offset": 153.44,
```

```
"lang": "en"
},
{
  "text": "just talking about it makes my heart go",
  "duration": 4.319,
  "offset": 156,
  "lang": "en"
},
{
  "text": "fast",
  "duration": 3.6,
  "offset": 158.4,
  "lang": "en"
},
{
  "text": "thinking about getting on playing the",
  "duration": 3.361,
  "offset": 160.319,
  "lang": "en"
},
{
  "text": "little tiny baby playing because i&#39;ve",
  "duration": 3.36,
  "offset": 162,
  "lang": "en"
},
{
  "text": "never been on a small baby i call it the",
  "duration": 3.279,
  "offset": 163.68,
  "lang": "en"
},
{
  "text": "small tiny baby",
  "duration": 4.72,
  "offset": 165.36,
  "lang": "en"
},
{
  "text": "i know that&#39;s not what it&#39;s called",
  "duration": 5.521,
  "offset": 166.959,
  "lang": "en"
},
}
```

```
{
  "text": "that is what i call it because and and",
  "duration": 3.76,
  "offset": 170.08,
  "lang": "en"
},
{
  "text": "here&#39;s the thing",
  "duration": 4.16,
  "offset": 172.48,
  "lang": "en"
},
{
  "text": "when i booked this trip and paid for it",
  "duration": 4.16,
  "offset": 173.84,
  "lang": "en"
},
{
  "text": "i didn&#39;t know i had to get on the small",
  "duration": 4.48,
  "offset": 176.64,
  "lang": "en"
},
{
  "text": "baby plane i just happened to look at",
  "duration": 4.48,
  "offset": 178,
  "lang": "en"
},
{
  "text": "something that they sent me when they",
  "duration": 4.32,
  "offset": 181.12,
  "lang": "en"
},
{
  "text": "confirmed and it i clicked on the link",
  "duration": 5.28,
  "offset": 182.48,
  "lang": "en"
},
{
  "text": "and i saw like oh that&#39;s how we get into",
```

```
"duration": 4.879,
"offset": 185.44,
"lang": "en"
},
{
  "text": "the jungle",
  "duration": 2.559,
  "offset": 187.76,
  "lang": "en"
},
{
  "text": "yeah",
  "duration": 3.36,
  "offset": 191.2,
  "lang": "en"
},
{
  "text": "and i was about to say i&#39;m not going",
  "duration": 4.16,
  "offset": 192.159,
  "lang": "en"
},
{
  "text": "i still might not go because of the",
  "duration": 4.56,
  "offset": 194.56,
  "lang": "en"
},
{
  "text": "small baby plane oh so you&#39;re having",
  "duration": 5.681,
  "offset": 196.319,
  "lang": "en"
},
{
  "text": "maybe a little bit of fear and anxiety",
  "duration": 4.399,
  "offset": 199.12,
  "lang": "en"
},
{
  "text": "related to getting on the small baby",
  "duration": 3.36,
  "offset": 202,
```

```
"lang": "en"
},
{
  "text": "plane yes",
  "duration": 2.961,
  "offset": 203.519,
  "lang": "en"
},
{
  "text": "yes",
  "duration": 3.599,
  "offset": 205.36,
  "lang": "en"
},
{
  "text": "yeah would you like to",
  "duration": 4.08,
  "offset": 206.48,
  "lang": "en"
},
{
  "text": "is it okay if we kind of get to know",
  "duration": 3.681,
  "offset": 208.959,
  "lang": "en"
},
{
  "text": "that part",
  "duration": 3.12,
  "offset": 210.56,
  "lang": "en"
},
{
  "text": "yes",
  "duration": 2.42,
  "offset": 212.64,
  "lang": "en"
},
{
  "text": "because i&#39;ve been trying to",
  "duration": 2.88,
  "offset": 213.68,
  "lang": "en"
},
}
```

```
{
  "text": "[Music]",
  "duration": 3.58,
  "offset": 215.06,
  "lang": "en"
},
{
  "text": "calm that part",
  "duration": 3.44,
  "offset": 216.56,
  "lang": "en"
},
{
  "text": "but that part is like no you need to go",
  "duration": 2.66,
  "offset": 218.64,
  "lang": "en"
},
{
  "text": "ahead and cancel this trip",
  "duration": 3.28,
  "offset": 220,
  "lang": "en"
},
{
  "text": "[Music]",
  "duration": 3.26,
  "offset": 221.3,
  "lang": "en"
},
{
  "text": "you ain&#39;t going",
  "duration": 2.56,
  "offset": 223.28,
  "lang": "en"
},
{
  "text": "yeah",
  "duration": 4.64,
  "offset": 224.56,
  "lang": "en"
},
{
  "text": "totally understand that and",
```

```
"duration": 6.64,  
"offset": 225.84,  
"lang": "en"  
},  
{  
  "text": "um i&#39;m also wondering like is there any",  
  "duration": 4.959,  
  "offset": 229.2,  
  "lang": "en"  
},  
{  
  "text": "any other parts",  
  "duration": 4,  
  "offset": 232.48,  
  "lang": "en"  
},  
{  
  "text": "that that are coming up that we just",  
  "duration": 6.121,  
  "offset": 234.159,  
  "lang": "en"  
},  
{  
  "text": "maybe just need to acknowledge",  
  "duration": 3.8,  
  "offset": 236.48,  
  "lang": "en"  
},  
{  
  "text": "um yeah the part of me",  
  "duration": 4.161,  
  "offset": 242.959,  
  "lang": "en"  
},  
{  
  "text": "that booked this trip",  
  "duration": 4.241,  
  "offset": 245.599,  
  "lang": "en"  
},  
{  
  "text": "you know the part of me that&#39;s excited",  
  "duration": 3.6,  
  "offset": 247.12,
```

```
"lang": "en"
},
{
  "text": "and",
  "duration": 1.84,
  "offset": 249.84,
  "lang": "en"
},
{
  "text": "ready",
  "duration": 5.12,
  "offset": 250.72,
  "lang": "en"
},
{
  "text": "to learn this this other yoga modality",
  "duration": 5.76,
  "offset": 251.68,
  "lang": "en"
},
{
  "text": "because even though it&#39;s like a retreat",
  "duration": 3.6,
  "offset": 255.84,
  "lang": "en"
},
{
  "text": "it&#39;s still it&#39;s a yoga modality",
  "duration": 4.479,
  "offset": 257.44,
  "lang": "en"
},
{
  "text": "certification um in this particular yoga",
  "duration": 5.52,
  "offset": 259.44,
  "lang": "en"
},
{
  "text": "it&#39;s yin yoga why in",
  "duration": 4,
  "offset": 261.919,
  "lang": "en"
},
}
```



```
{
  "text": "um",
  "duration": 3.76,
  "offset": 264.96,
  "lang": "en"
},
{
  "text": "and i&#39;m like really excited about it",
  "duration": 4.641,
  "offset": 265.919,
  "lang": "en"
},
{
  "text": "so yeah those parts",
  "duration": 4.32,
  "offset": 268.72,
  "lang": "en"
},
{
  "text": "it&#39;s like we&#39;re excited but you gotta",
  "duration": 4.08,
  "offset": 270.56,
  "lang": "en"
},
{
  "text": "get on the small baby bling",
  "duration": 3.84,
  "offset": 273.04,
  "lang": "en"
},
{
  "text": "[Music]",
  "duration": 4.559,
  "offset": 274.64,
  "lang": "en"
},
{
  "text": "okay",
  "duration": 3.759,
  "offset": 276.88,
  "lang": "en"
},
{
  "text": "and",
```

```
"duration": 2.72,  
"offset": 279.199,  
"lang": "en"  
},  
{  
  "text": "you know we just want to let that",  
  "duration": 3.441,  
  "offset": 280.639,  
  "lang": "en"  
},  
{  
  "text": "excited part know that we&#39;re here and",  
  "duration": 5.041,  
  "offset": 281.919,  
  "lang": "en"  
},  
{  
  "text": "we&#39;ll check in if if needed if that part",  
  "duration": 5.119,  
  "offset": 284.08,  
  "lang": "en"  
},  
{  
  "text": "needs to be heard",  
  "duration": 3.84,  
  "offset": 286.96,  
  "lang": "en"  
},  
{  
  "text": "um",  
  "duration": 5.44,  
  "offset": 289.199,  
  "lang": "en"  
},  
{  
  "text": "and then i&#39;d like to to if we can",  
  "duration": 7.04,  
  "offset": 290.8,  
  "lang": "en"  
},  
{  
  "text": "um can you check in and just see",  
  "duration": 5.28,  
  "offset": 294.639,
```

```
"lang": "en"
},
{
  "text": "you know where",
  "duration": 3.919,
  "offset": 297.84,
  "lang": "en"
},
{
  "text": "are you noticing",
  "duration": 4.081,
  "offset": 299.919,
  "lang": "en"
},
{
  "text": "the anxious part",
  "duration": 5.801,
  "offset": 301.759,
  "lang": "en"
},
{
  "text": "where in your body",
  "duration": 3.56,
  "offset": 304,
  "lang": "en"
},
{
  "text": "definitely in my heart",
  "duration": 6,
  "offset": 311.919,
  "lang": "en"
},
{
  "text": "like my heart is is",
  "duration": 6,
  "offset": 314.88,
  "lang": "en"
},
{
  "text": "kind of like this fluttery rapid",
  "duration": 6.241,
  "offset": 317.919,
  "lang": "en"
},
}
```

```
{
  "text": "not like pounding but it&#39;s like i can",
  "duration": 5.599,
  "offset": 320.88,
  "lang": "en"
},
{
  "text": "tell",
  "duration": 2.319,
  "offset": 324.16,
  "lang": "en"
},
{
  "text": "and is the fluttering the pounding is it",
  "duration": 5.28,
  "offset": 326.72,
  "lang": "en"
},
{
  "text": "present now",
  "duration": 3.921,
  "offset": 329.759,
  "lang": "en"
},
{
  "text": "yeah",
  "duration": 3.039,
  "offset": 332,
  "lang": "en"
},
{
  "text": "and",
  "duration": 2.48,
  "offset": 333.68,
  "lang": "en"
},
{
  "text": "can you",
  "duration": 3.281,
  "offset": 335.039,
  "lang": "en"
},
{
  "text": "can you turn towards it and just kind of",
```

```
"duration": 3.44,  
"offset": 336.16,  
"lang": "en"  
},  
{  
  "text": "let",  
  "duration": 3.12,  
  "offset": 338.32,  
  "lang": "en"  
},  
{  
  "text": "that part of your body know that you&#39;re",  
  "duration": 3.84,  
  "offset": 339.6,  
  "lang": "en"  
},  
{  
  "text": "here that you&#39;re sensing it you&#39;re",  
  "duration": 5.599,  
  "offset": 341.44,  
  "lang": "en"  
},  
{  
  "text": "feeling it you know it&#39;s there",  
  "duration": 3.599,  
  "offset": 343.44,  
  "lang": "en"  
},  
{  
  "text": "kind of our way of just saying i see you",  
  "duration": 4.839,  
  "offset": 347.36,  
  "lang": "en"  
},  
{  
  "text": "yeah",  
  "duration": 1.68,  
  "offset": 357.12,  
  "lang": "en"  
},  
{  
  "text": "it",  
  "duration": 3.44,  
  "offset": 358,
```

```
"lang": "en"
},
{
  "text": "that&#39;s that&#39;s good like it i see it it",
  "duration": 4.88,
  "offset": 358.8,
  "lang": "en"
},
{
  "text": "sees me",
  "duration": 5.759,
  "offset": 361.44,
  "lang": "en"
},
{
  "text": "it&#39;s almost like this it&#39;s",
  "duration": 4.48,
  "offset": 363.68,
  "lang": "en"
},
{
  "text": "yeah",
  "duration": 3.361,
  "offset": 367.199,
  "lang": "en"
},
{
  "text": "i feel like i mean i see it",
  "duration": 5.52,
  "offset": 368.16,
  "lang": "en"
},
{
  "text": "but i see it as um",
  "duration": 4.88,
  "offset": 370.56,
  "lang": "en"
},
{
  "text": "like this red",
  "duration": 4.239,
  "offset": 373.68,
  "lang": "en"
},
}
```

```
{
  "text": "kind of",
  "duration": 2.479,
  "offset": 375.44,
  "lang": "en"
},
{
  "text": "what are those things so back in the day",
  "duration": 7.599,
  "offset": 378.16,
  "lang": "en"
},
{
  "text": "um like in batman movies and batman tv",
  "duration": 6,
  "offset": 382.4,
  "lang": "en"
},
{
  "text": "now they&#39;d be like pal bam",
  "duration": 4.241,
  "offset": 385.759,
  "lang": "en"
},
{
  "text": "it&#39;s like that",
  "duration": 3.2,
  "offset": 388.4,
  "lang": "en"
},
{
  "text": "there&#39;s no word there but like that&#39;s",
  "duration": 2.88,
  "offset": 390,
  "lang": "en"
},
{
  "text": "what the red looks like it&#39;s kind of",
  "duration": 4.08,
  "offset": 391.6,
  "lang": "en"
},
{
  "text": "like a pal but it&#39;s like in my heart",
```

```
"duration": 4.48,  
"offset": 392.88,  
"lang": "en"  
},  
{  
  "text": "i see that",  
  "duration": 2.72,  
  "offset": 395.68,  
  "lang": "en"  
},  
{  
  "text": "oh",  
  "duration": 3.119,  
  "offset": 397.36,  
  "lang": "en"  
},  
{  
  "text": "okay",  
  "duration": 3.68,  
  "offset": 398.4,  
  "lang": "en"  
},  
{  
  "text": "that kind of reminds me of like the",  
  "duration": 4.801,  
  "offset": 400.479,  
  "lang": "en"  
},  
{  
  "text": "comics the graphics from comics",  
  "duration": 5.36,  
  "offset": 402.08,  
  "lang": "en"  
},  
{  
  "text": "yeah",  
  "duration": 3.52,  
  "offset": 405.28,  
  "lang": "en"  
},  
{  
  "text": "um",  
  "duration": 4.56,  
  "offset": 407.44,
```



```
"lang": "en"
},
{
  "text": "and then as you as you turn towards this",
  "duration": 6.64,
  "offset": 408.8,
  "lang": "en"
},
{
  "text": "anxiety is there anything else",
  "duration": 7.639,
  "offset": 412,
  "lang": "en"
},
{
  "text": "that you&#39;re noticing about it",
  "duration": 4.199,
  "offset": 415.44,
  "lang": "en"
},
{
  "text": "no",
  "duration": 1.84,
  "offset": 423.68,
  "lang": "en"
},
{
  "text": "it&#39;s just",
  "duration": 2.639,
  "offset": 424.4,
  "lang": "en"
},
{
  "text": "kind of steady",
  "duration": 2.56,
  "offset": 425.52,
  "lang": "en"
},
{
  "text": "yeah",
  "duration": 3.681,
  "offset": 427.039,
  "lang": "en"
},
}
```

```
{
  "text": "nothing else",
  "duration": 2.64,
  "offset": 428.08,
  "lang": "en"
},
{
  "text": "and",
  "duration": 4.481,
  "offset": 431.759,
  "lang": "en"
},
{
  "text": "and when your anxious part when it shows",
  "duration": 4.64,
  "offset": 432.8,
  "lang": "en"
},
{
  "text": "up",
  "duration": 4.64,
  "offset": 436.24,
  "lang": "en"
},
{
  "text": "fluttering and pounding",
  "duration": 6.56,
  "offset": 437.44,
  "lang": "en"
},
{
  "text": "if this part had words what what else is",
  "duration": 4.879,
  "offset": 440.88,
  "lang": "en"
},
{
  "text": "it saying to you i know it&#39;s reminding",
  "duration": 4.319,
  "offset": 444,
  "lang": "en"
},
{
  "text": "you of the small little the the baby",
```

```
"duration": 4.641,  
"offset": 445.759,  
"lang": "en"  
},  
{  
  "text": "plane",  
  "duration": 5.921,  
  "offset": 448.319,  
  "lang": "en"  
},  
{  
  "text": "what kind of things is it saying to you",  
  "duration": 3.84,  
  "offset": 450.4,  
  "lang": "en"  
},  
{  
  "text": "danger",  
  "duration": 3,  
  "offset": 459.28,  
  "lang": "en"  
},  
{  
  "text": "kind of like what the red signifies like",  
  "duration": 3.44,  
  "offset": 464.319,  
  "lang": "en"  
},  
{  
  "text": "danger like stop",  
  "duration": 3.92,  
  "offset": 466.16,  
  "lang": "en"  
},  
{  
  "text": "mm-hmm",  
  "duration": 2.321,  
  "offset": 467.759,  
  "lang": "en"  
},  
{  
  "text": "you know just um",  
  "duration": 3.919,  
  "offset": 472.56,
```

```
"lang": "en"
},
{
  "text": "i just want to get to know it just kind",
  "duration": 6,
  "offset": 474.4,
  "lang": "en"
},
{
  "text": "of be with it um",
  "duration": 3.921,
  "offset": 476.479,
  "lang": "en"
},
{
  "text": "it&#39;s reminding you",
  "duration": 2.96,
  "offset": 481.919,
  "lang": "en"
},
{
  "text": "that this is something that you know you",
  "duration": 3.84,
  "offset": 485.039,
  "lang": "en"
},
{
  "text": "want to keep in mind that there&#39;s",
  "duration": 6.56,
  "offset": 486.56,
  "lang": "en"
},
{
  "text": "this is scary this little tiny plane",
  "duration": 5.841,
  "offset": 488.879,
  "lang": "en"
},
{
  "text": "um",
  "duration": 4,
  "offset": 493.12,
  "lang": "en"
},
}
```

```
{
  "text": "and is there anything else that it&#39;s",
  "duration": 6.159,
  "offset": 494.72,
  "lang": "en"
},
{
  "text": "that it&#39;s saying besides danger",
  "duration": 3.759,
  "offset": 497.12,
  "lang": "en"
},
{
  "text": "it&#39;s very closed it&#39;s just like this",
  "duration": 5.121,
  "offset": 502.879,
  "lang": "en"
},
{
  "text": "closed container",
  "duration": 3.52,
  "offset": 506.16,
  "lang": "en"
},
{
  "text": "can&#39;t get out",
  "duration": 5.919,
  "offset": 508,
  "lang": "en"
},
{
  "text": "it&#39;s like being closed in a small space",
  "duration": 5.919,
  "offset": 509.68,
  "lang": "en"
},
{
  "text": "not really saying anything but it&#39;s just",
  "duration": 4.161,
  "offset": 513.919,
  "lang": "en"
},
{
  "text": "kind of like",
```

```
"duration": 2.481,
"offset": 515.599,
"lang": "en"
},
{
  "text": "yeah this is like the this is what i&#39;m",
  "duration": 4.4,
  "offset": 518.24,
  "lang": "en"
},
{
  "text": "getting like you&#39;re just gonna be",
  "duration": 5.201,
  "offset": 521.039,
  "lang": "en"
},
{
  "text": "clothed in on this small big blank",
  "duration": 5.92,
  "offset": 522.64,
  "lang": "en"
},
{
  "text": "that sounds intense",
  "duration": 3.36,
  "offset": 526.24,
  "lang": "en"
},
{
  "text": "yeah",
  "duration": 3.52,
  "offset": 528.56,
  "lang": "en"
},
{
  "text": "yeah yeah",
  "duration": 2.48,
  "offset": 529.6,
  "lang": "en"
},
{
  "text": "and marcia how how do you feel towards",
  "duration": 7.761,
  "offset": 532.399,
```

```
"lang": "en"
},
{
  "text": "this anxious part",
  "duration": 3.12,
  "offset": 537.04,
  "lang": "en"
},
{
  "text": "hmm",
  "duration": 3,
  "offset": 546.399,
  "lang": "en"
},
{
  "text": "i&#39;m really curious about it",
  "duration": 3.841,
  "offset": 553.279,
  "lang": "en"
},
{
  "text": "because",
  "duration": 2.24,
  "offset": 555.68,
  "lang": "en"
},
{
  "text": "i",
  "duration": 1.68,
  "offset": 557.12,
  "lang": "en"
},
{
  "text": "don&#39;t",
  "duration": 2.96,
  "offset": 557.92,
  "lang": "en"
},
{
  "text": "typically",
  "duration": 5.12,
  "offset": 558.8,
  "lang": "en"
},
}
```

```
{
  "text": "get anxious a lot i don&#39;t really in it",
  "duration": 4.959,
  "offset": 560.88,
  "lang": "en"
},
{
  "text": "if i do just like a little bit but it",
  "duration": 2.8,
  "offset": 563.92,
  "lang": "en"
},
{
  "text": "never",
  "duration": 3.201,
  "offset": 565.839,
  "lang": "en"
},
{
  "text": "makes me want to stop it never makes me",
  "duration": 3.44,
  "offset": 566.72,
  "lang": "en"
},
{
  "text": "want to just",
  "duration": 2.56,
  "offset": 569.04,
  "lang": "en"
},
{
  "text": "don&#39;t do it",
  "duration": 2.16,
  "offset": 570.16,
  "lang": "en"
},
{
  "text": "yeah",
  "duration": 4.799,
  "offset": 571.6,
  "lang": "en"
},
{
  "text": "so i&#39;m really curious why they&#39;re such a",
```



```
"duration": 7.6,
"offset": 572.32,
"lang": "en"
},
{
  "text": "intensity with this with this",
  "duration": 3.521,
  "offset": 576.399,
  "lang": "en"
},
{
  "text": "it&#39;s really beautiful that you have this",
  "duration": 4.4,
  "offset": 582.72,
  "lang": "en"
},
{
  "text": "curiosity and you know just kind of",
  "duration": 4.8,
  "offset": 584.88,
  "lang": "en"
},
{
  "text": "wanted to know why now how are you",
  "duration": 5.71,
  "offset": 587.12,
  "lang": "en"
},
{
  "text": "affecting me in this specific way",
  "duration": 5.52,
  "offset": 589.68,
  "lang": "en"
},
{
  "text": "[Music]",
  "duration": 6.05,
  "offset": 592.83,
  "lang": "en"
},
{
  "text": "and so this process allows us",
  "duration": 5.92,
  "offset": 595.2,
```

```
"lang": "en"
},
{
  "text": "to kind of lean into this curiosity and",
  "duration": 3.84,
  "offset": 598.88,
  "lang": "en"
},
{
  "text": "to get to know this part a little bit",
  "duration": 3.44,
  "offset": 601.12,
  "lang": "en"
},
{
  "text": "better and why it&#39;s working in the way",
  "duration": 4.48,
  "offset": 602.72,
  "lang": "en"
},
{
  "text": "it&#39;s working",
  "duration": 2.64,
  "offset": 604.56,
  "lang": "en"
},
{
  "text": "and so i&#39;ll ask you you know even more",
  "duration": 5.201,
  "offset": 607.839,
  "lang": "en"
},
{
  "text": "questions and okay you know in an",
  "duration": 3.919,
  "offset": 610.48,
  "lang": "en"
},
{
  "text": "attempt to",
  "duration": 2.96,
  "offset": 613.04,
  "lang": "en"
},
}
```

```
{
  "text": "to get to know your anxious partner",
  "duration": 3.041,
  "offset": 614.399,
  "lang": "en"
},
{
  "text": "could you",
  "duration": 3.68,
  "offset": 616,
  "lang": "en"
},
{
  "text": "just kind of continue to be with it and",
  "duration": 4.639,
  "offset": 617.44,
  "lang": "en"
},
{
  "text": "let it know how",
  "duration": 5.36,
  "offset": 619.68,
  "lang": "en"
},
{
  "text": "it&#39;s impacting your decisions to travel",
  "duration": 6.32,
  "offset": 622.079,
  "lang": "en"
},
{
  "text": "how it&#39;s impacting your body",
  "duration": 5.84,
  "offset": 625.04,
  "lang": "en"
},
{
  "text": "and just let me know how",
  "duration": 4.241,
  "offset": 628.399,
  "lang": "en"
},
{
  "text": "how that part responds",
```

```
"duration": 4.16,  
"offset": 630.88,  
"lang": "en"  
},  
{  
  "text": "to that",  
  "duration": 2.4,  
  "offset": 632.64,  
  "lang": "en"  
},  
{  
  "text": "it it likes that i&#39;m i&#39;m curious about",  
  "duration": 6.56,  
  "offset": 645.2,  
  "lang": "en"  
},  
{  
  "text": "it and willing to give it some attention",  
  "duration": 5.76,  
  "offset": 648.16,  
  "lang": "en"  
},  
{  
  "text": "um",  
  "duration": 3.84,  
  "offset": 651.76,  
  "lang": "en"  
},  
{  
  "text": "it doesn&#39;t like",  
  "duration": 3.76,  
  "offset": 653.92,  
  "lang": "en"  
},  
{  
  "text": "being dismissed like",  
  "duration": 4,  
  "offset": 655.6,  
  "lang": "en"  
},  
{  
  "text": "i had been dismissing it",  
  "duration": 2.719,  
  "offset": 657.68,
```

```
"lang": "en"
},
{
  "text": "like",
  "duration": 2.72,
  "offset": 659.6,
  "lang": "en"
},
{
  "text": "or i was about to act on it but it",
  "duration": 3.921,
  "offset": 660.399,
  "lang": "en"
},
{
  "text": "really",
  "duration": 4.72,
  "offset": 662.32,
  "lang": "en"
},
{
  "text": "it really wants some attention it really",
  "duration": 4.32,
  "offset": 664.32,
  "lang": "en"
},
{
  "text": "wants",
  "duration": 3.2,
  "offset": 667.04,
  "lang": "en"
},
{
  "text": "it&#39;s almost like it wants me to get to",
  "duration": 5.319,
  "offset": 668.64,
  "lang": "en"
},
{
  "text": "know it a little bit better",
  "duration": 3.719,
  "offset": 670.24,
  "lang": "en"
},
}
```

```
{
  "text": "i don&#39;t know if that makes sense but",
  "duration": 7.279,
  "offset": 674.24,
  "lang": "en"
},
{
  "text": "yeah it makes perfect sense um",
  "duration": 6.8,
  "offset": 676.32,
  "lang": "en"
},
{
  "text": "and so",
  "duration": 3.44,
  "offset": 681.519,
  "lang": "en"
},
{
  "text": "you know as that part you know it&#39;s it&#39;s",
  "duration": 3.44,
  "offset": 683.12,
  "lang": "en"
},
{
  "text": "saying that it doesn&#39;t like to be",
  "duration": 3.521,
  "offset": 684.959,
  "lang": "en"
},
{
  "text": "dismissed and can you let it know that",
  "duration": 4.48,
  "offset": 686.56,
  "lang": "en"
},
{
  "text": "you are paying attention that you are",
  "duration": 5.12,
  "offset": 688.48,
  "lang": "en"
},
{
  "text": "listening",
```

```
"duration": 2.56,  
"offset": 691.04,  
"lang": "en"  
},  
{  
  "text": "that it&#39;s got your full attention today",  
  "duration": 4.08,  
  "offset": 694.8,  
  "lang": "en"  
},  
{  
  "text": "just letting it feel your presence",  
  "duration": 3.679,  
  "offset": 700.72,  
  "lang": "en"  
},  
{  
  "text": "it&#39;s like yeah okay you sure",  
  "duration": 5.679,  
  "offset": 704.72,  
  "lang": "en"  
},  
{  
  "text": "it&#39;s like are you sure about that",  
  "duration": 3.679,  
  "offset": 708.16,  
  "lang": "en"  
},  
{  
  "text": "yeah",  
  "duration": 4,  
  "offset": 710.399,  
  "lang": "en"  
},  
{  
  "text": "let me just",  
  "duration": 5.361,  
  "offset": 711.839,  
  "lang": "en"  
},  
{  
  "text": "maybe reassure it yeah",  
  "duration": 7.401,  
  "offset": 714.399,
```

```
"lang": "en"
},
{
  "text": "just continue to be with it",
  "duration": 4.6,
  "offset": 717.2,
  "lang": "en"
},
{
  "text": "okay",
  "duration": 3.519,
  "offset": 734.56,
  "lang": "en"
},
{
  "text": "yeah how did it respond to that",
  "duration": 5.199,
  "offset": 735.44,
  "lang": "en"
},
{
  "text": "it responded well",
  "duration": 4.401,
  "offset": 738.079,
  "lang": "en"
},
{
  "text": "it&#39;s it&#39;s it&#39;s not giving me the side",
  "duration": 4,
  "offset": 740.639,
  "lang": "en"
},
{
  "text": "eye anymore",
  "duration": 3.599,
  "offset": 742.48,
  "lang": "en"
},
{
  "text": "it sounds like",
  "duration": 4.32,
  "offset": 744.639,
  "lang": "en"
},
}
```



```
{
  "text": "there&#39;s some softening that happened",
  "duration": 5.76,
  "offset": 746.079,
  "lang": "en"
},
{
  "text": "yeah when i went to reassure it",
  "duration": 4.961,
  "offset": 748.959,
  "lang": "en"
},
{
  "text": "um",
  "duration": 4.401,
  "offset": 751.839,
  "lang": "en"
},
{
  "text": "it wasn&#39;t it wasn&#39;t as intense in terms",
  "duration": 4.719,
  "offset": 753.92,
  "lang": "en"
},
{
  "text": "of like yeah right it was like",
  "duration": 4.719,
  "offset": 756.24,
  "lang": "en"
},
{
  "text": "okay",
  "duration": 5.601,
  "offset": 758.639,
  "lang": "en"
},
{
  "text": "um can you thank that part for softening",
  "duration": 5.44,
  "offset": 760.959,
  "lang": "en"
},
{
  "text": "just a little bit",
```

```
"duration": 3.76,  
"offset": 764.24,  
"lang": "en"  
},  
{  
  "text": "letting it know you&#39;re",  
  "duration": 3.761,  
  "offset": 766.399,  
  "lang": "en"  
},  
{  
  "text": "you&#39;re here",  
  "duration": 5.839,  
  "offset": 768,  
  "lang": "en"  
},  
{  
  "text": "we&#39;re not dismissing it today",  
  "duration": 3.679,  
  "offset": 770.16,  
  "lang": "en"  
},  
{  
  "text": "yeah okay",  
  "duration": 6.08,  
  "offset": 776.16,  
  "lang": "en"  
},  
{  
  "text": "and marcia can you ask",  
  "duration": 5.16,  
  "offset": 778.88,  
  "lang": "en"  
},  
{  
  "text": "your anxious",  
  "duration": 5.599,  
  "offset": 782.24,  
  "lang": "en"  
},  
{  
  "text": "part um",  
  "duration": 3.799,  
  "offset": 784.04,
```

```
"lang": "en"
},
{
  "text": "how is it",
  "duration": 3.599,
  "offset": 788.24,
  "lang": "en"
},
{
  "text": "how is it doing its job how is it",
  "duration": 4.32,
  "offset": 789.6,
  "lang": "en"
},
{
  "text": "helping you",
  "duration": 4.24,
  "offset": 791.839,
  "lang": "en"
},
{
  "text": "um in the way that it&#39;s",
  "duration": 3.599,
  "offset": 793.92,
  "lang": "en"
},
{
  "text": "you know obviously it&#39;s trying to",
  "duration": 4.161,
  "offset": 796.079,
  "lang": "en"
},
{
  "text": "protect you and warn you",
  "duration": 4.961,
  "offset": 797.519,
  "lang": "en"
},
{
  "text": "but just asking it how is it doing its",
  "duration": 4.56,
  "offset": 800.24,
  "lang": "en"
},
}
```

```
{
  "text": "job",
  "duration": 2.32,
  "offset": 802.48,
  "lang": "en"
},
{
  "text": "it&#39;s keeping me from doing something",
  "duration": 3.76,
  "offset": 812.56,
  "lang": "en"
},
{
  "text": "crazy",
  "duration": 2.4,
  "offset": 813.92,
  "lang": "en"
},
{
  "text": "like getting on a small tiny baby plane",
  "duration": 5.519,
  "offset": 816.56,
  "lang": "en"
},
{
  "text": "going skydiving which is a totally",
  "duration": 4.801,
  "offset": 820.079,
  "lang": "en"
},
{
  "text": "different topic",
  "duration": 2.801,
  "offset": 822.079,
  "lang": "en"
},
{
  "text": "bungee cord off of a cliff",
  "duration": 4.08,
  "offset": 825.68,
  "lang": "en"
},
{
  "text": "yeah i don&#39;t know why all that&#39;s coming",
```

```
"duration": 3.841,
"offset": 828.399,
"lang": "en"
},
{
  "text": "up but yeah",
  "duration": 5.68,
  "offset": 829.76,
  "lang": "en"
},
{
  "text": "it is reminding you of your mortality it",
  "duration": 5.44,
  "offset": 832.24,
  "lang": "en"
},
{
  "text": "sounds like but uh",
  "duration": 3.759,
  "offset": 835.44,
  "lang": "en"
},
{
  "text": "but we can check in with the part i",
  "duration": 2.88,
  "offset": 837.68,
  "lang": "en"
},
{
  "text": "don&#39;t want to make any assumptions we",
  "duration": 3.681,
  "offset": 839.199,
  "lang": "en"
},
{
  "text": "can definitely check in with the part",
  "duration": 6.079,
  "offset": 840.56,
  "lang": "en"
},
{
  "text": "and this that&#39;s warning you",
  "duration": 3.759,
  "offset": 842.88,
```

```
"lang": "en"
},
{
  "text": "can you check and just ask support how",
  "duration": 4.721,
  "offset": 847.199,
  "lang": "en"
},
{
  "text": "long",
  "duration": 4.08,
  "offset": 849.6,
  "lang": "en"
},
{
  "text": "has it been",
  "duration": 5.919,
  "offset": 851.92,
  "lang": "en"
},
{
  "text": "protecting you in this way",
  "duration": 4.159,
  "offset": 853.68,
  "lang": "en"
},
{
  "text": "maybe",
  "duration": 5.44,
  "offset": 870.88,
  "lang": "en"
},
{
  "text": "for the last five six years maybe",
  "duration": 7.279,
  "offset": 871.92,
  "lang": "en"
},
{
  "text": "since i&#39;ve really been",
  "duration": 2.879,
  "offset": 876.32,
  "lang": "en"
},
}
```

```
{
  "text": "wanting to do more adventurous things",
  "duration": 4.241,
  "offset": 881.199,
  "lang": "en"
},
{
  "text": "that i didn&#39;t do",
  "duration": 3.2,
  "offset": 883.6,
  "lang": "en"
},
{
  "text": "probably when i should have like in my",
  "duration": 2.55,
  "offset": 885.44,
  "lang": "en"
},
{
  "text": "younger years",
  "duration": 2.96,
  "offset": 886.8,
  "lang": "en"
},
{
  "text": "[Music]",
  "duration": 4.49,
  "offset": 887.99,
  "lang": "en"
},
{
  "text": "so i think i think this this",
  "duration": 4.079,
  "offset": 889.76,
  "lang": "en"
},
{
  "text": "wait hold on",
  "duration": 3.359,
  "offset": 892.48,
  "lang": "en"
},
{
  "text": "let me not think let me",
```

```
"duration": 6,  
"offset": 893.839,  
"lang": "en"  
},  
{  
  "text": "just check in check in with the part",  
  "duration": 4,  
  "offset": 895.839,  
  "lang": "en"  
},  
{  
  "text": "take your time just be with it",  
  "duration": 3.761,  
  "offset": 900.399,  
  "lang": "en"  
},  
{  
  "text": "yeah maybe even",  
  "duration": 4,  
  "offset": 908.32,  
  "lang": "en"  
},  
{  
  "text": "longer",  
  "duration": 5.52,  
  "offset": 910.16,  
  "lang": "en"  
},  
{  
  "text": "the year 2013 is coming up",  
  "duration": 5.68,  
  "offset": 912.32,  
  "lang": "en"  
},  
{  
  "text": "um",  
  "duration": 2.32,  
  "offset": 915.68,  
  "lang": "en"  
},  
{  
  "text": "where i felt like i needed to shift and",  
  "duration": 4.72,  
  "offset": 919.44,
```



```
"lang": "en"
},
{
  "text": "and live a little bit differently live",
  "duration": 5.76,
  "offset": 921.519,
  "lang": "en"
},
{
  "text": "live more live differently",
  "duration": 3.48,
  "offset": 924.16,
  "lang": "en"
},
{
  "text": "um",
  "duration": 2.961,
  "offset": 927.279,
  "lang": "en"
},
{
  "text": "[Music]",
  "duration": 5.319,
  "offset": 927.64,
  "lang": "en"
},
{
  "text": "that&#39;s kind of where",
  "duration": 5.839,
  "offset": 930.24,
  "lang": "en"
},
{
  "text": "it probably was birthed",
  "duration": 3.12,
  "offset": 932.959,
  "lang": "en"
},
{
  "text": "and so 2013",
  "duration": 3.56,
  "offset": 937.12,
  "lang": "en"
},
}
```

```
{
  "text": "is there anything that was happening",
  "duration": 7.839,
  "offset": 941.68,
  "lang": "en"
},
{
  "text": "nine years ago what you know",
  "duration": 3.68,
  "offset": 945.839,
  "lang": "en"
},
{
  "text": "so i",
  "duration": 3.64,
  "offset": 950.24,
  "lang": "en"
},
{
  "text": "was living",
  "duration": 3.92,
  "offset": 954.24,
  "lang": "en"
},
{
  "text": "in that time i was kind of",
  "duration": 5.839,
  "offset": 955.44,
  "lang": "en"
},
{
  "text": "trapped in an experience and um trying",
  "duration": 5.84,
  "offset": 958.16,
  "lang": "en"
},
{
  "text": "to make some decisions",
  "duration": 5.92,
  "offset": 961.279,
  "lang": "en"
},
{
  "text": "and it was like",
```

```
"duration": 3.199,  
"offset": 964,  
"lang": "en"  
},  
{  
  "text": "it literally was like god was talking to",  
  "duration": 4.719,  
  "offset": 967.36,  
  "lang": "en"  
},  
{  
  "text": "me but it was like out he was whispering",  
  "duration": 3.041,  
  "offset": 969.839,  
  "lang": "en"  
},  
{  
  "text": "and i",  
  "duration": 2.641,  
  "offset": 972.079,  
  "lang": "en"  
},  
{  
  "text": "i could hear the messages",  
  "duration": 2.879,  
  "offset": 972.88,  
  "lang": "en"  
},  
{  
  "text": "but",  
  "duration": 2.479,  
  "offset": 974.72,  
  "lang": "en"  
},  
{  
  "text": "i couldn't act on him i was like i don't",  
  "duration": 3.121,  
  "offset": 975.759,  
  "lang": "en"  
},  
{  
  "text": "know what to do",  
  "duration": 3.76,  
  "offset": 977.199,
```

```
"lang": "en"
},
{
  "text": "and then i had like",
  "duration": 3.92,
  "offset": 978.88,
  "lang": "en"
},
{
  "text": "a really really bad",
  "duration": 3.601,
  "offset": 980.959,
  "lang": "en"
},
{
  "text": "could have been but i&#39;m a miracle so i&#39;m",
  "duration": 3.599,
  "offset": 982.8,
  "lang": "en"
},
{
  "text": "just going to say that",
  "duration": 3.92,
  "offset": 984.56,
  "lang": "en"
},
{
  "text": "um car accident",
  "duration": 3.12,
  "offset": 986.399,
  "lang": "en"
},
{
  "text": "and",
  "duration": 4.24,
  "offset": 988.48,
  "lang": "en"
},
{
  "text": "that like shifted my whole entire life",
  "duration": 6.481,
  "offset": 989.519,
  "lang": "en"
},
}
```

```
{
  "text": "um where i was like",
  "duration": 5.679,
  "offset": 992.72,
  "lang": "en"
},
{
  "text": "you&#39;re living but you&#39;re not living to",
  "duration": 4.32,
  "offset": 996,
  "lang": "en"
},
{
  "text": "the fullness",
  "duration": 4.481,
  "offset": 998.399,
  "lang": "en"
},
{
  "text": "and so um",
  "duration": 4.879,
  "offset": 1000.32,
  "lang": "en"
},
{
  "text": "that was like the shift in a lot of ways",
  "duration": 3.6,
  "offset": 1002.88,
  "lang": "en"
},
{
  "text": "like",
  "duration": 3.64,
  "offset": 1005.199,
  "lang": "en"
},
{
  "text": "obviously different parts of my life",
  "duration": 5.039,
  "offset": 1006.48,
  "lang": "en"
},
{
  "text": "shifted but that&#39;s like for whatever",
```

```
"duration": 4.68,  
"offset": 1008.839,  
"lang": "en"  
},  
{  
  "text": "reason that&#39;s what&#39;s coming up as the",  
  "duration": 3.841,  
  "offset": 1011.519,  
  "lang": "en"  
},  
{  
  "text": "turning point",  
  "duration": 2.88,  
  "offset": 1013.519,  
  "lang": "en"  
},  
{  
  "text": "in",  
  "duration": 1.839,  
  "offset": 1015.36,  
  "lang": "en"  
},  
{  
  "text": "um",  
  "duration": 2.641,  
  "offset": 1016.399,  
  "lang": "en"  
},  
{  
  "text": "some of the anxiousness",  
  "duration": 4.64,  
  "offset": 1017.199,  
  "lang": "en"  
},  
{  
  "text": "but also like living and doing and being",  
  "duration": 4.159,  
  "offset": 1019.04,  
  "lang": "en"  
},  
{  
  "text": "in",  
  "duration": 3.681,  
  "offset": 1021.839,
```

```
"lang": "en"
},
{
  "text": "some of these adventurous things i want",
  "duration": 3.521,
  "offset": 1023.199,
  "lang": "en"
},
{
  "text": "to do",
  "duration": 6.559,
  "offset": 1025.52,
  "lang": "en"
},
{
  "text": "oh wow so it it it sounds like",
  "duration": 5.359,
  "offset": 1026.72,
  "lang": "en"
},
{
  "text": "that you were going through some really",
  "duration": 3.601,
  "offset": 1032.799,
  "lang": "en"
},
{
  "text": "difficult times",
  "duration": 3.28,
  "offset": 1034.48,
  "lang": "en"
},
{
  "text": "and a part of you wanted to take",
  "duration": 3.709,
  "offset": 1036.4,
  "lang": "en"
},
{
  "text": "advantage of of life",
  "duration": 3.919,
  "offset": 1037.76,
  "lang": "en"
},
},
```

```
{
  "text": "[Music]",
  "duration": 4.291,
  "offset": 1040.109,
  "lang": "en"
},
{
  "text": "and at the same time surviving maybe a",
  "duration": 4.64,
  "offset": 1041.679,
  "lang": "en"
},
{
  "text": "near-death experience a really serious",
  "duration": 3.679,
  "offset": 1044.4,
  "lang": "en"
},
{
  "text": "experience yeah",
  "duration": 4.321,
  "offset": 1046.319,
  "lang": "en"
},
{
  "text": "i mean because it was like",
  "duration": 3.761,
  "offset": 1048.079,
  "lang": "en"
},
{
  "text": "you know",
  "duration": 2.72,
  "offset": 1050.64,
  "lang": "en"
},
{
  "text": "you know we we have these experiences",
  "duration": 3.52,
  "offset": 1051.84,
  "lang": "en"
},
{
  "text": "where it&#39;s like nothing is going",
```



```
"duration": 3.439,
"offset": 1053.36,
"lang": "en"
},
{
  "text": "according to",
  "duration": 3.12,
  "offset": 1055.36,
  "lang": "en"
},
{
  "text": "the way we thought like with it whether",
  "duration": 3.441,
  "offset": 1056.799,
  "lang": "en"
},
{
  "text": "it&#39;s work relationship all of that but",
  "duration": 3.36,
  "offset": 1058.48,
  "lang": "en"
},
{
  "text": "sometimes it&#39;s all collapsing at the",
  "duration": 3.679,
  "offset": 1060.24,
  "lang": "en"
},
{
  "text": "same time",
  "duration": 3.76,
  "offset": 1061.84,
  "lang": "en"
},
{
  "text": "or you&#39;re trying to decide what to do",
  "duration": 4.401,
  "offset": 1063.919,
  "lang": "en"
},
{
  "text": "about everything that&#39;s collapsing",
  "duration": 5.36,
  "offset": 1065.6,
```

```
"lang": "en"
},
{
  "text": "um so yeah that&#39;s",
  "duration": 5.359,
  "offset": 1068.32,
  "lang": "en"
},
{
  "text": "that&#39;s really interesting",
  "duration": 5.44,
  "offset": 1070.96,
  "lang": "en"
},
{
  "text": "i&#39;ve never really",
  "duration": 2.721,
  "offset": 1073.679,
  "lang": "en"
},
{
  "text": "thought about that like that",
  "duration": 5.76,
  "offset": 1076.72,
  "lang": "en"
},
{
  "text": "linking it to that",
  "duration": 6.639,
  "offset": 1080.16,
  "lang": "en"
},
{
  "text": "yeah so 2013 was pivotal in this",
  "duration": 5.84,
  "offset": 1082.48,
  "lang": "en"
},
{
  "text": "it was one yeah it was one of the",
  "duration": 3.521,
  "offset": 1086.799,
  "lang": "en"
},
},
```

```
{
  "text": "pivotal moments",
  "duration": 4.88,
  "offset": 1088.32,
  "lang": "en"
},
{
  "text": "but i never linked it till now so like",
  "duration": 4.8,
  "offset": 1090.32,
  "lang": "en"
},
{
  "text": "we&#39;re",
  "duration": 3.76,
  "offset": 1093.2,
  "lang": "en"
},
{
  "text": "focusing on that part",
  "duration": 4.08,
  "offset": 1095.12,
  "lang": "en"
},
{
  "text": "yeah",
  "duration": 2.24,
  "offset": 1096.96,
  "lang": "en"
},
{
  "text": "and this part this anxious part",
  "duration": 5.84,
  "offset": 1099.28,
  "lang": "en"
},
{
  "text": "got to write it down sorry",
  "duration": 3.28,
  "offset": 1103.2,
  "lang": "en"
},
{
  "text": "oh sure",
```

```
"duration": 3.6,
"offset": 1105.12,
"lang": "en"
},
{
  "text": "sure",
  "duration": 4.4,
  "offset": 1106.48,
  "lang": "en"
},
{
  "text": "this anxious part",
  "duration": 4.079,
  "offset": 1108.72,
  "lang": "en"
},
{
  "text": "does it mimic",
  "duration": 5.12,
  "offset": 1110.88,
  "lang": "en"
},
{
  "text": "anyone that you know does it sound like",
  "duration": 4.641,
  "offset": 1112.799,
  "lang": "en"
},
{
  "text": "or operate",
  "duration": 6.2,
  "offset": 1116,
  "lang": "en"
},
{
  "text": "in any way that&#39;s familiar to you",
  "duration": 4.76,
  "offset": 1117.44,
  "lang": "en"
},
{
  "text": "um",
  "duration": 2.16,
  "offset": 1123.2,
```

```
"lang": "en"
},
{
  "text": "because i never really",
  "duration": 3.119,
  "offset": 1125.44,
  "lang": "en"
},
{
  "text": "i&#39;ve never focused on anxiety i&#39;ve never",
  "duration": 4.481,
  "offset": 1129.919,
  "lang": "en"
},
{
  "text": "really given it any",
  "duration": 4.479,
  "offset": 1132.08,
  "lang": "en"
},
{
  "text": "legs so to speak",
  "duration": 4.8,
  "offset": 1134.4,
  "lang": "en"
},
{
  "text": "maybe that&#39;s the dismissive part",
  "duration": 4.321,
  "offset": 1136.559,
  "lang": "en"
},
{
  "text": "but i",
  "duration": 2.64,
  "offset": 1139.2,
  "lang": "en"
},
{
  "text": "um",
  "duration": 4.08,
  "offset": 1140.88,
  "lang": "en"
},
}
```

```
{
  "text": "i&#39;m not really familiar",
  "duration": 3.12,
  "offset": 1141.84,
  "lang": "en"
},
{
  "text": "and then i just kind of want to take a",
  "duration": 3.84,
  "offset": 1148.32,
  "lang": "en"
},
{
  "text": "moment and",
  "duration": 4.32,
  "offset": 1149.84,
  "lang": "en"
},
{
  "text": "can we check in with that part and just",
  "duration": 3.28,
  "offset": 1152.16,
  "lang": "en"
},
{
  "text": "see",
  "duration": 2.08,
  "offset": 1154.16,
  "lang": "en"
},
{
  "text": "what",
  "duration": 3.04,
  "offset": 1155.44,
  "lang": "en"
},
{
  "text": "else it wants you to know if there&#39;s",
  "duration": 6.52,
  "offset": 1156.24,
  "lang": "en"
},
{
  "text": "anything else that wants you to know",
```

```
"duration": 4.28,
"offset": 1158.48,
"lang": "en"
},
{
  "text": "yeah it&#39;s almost like",
  "duration": 3.199,
  "offset": 1168.72,
  "lang": "en"
},
{
  "text": "anxiety",
  "duration": 2.48,
  "offset": 1173.52,
  "lang": "en"
},
{
  "text": "it&#39;s almost like it&#39;s telling me anxiety",
  "duration": 5.039,
  "offset": 1176.64,
  "lang": "en"
},
{
  "text": "really wasn&#39;t a thing for you",
  "duration": 4.64,
  "offset": 1178.88,
  "lang": "en"
},
{
  "text": "until that moment",
  "duration": 4.88,
  "offset": 1181.679,
  "lang": "en"
},
{
  "text": "until that time",
  "duration": 3.039,
  "offset": 1183.52,
  "lang": "en"
},
{
  "text": "it was almost like i didn&#39;t have",
  "duration": 4.961,
  "offset": 1186.799,
```

```
"lang": "en"
},
{
  "text": "language for it but i didn&#39;t really",
  "duration": 5.601,
  "offset": 1187.919,
  "lang": "en"
},
{
  "text": "even know that that was a",
  "duration": 4.4,
  "offset": 1191.76,
  "lang": "en"
},
{
  "text": "that was a thing",
  "duration": 2.64,
  "offset": 1193.52,
  "lang": "en"
},
{
  "text": "but it&#39;s literally like",
  "duration": 4.959,
  "offset": 1196.72,
  "lang": "en"
},
{
  "text": "anxiety and certain things were birthed",
  "duration": 5.76,
  "offset": 1199.039,
  "lang": "en"
},
{
  "text": "out of that experience um",
  "duration": 5.521,
  "offset": 1201.679,
  "lang": "en"
},
{
  "text": "not having like an aha moment over here",
  "duration": 3.921,
  "offset": 1204.799,
  "lang": "en"
},
}
```



```
{
  "text": "like wait a minute",
  "duration": 3.76,
  "offset": 1207.2,
  "lang": "en"
},
{
  "text": "wait",
  "duration": 2.24,
  "offset": 1208.72,
  "lang": "en"
},
{
  "text": "how does it feel to have that that aha",
  "duration": 4.799,
  "offset": 1211.12,
  "lang": "en"
},
{
  "text": "moment",
  "duration": 2.399,
  "offset": 1213.52,
  "lang": "en"
},
{
  "text": "it&#39;s almost like a revelation like that",
  "duration": 3.28,
  "offset": 1219.84,
  "lang": "en"
},
{
  "text": "i never",
  "duration": 2,
  "offset": 1222.08,
  "lang": "en"
},
{
  "text": "knew",
  "duration": 2.32,
  "offset": 1223.12,
  "lang": "en"
},
{
  "text": "i&#39;d never",
```

```
"duration": 4.24,  
"offset": 1224.08,  
"lang": "en"  
},  
{  
  "text": "i rarely",  
  "duration": 5.2,  
  "offset": 1225.44,  
  "lang": "en"  
},  
{  
  "text": "um",  
  "duration": 2.32,  
  "offset": 1228.32,  
  "lang": "en"  
},  
{  
  "text": "focus on that so much",  
  "duration": 3.599,  
  "offset": 1231.2,  
  "lang": "en"  
},  
{  
  "text": "there are there",  
  "duration": 3.599,  
  "offset": 1232.96,  
  "lang": "en"  
},  
{  
  "text": "there are things that constantly remind",  
  "duration": 4,  
  "offset": 1234.799,  
  "lang": "en"  
},  
{  
  "text": "me of the accident",  
  "duration": 3.6,  
  "offset": 1236.559,  
  "lang": "en"  
},  
{  
  "text": "um",  
  "duration": 3.681,  
  "offset": 1238.799,
```

```
"lang": "en"
},
{
  "text": "not in a negative like not in a",
  "duration": 4.481,
  "offset": 1240.159,
  "lang": "en"
},
{
  "text": "like debilitating way or anything just",
  "duration": 3.679,
  "offset": 1242.48,
  "lang": "en"
},
{
  "text": "kind of as a",
  "duration": 4.24,
  "offset": 1244.64,
  "lang": "en"
},
{
  "text": "gratitude type thing",
  "duration": 4.961,
  "offset": 1246.159,
  "lang": "en"
},
{
  "text": "um",
  "duration": 2.24,
  "offset": 1248.88,
  "lang": "en"
},
{
  "text": "but as we&#39;re talking about it",
  "duration": 3.439,
  "offset": 1251.6,
  "lang": "en"
},
{
  "text": "i&#39;ve really never",
  "duration": 5.12,
  "offset": 1256.08,
  "lang": "en"
},
}
```

```
{
  "text": "processed what came out of it other than",
  "duration": 4.479,
  "offset": 1259.2,
  "lang": "en"
},
{
  "text": "the gratitude other than the miracle",
  "duration": 4,
  "offset": 1261.2,
  "lang": "en"
},
{
  "text": "other than",
  "duration": 5.201,
  "offset": 1263.679,
  "lang": "en"
},
{
  "text": "how life shifted i did i&#39;ve never",
  "duration": 5.76,
  "offset": 1265.2,
  "lang": "en"
},
{
  "text": "i&#39;ve never",
  "duration": 3.84,
  "offset": 1268.88,
  "lang": "en"
},
{
  "text": "realized",
  "duration": 3.88,
  "offset": 1270.96,
  "lang": "en"
},
{
  "text": "the anxiety",
  "duration": 5.52,
  "offset": 1272.72,
  "lang": "en"
},
{
  "text": "like so i will say this i have i have",
```

```
"duration": 5,
"offset": 1274.84,
"lang": "en"
},
{
  "text": "some anxiety when i drive in certain",
  "duration": 4,
  "offset": 1278.24,
  "lang": "en"
},
{
  "text": "space some certain places",
  "duration": 4.48,
  "offset": 1279.84,
  "lang": "en"
},
{
  "text": "and i had never had that before",
  "duration": 3.84,
  "offset": 1282.24,
  "lang": "en"
},
{
  "text": "but in certain spaces i always just",
  "duration": 2.96,
  "offset": 1284.32,
  "lang": "en"
},
{
  "text": "attributed",
  "duration": 3.76,
  "offset": 1286.08,
  "lang": "en"
},
{
  "text": "that&#39;s just normal",
  "duration": 4,
  "offset": 1287.28,
  "lang": "en"
},
{
  "text": "to the accident",
  "duration": 3.52,
  "offset": 1289.84,
```

```
"lang": "en"
},
{
  "text": "and um",
  "duration": 3.12,
  "offset": 1291.28,
  "lang": "en"
},
{
  "text": "yeah i",
  "duration": 3.6,
  "offset": 1293.36,
  "lang": "en"
},
{
  "text": "but i never realized some of my like",
  "duration": 5.84,
  "offset": 1294.4,
  "lang": "en"
},
{
  "text": "this traveling thing like",
  "duration": 6,
  "offset": 1296.96,
  "lang": "en"
},
{
  "text": "uh tiny baby playing",
  "duration": 4.799,
  "offset": 1300.24,
  "lang": "en"
},
{
  "text": "car accident",
  "duration": 4.4,
  "offset": 1302.96,
  "lang": "en"
},
{
  "text": "wow",
  "duration": 2.321,
  "offset": 1305.039,
  "lang": "en"
},
}
```

```
{
  "text": "so this part is reminding you that you",
  "duration": 5.361,
  "offset": 1307.919,
  "lang": "en"
},
{
  "text": "had a traumatic experience",
  "duration": 4.96,
  "offset": 1310.32,
  "lang": "en"
},
{
  "text": "and i was trapped in the car",
  "duration": 2.879,
  "offset": 1313.28,
  "lang": "en"
},
{
  "text": "oh",
  "duration": 2.399,
  "offset": 1315.28,
  "lang": "en"
},
{
  "text": "wow",
  "duration": 4.241,
  "offset": 1316.159,
  "lang": "en"
},
{
  "text": "i never like",
  "duration": 4.641,
  "offset": 1317.679,
  "lang": "en"
},
{
  "text": "i never",
  "duration": 5.38,
  "offset": 1320.4,
  "lang": "en"
},
{
  "text": "linked the t i never linked the two",
```

```
"duration": 6.719,
"offset": 1322.32,
"lang": "en"
},
{
  "text": "[Music]",
  "duration": 3.259,
  "offset": 1325.78,
  "lang": "en"
},
{
  "text": "because i like i said i i don&#39;t consider",
  "duration": 3.841,
  "offset": 1329.679,
  "lang": "en"
},
{
  "text": "myself to have really anxiety i mean",
  "duration": 5.04,
  "offset": 1331.6,
  "lang": "en"
},
{
  "text": "yeah but you know",
  "duration": 5.039,
  "offset": 1333.52,
  "lang": "en"
},
{
  "text": "but not like paralyzing debilitating",
  "duration": 3.919,
  "offset": 1336.64,
  "lang": "en"
},
{
  "text": "like like with this trip like i want to",
  "duration": 4.721,
  "offset": 1338.559,
  "lang": "en"
},
{
  "text": "cancel this trip",
  "duration": 2.721,
  "offset": 1340.559,
```



```
"lang": "en"
},
{
  "text": "understandable understandable",
  "duration": 6.24,
  "offset": 1343.76,
  "lang": "en"
},
{
  "text": "given what you&#39;ve experienced",
  "duration": 3.6,
  "offset": 1346.4,
  "lang": "en"
},
{
  "text": "and so as this part is reminding you",
  "duration": 4.721,
  "offset": 1352.159,
  "lang": "en"
},
{
  "text": "of this",
  "duration": 2.799,
  "offset": 1357.76,
  "lang": "en"
},
{
  "text": "life-changing",
  "duration": 4.25,
  "offset": 1358.84,
  "lang": "en"
},
{
  "text": "extremely scary experience",
  "duration": 5.36,
  "offset": 1360.559,
  "lang": "en"
},
{
  "text": "[Music]",
  "duration": 4.99,
  "offset": 1363.09,
  "lang": "en"
},
}
```

```
{
  "text": "can you check in with the part and just",
  "duration": 4.88,
  "offset": 1365.919,
  "lang": "en"
},
{
  "text": "just kind of see what its fears or",
  "duration": 7.56,
  "offset": 1368.08,
  "lang": "en"
},
{
  "text": "concerns are in this moment",
  "duration": 4.841,
  "offset": 1370.799,
  "lang": "en"
},
{
  "text": "let me just see what it has to say to",
  "duration": 3.921,
  "offset": 1375.679,
  "lang": "en"
},
{
  "text": "you",
  "duration": 2.24,
  "offset": 1377.36,
  "lang": "en"
},
{
  "text": "it&#39;s almost like i have a part that&#39;s",
  "duration": 3.92,
  "offset": 1386.96,
  "lang": "en"
},
{
  "text": "coming in",
  "duration": 4.48,
  "offset": 1388.48,
  "lang": "en"
},
{
  "text": "to say",
```

```
"duration": 4.72,  
"offset": 1390.88,  
"lang": "en"  
},  
{  
  "text": "you&#39;re safe you made it",  
  "duration": 5.199,  
  "offset": 1392.96,  
  "lang": "en"  
},  
{  
  "text": "don&#39;t worry",  
  "duration": 2.559,  
  "offset": 1395.6,  
  "lang": "en"  
},  
{  
  "text": "so it&#39;s almost like it&#39;s drowning out",  
  "duration": 5.12,  
  "offset": 1399.52,  
  "lang": "en"  
},  
{  
  "text": "the anxiety part",  
  "duration": 3.12,  
  "offset": 1401.52,  
  "lang": "en"  
},  
{  
  "text": "i&#39;m like wait",  
  "duration": 4.401,  
  "offset": 1404.799,  
  "lang": "en"  
},  
{  
  "text": "i mean anxiety is still i still feel it",  
  "duration": 3.521,  
  "offset": 1406.559,  
  "lang": "en"  
},  
{  
  "text": "yeah",  
  "duration": 4,  
  "offset": 1409.2,
```

```
"lang": "en"
},
{
  "text": "but i literally it&#39;s like",
  "duration": 5.36,
  "offset": 1410.08,
  "lang": "en"
},
{
  "text": "giving voice to all that it was almost",
  "duration": 4.64,
  "offset": 1413.2,
  "lang": "en"
},
{
  "text": "like",
  "duration": 2.4,
  "offset": 1415.44,
  "lang": "en"
},
{
  "text": "that part came in and was like you&#39;re",
  "duration": 3.44,
  "offset": 1418.64,
  "lang": "en"
},
{
  "text": "safe you&#39;re okay you made it it would be",
  "duration": 4.4,
  "offset": 1420,
  "lang": "en"
},
{
  "text": "fine",
  "duration": 2.32,
  "offset": 1422.08,
  "lang": "en"
},
{
  "text": "but there&#39;s still that flutter sorry",
  "duration": 4,
  "offset": 1424.96,
  "lang": "en"
},
}
```

```
{
  "text": "that&#39;s like oh no no you&#39;re good this",
  "duration": 6.16,
  "offset": 1426.96,
  "lang": "en"
},
{
  "text": "part that is trying to come in though",
  "duration": 6.24,
  "offset": 1428.96,
  "lang": "en"
},
{
  "text": "can we just you know kind of check in",
  "duration": 4.32,
  "offset": 1433.12,
  "lang": "en"
},
{
  "text": "and just uh see",
  "duration": 4.32,
  "offset": 1435.2,
  "lang": "en"
},
{
  "text": "it sounds like this part is wanting to",
  "duration": 4.08,
  "offset": 1437.44,
  "lang": "en"
},
{
  "text": "kind of take the pain away possibly but",
  "duration": 4.56,
  "offset": 1439.52,
  "lang": "en"
},
{
  "text": "can we ask it to just step back just a",
  "duration": 4.48,
  "offset": 1441.52,
  "lang": "en"
},
{
  "text": "little bit",
```

```
"duration": 4.16,  
"offset": 1444.08,  
"lang": "en"  
},  
{  
  "text": "i&#39;m sorry ask me that again",  
  "duration": 5.36,  
  "offset": 1446,  
  "lang": "en"  
},  
{  
  "text": "yeah this part that is trying to step in",  
  "duration": 4,  
  "offset": 1448.24,  
  "lang": "en"  
},  
{  
  "text": "um",  
  "duration": 3.84,  
  "offset": 1451.36,  
  "lang": "en"  
},  
{  
  "text": "can we ask it to just step back just a",  
  "duration": 6.28,  
  "offset": 1452.24,  
  "lang": "en"  
},  
{  
  "text": "little bit",  
  "duration": 3.32,  
  "offset": 1455.2,  
  "lang": "en"  
},  
{  
  "text": "and we&#39;ll check in on it before we end",  
  "duration": 4.319,  
  "offset": 1463.36,  
  "lang": "en"  
},  
{  
  "text": "our session today",  
  "duration": 4.56,  
  "offset": 1465.44,
```

```
"lang": "en"
},
{
  "text": "yeah",
  "duration": 2.321,
  "offset": 1467.679,
  "lang": "en"
},
{
  "text": "that&#39;s fine moving back okay can we",
  "duration": 6.32,
  "offset": 1470.08,
  "lang": "en"
},
{
  "text": "just kind of thank that part for",
  "duration": 6.08,
  "offset": 1473.76,
  "lang": "en"
},
{
  "text": "for honoring that request",
  "duration": 3.44,
  "offset": 1476.4,
  "lang": "en"
},
{
  "text": "[Music]",
  "duration": 3.74,
  "offset": 1482.98,
  "lang": "en"
},
{
  "text": "and then as we turn our attention back",
  "duration": 4.8,
  "offset": 1484.72,
  "lang": "en"
},
{
  "text": "to your anxious part",
  "duration": 4.8,
  "offset": 1486.72,
  "lang": "en"
},
}
```

```
{
  "text": "um",
  "duration": 4.48,
  "offset": 1489.52,
  "lang": "en"
},
{
  "text": "and just ask it if it&#39;s have any other",
  "duration": 6.279,
  "offset": 1491.52,
  "lang": "en"
},
{
  "text": "fears or concerns",
  "duration": 3.799,
  "offset": 1494,
  "lang": "en"
},
{
  "text": "the only fear",
  "duration": 3.84,
  "offset": 1501.6,
  "lang": "en"
},
{
  "text": "or concern it has is that",
  "duration": 3.84,
  "offset": 1503.12,
  "lang": "en"
},
{
  "text": "i",
  "duration": 3.92,
  "offset": 1505.44,
  "lang": "en"
},
{
  "text": "i won&#39;t think through",
  "duration": 4.16,
  "offset": 1506.96,
  "lang": "en"
},
{
  "text": "adventures i won&#39;t think through the",
```



```
"duration": 5.24,  
"offset": 1509.36,  
"lang": "en"  
},  
{  
  "text": "safety aspects",  
  "duration": 3.48,  
  "offset": 1511.12,  
  "lang": "en"  
},  
{  
  "text": "before",  
  "duration": 4.88,  
  "offset": 1515.279,  
  "lang": "en"  
},  
{  
  "text": "i get so excited and do it",  
  "duration": 3.439,  
  "offset": 1517.6,  
  "lang": "en"  
},  
{  
  "text": "like",  
  "duration": 2.88,  
  "offset": 1520.159,  
  "lang": "en"  
},  
{  
  "text": "it wants me to really",  
  "duration": 4.401,  
  "offset": 1521.039,  
  "lang": "en"  
},  
{  
  "text": "it&#39;s fearful",  
  "duration": 5.52,  
  "offset": 1523.039,  
  "lang": "en"  
},  
{  
  "text": "that i will discount safety",  
  "duration": 6.96,  
  "offset": 1525.44,
```

```
"lang": "en"
},
{
  "text": "and does that fear make sense to you",
  "duration": 3.841,
  "offset": 1528.559,
  "lang": "en"
},
{
  "text": "um",
  "duration": 2,
  "offset": 1535.12,
  "lang": "en"
},
{
  "text": "[Music]",
  "duration": 4.09,
  "offset": 1535.51,
  "lang": "en"
},
{
  "text": "a little bit but i",
  "duration": 3.2,
  "offset": 1537.12,
  "lang": "en"
},
{
  "text": "i",
  "duration": 2.72,
  "offset": 1539.6,
  "lang": "en"
},
{
  "text": "well yeah it does it does it does",
  "duration": 4.239,
  "offset": 1540.32,
  "lang": "en"
},
{
  "text": "because",
  "duration": 4,
  "offset": 1542.32,
  "lang": "en"
},
}
```

```
{
  "text": "with the skydiving and the bungee",
  "duration": 3.36,
  "offset": 1544.559,
  "lang": "en"
},
{
  "text": "cording",
  "duration": 4.08,
  "offset": 1546.32,
  "lang": "en"
},
{
  "text": "i probably",
  "duration": 2.481,
  "offset": 1547.919,
  "lang": "en"
},
{
  "text": "may not do a lot of research in terms of",
  "duration": 5.439,
  "offset": 1550.72,
  "lang": "en"
},
{
  "text": "safety i might just do it",
  "duration": 5.36,
  "offset": 1552.48,
  "lang": "en"
},
{
  "text": "but with the plane",
  "duration": 3.841,
  "offset": 1556.159,
  "lang": "en"
},
{
  "text": "i you know i didn't done some research",
  "duration": 2.959,
  "offset": 1557.84,
  "lang": "en"
},
{
  "text": "on",
```

```
"duration": 3.6,
"offset": 1560,
"lang": "en"
},
{
  "text": "safety and all that stuff",
  "duration": 6.161,
  "offset": 1560.799,
  "lang": "en"
},
{
  "text": "but yeah it um",
  "duration": 3.36,
  "offset": 1563.6,
  "lang": "en"
},
{
  "text": "it&#39;s fearful that i won&#39;t",
  "duration": 5.279,
  "offset": 1567.76,
  "lang": "en"
},
{
  "text": "the weird thing is i&#39;m like safety i&#39;m",
  "duration": 3.76,
  "offset": 1571.44,
  "lang": "en"
},
{
  "text": "like real safety conscious so like when",
  "duration": 3.921,
  "offset": 1573.039,
  "lang": "en"
},
{
  "text": "i i&#39;m probably like the only person in",
  "duration": 4.64,
  "offset": 1575.2,
  "lang": "en"
},
{
  "text": "america that crosses that crosswalk",
  "duration": 4.079,
  "offset": 1576.96,
```

```
"lang": "en"
},
{
  "text": "i&#39;m probably the only person that wears",
  "duration": 2.959,
  "offset": 1579.84,
  "lang": "en"
},
{
  "text": "like a bike helmet",
  "duration": 4.321,
  "offset": 1581.039,
  "lang": "en"
},
{
  "text": "and so like it&#39;s just weird dynamic",
  "duration": 5.12,
  "offset": 1582.799,
  "lang": "en"
},
{
  "text": "where i&#39;m real safety conscious",
  "duration": 4.4,
  "offset": 1585.36,
  "lang": "en"
},
{
  "text": "um but certain things i still have this",
  "duration": 3.201,
  "offset": 1587.919,
  "lang": "en"
},
{
  "text": "adventurous piece where i&#39;m just like",
  "duration": 3.2,
  "offset": 1589.76,
  "lang": "en"
},
{
  "text": "let me do this",
  "duration": 5.28,
  "offset": 1591.12,
  "lang": "en"
},
}
```

```
{
  "text": "and there are times when um",
  "duration": 3.44,
  "offset": 1592.96,
  "lang": "en"
},
{
  "text": "i have acted",
  "duration": 4.48,
  "offset": 1597.6,
  "lang": "en"
},
{
  "text": "in a um activist way",
  "duration": 4.24,
  "offset": 1599.12,
  "lang": "en"
},
{
  "text": "where people are like did you realize",
  "duration": 4.64,
  "offset": 1602.08,
  "lang": "en"
},
{
  "text": "that wasn't really safe what you did",
  "duration": 3.36,
  "offset": 1603.36,
  "lang": "en"
},
{
  "text": "so",
  "duration": 2.239,
  "offset": 1607.44,
  "lang": "en"
},
{
  "text": "yeah it just wants me to um",
  "duration": 3.92,
  "offset": 1610.4,
  "lang": "en"
},
{
  "text": "and i yeah it just wants me to be aware",
```

```
"duration": 4.159,
"offset": 1614.64,
"lang": "en"
},
{
  "text": "and be a little more safe because that",
  "duration": 3.839,
  "offset": 1616.96,
  "lang": "en"
},
{
  "text": "that activism",
  "duration": 4.081,
  "offset": 1618.799,
  "lang": "en"
},
{
  "text": "and sometimes i&#39;ll see stuff that&#39;s like",
  "duration": 3.76,
  "offset": 1620.799,
  "lang": "en"
},
{
  "text": "an injustice or i&#39;ll see somebody that",
  "duration": 3.919,
  "offset": 1622.88,
  "lang": "en"
},
{
  "text": "might be in danger and i like",
  "duration": 5.521,
  "offset": 1624.559,
  "lang": "en"
},
{
  "text": "i will act in it like",
  "duration": 6.561,
  "offset": 1626.799,
  "lang": "en"
},
{
  "text": "i have done that um",
  "duration": 4.64,
  "offset": 1630.08,
```

```
"lang": "en"
},
{
  "text": "and a friend of mine and a friend of",
  "duration": 3.76,
  "offset": 1633.36,
  "lang": "en"
},
{
  "text": "mine saw me and they were like you just",
  "duration": 5.04,
  "offset": 1634.72,
  "lang": "en"
},
{
  "text": "it was a car accident that i saw or",
  "duration": 5.36,
  "offset": 1637.12,
  "lang": "en"
},
{
  "text": "motorcycle accident that i saw",
  "duration": 4.96,
  "offset": 1639.76,
  "lang": "en"
},
{
  "text": "and i jumped out of my car and ran to",
  "duration": 4.64,
  "offset": 1642.48,
  "lang": "en"
},
{
  "text": "the to the injury",
  "duration": 4.16,
  "offset": 1644.72,
  "lang": "en"
},
{
  "text": "and uh somebody was following me and",
  "duration": 3.679,
  "offset": 1647.12,
  "lang": "en"
},
}
```



```
{
  "text": "they were like did you realize like",
  "duration": 4,
  "offset": 1648.88,
  "lang": "en"
},
{
  "text": "you just like jumped out the car and ran",
  "duration": 4.961,
  "offset": 1650.799,
  "lang": "en"
},
{
  "text": "and i was like kind of sort of",
  "duration": 4.24,
  "offset": 1652.88,
  "lang": "en"
},
{
  "text": "they were like did you even like pay",
  "duration": 2.88,
  "offset": 1655.76,
  "lang": "en"
},
{
  "text": "attention that you were like could have",
  "duration": 3.039,
  "offset": 1657.12,
  "lang": "en"
},
{
  "text": "been in traffic i was like well i kind",
  "duration": 4.159,
  "offset": 1658.64,
  "lang": "en"
},
{
  "text": "of glanced you know what i mean",
  "duration": 5.281,
  "offset": 1660.159,
  "lang": "en"
},
{
  "text": "so that fearful part is like just",
```

```
"duration": 5.841,
"offset": 1662.799,
"lang": "en"
},
{
  "text": "pay attention to safety",
  "duration": 4.08,
  "offset": 1665.44,
  "lang": "en"
},
{
  "text": "yeah",
  "duration": 5.279,
  "offset": 1668.64,
  "lang": "en"
},
{
  "text": "so that part is protecting the",
  "duration": 9.039,
  "offset": 1669.52,
  "lang": "en"
},
{
  "text": "thrill seeker in you the advocate in you",
  "duration": 9.36,
  "offset": 1673.919,
  "lang": "en"
},
{
  "text": "the help or caretaker in you",
  "duration": 7.041,
  "offset": 1678.559,
  "lang": "en"
},
{
  "text": "that&#39;s really beautiful",
  "duration": 5.041,
  "offset": 1683.279,
  "lang": "en"
},
{
  "text": "this is like",
  "duration": 2.72,
  "offset": 1685.6,
```

```
"lang": "en"
},
{
  "text": "because i&#39;ve never",
  "duration": 5.279,
  "offset": 1689.76,
  "lang": "en"
},
{
  "text": "thought about it like that",
  "duration": 4.961,
  "offset": 1692.399,
  "lang": "en"
},
{
  "text": "yeah my parts definitely resonate with",
  "duration": 3.841,
  "offset": 1695.039,
  "lang": "en"
},
{
  "text": "some of that",
  "duration": 3.039,
  "offset": 1697.36,
  "lang": "en"
},
{
  "text": "yeah",
  "duration": 4.24,
  "offset": 1698.88,
  "lang": "en"
},
{
  "text": "yeah i never",
  "duration": 2.721,
  "offset": 1700.399,
  "lang": "en"
},
{
  "text": "and can you check in with this part just",
  "duration": 6.48,
  "offset": 1706,
  "lang": "en"
},
}
```

```
{
  "text": "to be sure and see um",
  "duration": 4.4,
  "offset": 1708.08,
  "lang": "en"
},
{
  "text": "exactly you know is",
  "duration": 4.319,
  "offset": 1712.96,
  "lang": "en"
},
{
  "text": "is that who this part is protecting or",
  "duration": 4,
  "offset": 1715.12,
  "lang": "en"
},
{
  "text": "is there is there more is there",
  "duration": 3.841,
  "offset": 1717.279,
  "lang": "en"
},
{
  "text": "something else that it wants us to know",
  "duration": 5.12,
  "offset": 1719.12,
  "lang": "en"
},
{
  "text": "about who it&#39;s protecting",
  "duration": 4.96,
  "offset": 1721.12,
  "lang": "en"
},
{
  "text": "i want to make sure that that we&#39;ve got",
  "duration": 5.559,
  "offset": 1724.24,
  "lang": "en"
},
{
  "text": "clarity on that",
```

```
"duration": 3.719,
"offset": 1726.08,
"lang": "en"
},
{
  "text": "i mean it&#39;s like this little girl shows",
  "duration": 4.321,
  "offset": 1738.559,
  "lang": "en"
},
{
  "text": "up",
  "duration": 2.24,
  "offset": 1740.64,
  "lang": "en"
},
{
  "text": "you know",
  "duration": 2.32,
  "offset": 1743.44,
  "lang": "en"
},
{
  "text": "who didn&#39;t know",
  "duration": 2.88,
  "offset": 1747.44,
  "lang": "en"
},
{
  "text": "safety wasn&#39;t protected didn&#39;t have",
  "duration": 4.24,
  "offset": 1751.52,
  "lang": "en"
},
{
  "text": "necessarily warning times that this",
  "duration": 6.24,
  "offset": 1755.919,
  "lang": "en"
},
{
  "text": "wasn&#39;t that things were unsafe so",
  "duration": 3.839,
  "offset": 1758.32,
```

```
"lang": "en"
},
{
  "text": "ultimately",
  "duration": 4.24,
  "offset": 1762.72,
  "lang": "en"
},
{
  "text": "it&#39;s like i gotta it&#39;s like the little",
  "duration": 5.441,
  "offset": 1764.559,
  "lang": "en"
},
{
  "text": "anxious part is like",
  "duration": 3.04,
  "offset": 1766.96,
  "lang": "en"
},
{
  "text": "i developed to protect you now because",
  "duration": 4.88,
  "offset": 1771.84,
  "lang": "en"
},
{
  "text": "you didn&#39;t have that before",
  "duration": 5.559,
  "offset": 1774.48,
  "lang": "en"
},
{
  "text": "oh wow",
  "duration": 3.319,
  "offset": 1776.72,
  "lang": "en"
},
{
  "text": "yeah",
  "duration": 3.439,
  "offset": 1781.36,
  "lang": "en"
},
}
```

```
{
  "text": "wow",
  "duration": 3.84,
  "offset": 1782.559,
  "lang": "en"
},
{
  "text": "i&#39;m having all kind of epiphanies over",
  "duration": 2.641,
  "offset": 1784.799,
  "lang": "en"
},
{
  "text": "here",
  "duration": 4.16,
  "offset": 1786.399,
  "lang": "en"
},
{
  "text": "you are it&#39;s really beautiful to watch",
  "duration": 5.4,
  "offset": 1787.44,
  "lang": "en"
},
{
  "text": "um",
  "duration": 4,
  "offset": 1790.559,
  "lang": "en"
},
{
  "text": "yeah",
  "duration": 3.559,
  "offset": 1792.84,
  "lang": "en"
},
{
  "text": "and when you get the vision of this",
  "duration": 3.441,
  "offset": 1794.559,
  "lang": "en"
},
{
  "text": "little girl",
```

```
"duration": 4.481,
"offset": 1796.399,
"lang": "en"
},
{
  "text": "how old is she",
  "duration": 2.88,
  "offset": 1798,
  "lang": "en"
},
{
  "text": "um",
  "duration": 2.24,
  "offset": 1801.039,
  "lang": "en"
},
{
  "text": "she&#39;s probably like five or six i um",
  "duration": 6.72,
  "offset": 1803.6,
  "lang": "en"
},
{
  "text": "i was gonna say i don&#39;t have a picture",
  "duration": 3.6,
  "offset": 1808.48,
  "lang": "en"
},
{
  "text": "right now but i i carry a picture of her",
  "duration": 3.44,
  "offset": 1810.32,
  "lang": "en"
},
{
  "text": "with me typically",
  "duration": 3.04,
  "offset": 1812.08,
  "lang": "en"
},
{
  "text": "um",
  "duration": 3.519,
  "offset": 1813.76,
```



```
"lang": "en"
},
{
  "text": "i have a very vivid picture of her",
  "duration": 4.559,
  "offset": 1815.12,
  "lang": "en"
},
{
  "text": "um you know part down the middle two",
  "duration": 4.161,
  "offset": 1817.279,
  "lang": "en"
},
{
  "text": "pigtails",
  "duration": 3.761,
  "offset": 1819.679,
  "lang": "en"
},
{
  "text": "back in the day with the ribbon",
  "duration": 3.52,
  "offset": 1821.44,
  "lang": "en"
},
{
  "text": "yeah",
  "duration": 4.08,
  "offset": 1823.44,
  "lang": "en"
},
{
  "text": "so she&#39;s probably like five or six",
  "duration": 3.839,
  "offset": 1824.96,
  "lang": "en"
},
{
  "text": "wow",
  "duration": 3.039,
  "offset": 1827.52,
  "lang": "en"
},
}
```

```
{
  "text": "this part has been with you almost your",
  "duration": 6.441,
  "offset": 1828.799,
  "lang": "en"
},
{
  "text": "whole life oh yeah definitely",
  "duration": 4.681,
  "offset": 1830.559,
  "lang": "en"
},
{
  "text": "and if that&#39;s okay",
  "duration": 5.201,
  "offset": 1836.159,
  "lang": "en"
},
{
  "text": "now that we know who this part is",
  "duration": 5.039,
  "offset": 1839.12,
  "lang": "en"
},
{
  "text": "protecting can we ask this part if it&#39;s",
  "duration": 4.96,
  "offset": 1841.36,
  "lang": "en"
},
{
  "text": "okay to work with",
  "duration": 6.281,
  "offset": 1844.159,
  "lang": "en"
},
{
  "text": "this five or six year old",
  "duration": 4.12,
  "offset": 1846.32,
  "lang": "en"
},
{
  "text": "yes",
```

```
"duration": 3.36,  
"offset": 1855.919,  
"lang": "en"  
},  
{  
  "text": "yeah",  
  "duration": 2.24,  
  "offset": 1857.039,  
  "lang": "en"  
},  
{  
  "text": "and",  
  "duration": 2.641,  
  "offset": 1860.799,  
  "lang": "en"  
},  
{  
  "text": "just kind of thank that part for",  
  "duration": 6.399,  
  "offset": 1861.76,  
  "lang": "en"  
},  
{  
  "text": "allowing us to continue this work",  
  "duration": 4.719,  
  "offset": 1863.44,  
  "lang": "en"  
},  
{  
  "text": "okay",  
  "duration": 3,  
  "offset": 1875.679,  
  "lang": "en"  
},  
{  
  "text": "and so",  
  "duration": 2.559,  
  "offset": 1879.36,  
  "lang": "en"  
},  
{  
  "text": "this",  
  "duration": 3.919,  
  "offset": 1882,
```

```
"lang": "en"
},
{
  "text": "five or six year old can you just",
  "duration": 5.12,
  "offset": 1882.96,
  "lang": "en"
},
{
  "text": "just kind of check in and",
  "duration": 4.721,
  "offset": 1885.919,
  "lang": "en"
},
{
  "text": "ask her",
  "duration": 4.319,
  "offset": 1888.08,
  "lang": "en"
},
{
  "text": "what does she want you to know",
  "duration": 4.8,
  "offset": 1890.64,
  "lang": "en"
},
{
  "text": "where she and and also where is she at",
  "duration": 5.12,
  "offset": 1892.399,
  "lang": "en"
},
{
  "text": "in time and space when you when she",
  "duration": 5.68,
  "offset": 1895.44,
  "lang": "en"
},
{
  "text": "comes to mind where is she at",
  "duration": 3.601,
  "offset": 1897.519,
  "lang": "en"
},
}
```

```
{
  "text": "um",
  "duration": 3.76,
  "offset": 1904.48,
  "lang": "en"
},
{
  "text": "right now she&#39;s just sitting on the",
  "duration": 4.24,
  "offset": 1906.96,
  "lang": "en"
},
{
  "text": "floor with this doll",
  "duration": 5.2,
  "offset": 1908.24,
  "lang": "en"
},
{
  "text": "um",
  "duration": 2.24,
  "offset": 1911.2,
  "lang": "en"
},
{
  "text": "but",
  "duration": 2.24,
  "offset": 1914.48,
  "lang": "en"
},
{
  "text": "she",
  "duration": 5.279,
  "offset": 1918.88,
  "lang": "en"
},
{
  "text": "when i imagined her",
  "duration": 3.039,
  "offset": 1921.12,
  "lang": "en"
},
{
  "text": "it&#39;s almost like the split",
```

```
"duration": 7.24,  
"offset": 1924.799,  
"lang": "en"  
},  
{  
  "text": "scene which is interesting",  
  "duration": 3.88,  
  "offset": 1928.159,  
  "lang": "en"  
},  
{  
  "text": "see her sitting on the floor with this",  
  "duration": 3.2,  
  "offset": 1934,  
  "lang": "en"  
},  
{  
  "text": "doll",  
  "duration": 4.321,  
  "offset": 1935.279,  
  "lang": "en"  
},  
{  
  "text": "but i",  
  "duration": 2.4,  
  "offset": 1937.2,  
  "lang": "en"  
},  
{  
  "text": "and i i see her",  
  "duration": 6.559,  
  "offset": 1940,  
  "lang": "en"  
},  
{  
  "text": "this is so wild on this sled",  
  "duration": 6.24,  
  "offset": 1942.96,  
  "lang": "en"  
},  
{  
  "text": "old school",  
  "duration": 5.36,  
  "offset": 1946.559,
```

```
"lang": "en"
},
{
  "text": "wooden sled",
  "duration": 2.719,
  "offset": 1949.2,
  "lang": "en"
},
{
  "text": "in the snow and this is the so",
  "duration": 4.16,
  "offset": 1952.399,
  "lang": "en"
},
{
  "text": "uh",
  "duration": 3.121,
  "offset": 1955.519,
  "lang": "en"
},
{
  "text": "this note one day i was little",
  "duration": 4.081,
  "offset": 1956.559,
  "lang": "en"
},
{
  "text": "i remember my dad taking me sled riding",
  "duration": 4.96,
  "offset": 1958.64,
  "lang": "en"
},
{
  "text": "on this old wood sled",
  "duration": 5.44,
  "offset": 1960.64,
  "lang": "en"
},
{
  "text": "down the hill in a neighborhood",
  "duration": 4.64,
  "offset": 1963.6,
  "lang": "en"
},
}
```

```
{
  "text": "and i remember i was flying down the",
  "duration": 3.28,
  "offset": 1966.08,
  "lang": "en"
},
{
  "text": "hill",
  "duration": 2.559,
  "offset": 1968.24,
  "lang": "en"
},
{
  "text": "and i looked back and my dad was at the",
  "duration": 4.88,
  "offset": 1969.36,
  "lang": "en"
},
{
  "text": "top of the hill he let me go",
  "duration": 3.441,
  "offset": 1970.799,
  "lang": "en"
},
{
  "text": "and when i turned back around i hit a",
  "duration": 4.32,
  "offset": 1975.12,
  "lang": "en"
},
{
  "text": "pole",
  "duration": 2.32,
  "offset": 1977.12,
  "lang": "en"
},
{
  "text": "and it was like why would he let me go",
  "duration": 6.319,
  "offset": 1980.72,
  "lang": "en"
},
{
  "text": "right",
```



```
"duration": 2.24,  
"offset": 1984.799,  
"lang": "en"  
},  
{  
  "text": "and i don&#39;t know why that image",  
  "duration": 3.68,  
  "offset": 1987.2,  
  "lang": "en"  
},  
{  
  "text": "literally i have not thought about that",  
  "duration": 2.48,  
  "offset": 1989.12,  
  "lang": "en"  
},  
{  
  "text": "and",  
  "duration": 2.32,  
  "offset": 1990.88,  
  "lang": "en"  
},  
{  
  "text": "i don&#39;t know there&#39;s probably multiple",  
  "duration": 3.76,  
  "offset": 1991.6,  
  "lang": "en"  
},  
{  
  "text": "reasons why that came up",  
  "duration": 4.479,  
  "offset": 1993.2,  
  "lang": "en"  
},  
{  
  "text": "without getting all you know emotional",  
  "duration": 4.319,  
  "offset": 1995.36,  
  "lang": "en"  
},  
{  
  "text": "and dramatic ability",  
  "duration": 5.321,  
  "offset": 1997.679,
```

```
"lang": "en"
},
{
  "text": "but um",
  "duration": 3.321,
  "offset": 1999.679,
  "lang": "en"
},
{
  "text": "wow",
  "duration": 2.4,
  "offset": 2004.72,
  "lang": "en"
},
{
  "text": "okay that was interesting",
  "duration": 3.521,
  "offset": 2007.919,
  "lang": "en"
},
{
  "text": "that was wild i haven't thought about",
  "duration": 4.921,
  "offset": 2012.159,
  "lang": "en"
},
{
  "text": "that in a long time",
  "duration": 3.561,
  "offset": 2013.519,
  "lang": "en"
},
{
  "text": "and so this memory of this again is",
  "duration": 6.081,
  "offset": 2018.399,
  "lang": "en"
},
{
  "text": "really scary",
  "duration": 3.28,
  "offset": 2021.2,
  "lang": "en"
},
}
```

```
{
  "text": "right",
  "duration": 4.64,
  "offset": 2024.72,
  "lang": "en"
},
{
  "text": "something that was fun and exciting",
  "duration": 6.399,
  "offset": 2025.76,
  "lang": "en"
},
{
  "text": "great it was fun until it was fun until",
  "duration": 5.199,
  "offset": 2029.36,
  "lang": "en"
},
{
  "text": "it wasn't",
  "duration": 4.721,
  "offset": 2032.159,
  "lang": "en"
},
{
  "text": "right",
  "duration": 2.321,
  "offset": 2034.559,
  "lang": "en"
},
{
  "text": "yeah",
  "duration": 2.16,
  "offset": 2037.519,
  "lang": "en"
},
{
  "text": "and",
  "duration": 2.641,
  "offset": 2040.799,
  "lang": "en"
},
{
  "text": "you know",
```

```
"duration": 6,
"offset": 2042.48,
"lang": "en"
},
{
  "text": "as you are in the room with",
  "duration": 5.04,
  "offset": 2043.44,
  "lang": "en"
},
{
  "text": "your five or six year old self or even",
  "duration": 4.399,
  "offset": 2048.72,
  "lang": "en"
},
{
  "text": "outdoors",
  "duration": 3.52,
  "offset": 2051.119,
  "lang": "en"
},
{
  "text": "uh",
  "duration": 3.681,
  "offset": 2053.119,
  "lang": "en"
},
{
  "text": "can you can you sense whether she knows",
  "duration": 6.44,
  "offset": 2054.639,
  "lang": "en"
},
{
  "text": "that you&#39;re that you&#39;re with her",
  "duration": 4.279,
  "offset": 2056.8,
  "lang": "en"
},
{
  "text": "or maybe you&#39;re with her as she&#39;s",
  "duration": 4.159,
  "offset": 2061.44,
```

```
"lang": "en"
},
{
  "text": "remembering the sledding accident",
  "duration": 4.8,
  "offset": 2062.879,
  "lang": "en"
},
{
  "text": "so what&#39;s interesting is",
  "duration": 4.08,
  "offset": 2065.599,
  "lang": "en"
},
{
  "text": "when the sledding incident popped up it",
  "duration": 6.2,
  "offset": 2067.679,
  "lang": "en"
},
{
  "text": "was like she turned and looked",
  "duration": 4.2,
  "offset": 2069.679,
  "lang": "en"
},
{
  "text": "and it was almost like then she went",
  "duration": 4.159,
  "offset": 2074,
  "lang": "en"
},
{
  "text": "through a door and she was outside so",
  "duration": 3.76,
  "offset": 2076.24,
  "lang": "en"
},
{
  "text": "she was inside and she was outside and",
  "duration": 4.24,
  "offset": 2078.159,
  "lang": "en"
},
}
```

```
{
  "text": "when you just asked me did she sense",
  "duration": 5.04,
  "offset": 2080,
  "lang": "en"
},
{
  "text": "that i was there",
  "duration": 5.041,
  "offset": 2082.399,
  "lang": "en"
},
{
  "text": "one it got really cold in here",
  "duration": 3.92,
  "offset": 2085.04,
  "lang": "en"
},
{
  "text": "and two it was like she turned around",
  "duration": 2.959,
  "offset": 2087.44,
  "lang": "en"
},
{
  "text": "and looked so she",
  "duration": 4.48,
  "offset": 2088.96,
  "lang": "en"
},
{
  "text": "yes she sees me",
  "duration": 5.2,
  "offset": 2090.399,
  "lang": "en"
},
{
  "text": "yeah",
  "duration": 5.28,
  "offset": 2093.44,
  "lang": "en"
},
{
  "text": "it almost sounds like she&#39;s saying",
```

```
"duration": 5.601,  
"offset": 2095.599,  
"lang": "en"  
},  
{  
  "text": "come on let me show you",  
  "duration": 5.6,  
  "offset": 2098.72,  
  "lang": "en"  
},  
{  
  "text": "what happened let me show you",  
  "duration": 6.399,  
  "offset": 2101.2,  
  "lang": "en"  
},  
{  
  "text": "why i&#39;m so anxious",  
  "duration": 3.279,  
  "offset": 2104.32,  
  "lang": "en"  
},  
{  
  "text": "instead of telling you she&#39;s like i need",  
  "duration": 4.641,  
  "offset": 2109.359,  
  "lang": "en"  
},  
{  
  "text": "you to see me",  
  "duration": 3.04,  
  "offset": 2110.96,  
  "lang": "en"  
},  
{  
  "text": "wow",  
  "duration": 2.799,  
  "offset": 2115.04,  
  "lang": "en"  
},  
{  
  "text": "yeah",  
  "duration": 2.24,  
  "offset": 2119.839,
```

```
"lang": "en"
},
{
  "text": "that is",
  "duration": 4.32,
  "offset": 2122.56,
  "lang": "en"
},
{
  "text": "mind-blowing",
  "duration": 5.88,
  "offset": 2124.8,
  "lang": "en"
},
{
  "text": "for a variety of reasons",
  "duration": 3.8,
  "offset": 2126.88,
  "lang": "en"
},
{
  "text": "okay",
  "duration": 2.24,
  "offset": 2135.92,
  "lang": "en"
},
{
  "text": "all right",
  "duration": 2.4,
  "offset": 2138.48,
  "lang": "en"
},
{
  "text": "you know how you start crying you&#39;re",
  "duration": 2.88,
  "offset": 2142,
  "lang": "en"
},
{
  "text": "like okay i&#39;m fine",
  "duration": 2.64,
  "offset": 2143.04,
  "lang": "en"
},
}
```



```
{
  "text": "yeah",
  "duration": 2.4,
  "offset": 2144.88,
  "lang": "en"
},
{
  "text": "yeah",
  "duration": 3.28,
  "offset": 2145.68,
  "lang": "en"
},
{
  "text": "the reason this is really interesting",
  "duration": 3.92,
  "offset": 2147.28,
  "lang": "en"
},
{
  "text": "and i",
  "duration": 2.24,
  "offset": 2148.96,
  "lang": "en"
},
{
  "text": "sorry",
  "duration": 3.44,
  "offset": 2151.52,
  "lang": "en"
},
{
  "text": "i&#39;ll try not to get emotional but",
  "duration": 4.56,
  "offset": 2152.4,
  "lang": "en"
},
{
  "text": "so yesterday was the anniversary of my",
  "duration": 3.92,
  "offset": 2154.96,
  "lang": "en"
},
{
  "text": "father&#39;s passing",
```

```
"duration": 4.639,
"offset": 2156.96,
"lang": "en"
},
{
  "text": "and um",
  "duration": 2.719,
  "offset": 2158.88,
  "lang": "en"
},
{
  "text": "it&#39;s just really interesting",
  "duration": 3.359,
  "offset": 2162,
  "lang": "en"
},
{
  "text": "how",
  "duration": 4.481,
  "offset": 2166.079,
  "lang": "en"
},
{
  "text": "um",
  "duration": 2.24,
  "offset": 2168.32,
  "lang": "en"
},
{
  "text": "it took me back to that moment",
  "duration": 3.36,
  "offset": 2171.68,
  "lang": "en"
},
{
  "text": "like i",
  "duration": 2.561,
  "offset": 2175.359,
  "lang": "en"
},
{
  "text": "obviously is",
  "duration": 5.2,
  "offset": 2176.48,
```

```
"lang": "en"
},
{
  "text": "all related um",
  "duration": 3.76,
  "offset": 2177.92,
  "lang": "en"
},
{
  "text": "this is interesting",
  "duration": 4.48,
  "offset": 2185.68,
  "lang": "en"
},
{
  "text": "like i never",
  "duration": 3.68,
  "offset": 2188.24,
  "lang": "en"
},
{
  "text": "i never",
  "duration": 5.439,
  "offset": 2190.16,
  "lang": "en"
},
{
  "text": "linked all that to that",
  "duration": 3.679,
  "offset": 2191.92,
  "lang": "en"
},
{
  "text": "and it&#39;s like on the on the cusp of just",
  "duration": 6.48,
  "offset": 2197.52,
  "lang": "en"
},
{
  "text": "yesterday",
  "duration": 2.641,
  "offset": 2201.359,
  "lang": "en"
},
}
```

```
{
  "text": "it&#39;s very interesting",
  "duration": 2.959,
  "offset": 2204.88,
  "lang": "en"
},
{
  "text": "yeah",
  "duration": 3.36,
  "offset": 2211.92,
  "lang": "en"
},
{
  "text": "how was it feeling for you to be",
  "duration": 4.96,
  "offset": 2212.72,
  "lang": "en"
},
{
  "text": "reminded",
  "duration": 5.52,
  "offset": 2215.28,
  "lang": "en"
},
{
  "text": "of that that accident and maybe even",
  "duration": 5.84,
  "offset": 2217.68,
  "lang": "en"
},
{
  "text": "that time with your",
  "duration": 2.72,
  "offset": 2220.8,
  "lang": "en"
},
{
  "text": "dad hmm",
  "duration": 3.401,
  "offset": 2226.839,
  "lang": "en"
},
{
  "text": "it&#39;s like that it&#39;s like that duality of",
```

```
"duration": 5.681,
"offset": 2233.599,
"lang": "en"
},
{
  "text": "it was a it was fun until it wasn&#39;t",
  "duration": 8.48,
  "offset": 2235.52,
  "lang": "en"
},
{
  "text": "i was safe until i wasn&#39;t yeah",
  "duration": 4.72,
  "offset": 2239.28,
  "lang": "en"
},
{
  "text": "um",
  "duration": 2.32,
  "offset": 2245.92,
  "lang": "en"
},
{
  "text": "yeah just continue being with her",
  "duration": 4.32,
  "offset": 2251.2,
  "lang": "en"
},
{
  "text": "but it&#39;s also like",
  "duration": 3.879,
  "offset": 2264.96,
  "lang": "en"
},
{
  "text": "there&#39;s a piece about her",
  "duration": 3.599,
  "offset": 2273.52,
  "lang": "en"
},
{
  "text": "with this there&#39;s a piece",
  "duration": 3.36,
  "offset": 2278.4,
```

```
"lang": "en"
},
{
  "text": "that um",
  "duration": 3.32,
  "offset": 2282.24,
  "lang": "en"
},
{
  "text": "she hasn&#39;t had",
  "duration": 3.48,
  "offset": 2288.4,
  "lang": "en"
},
{
  "text": "and she&#39;s coming closer",
  "duration": 4.24,
  "offset": 2298.72,
  "lang": "en"
},
{
  "text": "like",
  "duration": 4.721,
  "offset": 2301.839,
  "lang": "en"
},
{
  "text": "she&#39;s coming closer to me",
  "duration": 3.6,
  "offset": 2302.96,
  "lang": "en"
},
{
  "text": "and is it okay for her to be a little",
  "duration": 4.879,
  "offset": 2308.24,
  "lang": "en"
},
{
  "text": "bit closer to you mm-hmm",
  "duration": 4.8,
  "offset": 2310.24,
  "lang": "en"
},
}
```

```
{
  "text": "can you let her know that that&#39;s that&#39;s",
  "duration": 6.601,
  "offset": 2313.119,
  "lang": "en"
},
{
  "text": "okay that you welcome that",
  "duration": 4.68,
  "offset": 2315.04,
  "lang": "en"
},
{
  "text": "yeah",
  "duration": 3.041,
  "offset": 2327.359,
  "lang": "en"
},
{
  "text": "is there anything that you want to say",
  "duration": 3.44,
  "offset": 2328.72,
  "lang": "en"
},
{
  "text": "to her or anything that you want her to",
  "duration": 4.76,
  "offset": 2330.4,
  "lang": "en"
},
{
  "text": "know",
  "duration": 3,
  "offset": 2332.16,
  "lang": "en"
},
{
  "text": "yeah it&#39;s like",
  "duration": 6.92,
  "offset": 2361.52,
  "lang": "en"
},
{
  "text": "even when you feel unsafe you&#39;re safe",
```

```
"duration": 4.76,  
"offset": 2363.68,  
"lang": "en"  
},  
{  
  "text": "and it&#39;s almost like i",  
  "duration": 4.92,  
  "offset": 2378.24,  
  "lang": "en"  
},  
{  
  "text": "i&#39;m gonna take that take that spate like",  
  "duration": 4.721,  
  "offset": 2384.079,  
  "lang": "en"  
},  
{  
  "text": "take that responsibility to keep you",  
  "duration": 4.559,  
  "offset": 2386.8,  
  "lang": "en"  
},  
{  
  "text": "safe even when you feel unsafe",  
  "duration": 5.12,  
  "offset": 2388.8,  
  "lang": "en"  
},  
{  
  "text": "i got you",  
  "duration": 2.561,  
  "offset": 2391.359,  
  "lang": "en"  
},  
{  
  "text": "how is she responding to that",  
  "duration": 3.76,  
  "offset": 2394.48,  
  "lang": "en"  
},  
{  
  "text": "kind of with this quizzical look um",  
  "duration": 4.08,  
  "offset": 2400.64,
```



```
"lang": "en"
},
{
  "text": "but stepping forward closer",
  "duration": 4.6,
  "offset": 2404.8,
  "lang": "en"
},
{
  "text": "i can sense the love there",
  "duration": 5.36,
  "offset": 2413.44,
  "lang": "en"
},
{
  "text": "so much love",
  "duration": 3.04,
  "offset": 2415.76,
  "lang": "en"
},
{
  "text": "i think is there anything that she would",
  "duration": 5.199,
  "offset": 2420.64,
  "lang": "en"
},
{
  "text": "like for you to know",
  "duration": 3.599,
  "offset": 2422.24,
  "lang": "en"
},
{
  "text": "she&#39;s just",
  "duration": 3.84,
  "offset": 2431.68,
  "lang": "en"
},
{
  "text": "hugging me",
  "duration": 2.56,
  "offset": 2432.96,
  "lang": "en"
},
}
```

```
{
  "text": "is that okay but kind of like you know",
  "duration": 5.919,
  "offset": 2435.68,
  "lang": "en"
},
{
  "text": "little kids hug your leg like yeah yeah",
  "duration": 5.28,
  "offset": 2438.48,
  "lang": "en"
},
{
  "text": "like a p you know she ain&#39;t",
  "duration": 4.961,
  "offset": 2441.599,
  "lang": "en"
},
{
  "text": "but so tall",
  "duration": 2.8,
  "offset": 2443.76,
  "lang": "en"
},
{
  "text": "and if it&#39;s okay to just let her know",
  "duration": 5.92,
  "offset": 2461.04,
  "lang": "en"
},
{
  "text": "hey i got you i got you girl",
  "duration": 6.72,
  "offset": 2463.28,
  "lang": "en"
},
{
  "text": "i&#39;m gonna keep you safe",
  "duration": 5.6,
  "offset": 2466.96,
  "lang": "en"
},
{
  "text": "i&#39;m gonna take care of you",
```

```
"duration": 4.079,
"offset": 2470,
"lang": "en"
},
{
  "text": "i&#39;m not gonna let you go through things",
  "duration": 3.92,
  "offset": 2472.56,
  "lang": "en"
},
{
  "text": "alone",
  "duration": 2.401,
  "offset": 2474.079,
  "lang": "en"
},
{
  "text": "yeah like",
  "duration": 5.599,
  "offset": 2476.72,
  "lang": "en"
},
{
  "text": "she she",
  "duration": 5.201,
  "offset": 2480.079,
  "lang": "en"
},
{
  "text": "senses that like",
  "duration": 2.961,
  "offset": 2482.319,
  "lang": "en"
},
{
  "text": "it&#39;s this part that",
  "duration": 4.319,
  "offset": 2485.76,
  "lang": "en"
},
{
  "text": "like the",
  "duration": 4.881,
  "offset": 2487.839,
```

```
"lang": "en"
},
{
  "text": "she trusts she trusts that she trusts me",
  "duration": 5.121,
  "offset": 2490.079,
  "lang": "en"
},
{
  "text": "we&#39;ve",
  "duration": 4.48,
  "offset": 2492.72,
  "lang": "en"
},
{
  "text": "been here before but",
  "duration": 4.639,
  "offset": 2495.2,
  "lang": "en"
},
{
  "text": "you know different part",
  "duration": 4.96,
  "offset": 2497.2,
  "lang": "en"
},
{
  "text": "but this anxiety part",
  "duration": 4.641,
  "offset": 2499.839,
  "lang": "en"
},
{
  "text": "that",
  "duration": 2.32,
  "offset": 2502.16,
  "lang": "en"
},
{
  "text": "yeah",
  "duration": 3.441,
  "offset": 2505.839,
  "lang": "en"
},
}
```

```
{
  "text": "that",
  "duration": 4.641,
  "offset": 2507.599,
  "lang": "en"
},
{
  "text": "she i mean she&#39;s",
  "duration": 2.96,
  "offset": 2509.28,
  "lang": "en"
},
{
  "text": "glad that we&#39;re",
  "duration": 3.199,
  "offset": 2514.64,
  "lang": "en"
},
{
  "text": "dealing with that",
  "duration": 3.44,
  "offset": 2516.48,
  "lang": "en"
},
{
  "text": "yeah",
  "duration": 4.961,
  "offset": 2517.839,
  "lang": "en"
},
{
  "text": "and can you ask her just check in and",
  "duration": 5.84,
  "offset": 2519.92,
  "lang": "en"
},
{
  "text": "ask her what do you need from me what do",
  "duration": 4.88,
  "offset": 2522.8,
  "lang": "en"
},
{
  "text": "you need me to know or what do you need",
```

```
"duration": 4.4,
"offset": 2525.76,
"lang": "en"
},
{
  "text": "from me",
  "duration": 4.639,
  "offset": 2527.68,
  "lang": "en"
},
{
  "text": "just kind of sense just kind of feel",
  "duration": 6.6,
  "offset": 2530.16,
  "lang": "en"
},
{
  "text": "into it and see how she responds",
  "duration": 4.441,
  "offset": 2532.319,
  "lang": "en"
},
{
  "text": "she didn't have a word for it then she",
  "duration": 4.799,
  "offset": 2547.04,
  "lang": "en"
},
{
  "text": "didn't know",
  "duration": 2.799,
  "offset": 2549.04,
  "lang": "en"
},
{
  "text": "okay",
  "duration": 3.361,
  "offset": 2552.319,
  "lang": "en"
},
{
  "text": "so she was a silent when she really",
  "duration": 5.921,
  "offset": 2553.359,
```

```
"lang": "en"
},
{
  "text": "needed help she was silent",
  "duration": 3.6,
  "offset": 2555.68,
  "lang": "en"
},
{
  "text": "and that over time",
  "duration": 2.959,
  "offset": 2562.88,
  "lang": "en"
},
{
  "text": "that silence",
  "duration": 3.68,
  "offset": 2566.96,
  "lang": "en"
},
{
  "text": "in",
  "duration": 3.36,
  "offset": 2569.2,
  "lang": "en"
},
{
  "text": "the sense of unsafety the sense of",
  "duration": 5.52,
  "offset": 2570.64,
  "lang": "en"
},
{
  "text": "danger has turned into this",
  "duration": 3.6,
  "offset": 2572.56,
  "lang": "en"
},
{
  "text": "subtle anxiety",
  "duration": 4.079,
  "offset": 2577.04,
  "lang": "en"
},
}
```

```
{
  "text": "yeah",
  "duration": 2.239,
  "offset": 2578.88,
  "lang": "en"
},
{
  "text": "and is it okay to let her know and you",
  "duration": 4.8,
  "offset": 2584,
  "lang": "en"
},
{
  "text": "let me know how this feels but",
  "duration": 4.24,
  "offset": 2586.64,
  "lang": "en"
},
{
  "text": "but just letting her know even that she",
  "duration": 5.039,
  "offset": 2588.8,
  "lang": "en"
},
{
  "text": "can speak now",
  "duration": 2.959,
  "offset": 2590.88,
  "lang": "en"
},
{
  "text": "yeah she she likes that",
  "duration": 5.2,
  "offset": 2597.52,
  "lang": "en"
},
{
  "text": "because i&#39;ve",
  "duration": 3.599,
  "offset": 2600.72,
  "lang": "en"
},
{
  "text": "worked with you know work before on",
```



```
"duration": 3.76,
"offset": 2602.72,
"lang": "en"
},
{
  "text": "giving her voice",
  "duration": 4.641,
  "offset": 2604.319,
  "lang": "en"
},
{
  "text": "giving her language and words this one&#39;s",
  "duration": 4.96,
  "offset": 2606.48,
  "lang": "en"
},
{
  "text": "this is new for this this word this",
  "duration": 4.08,
  "offset": 2608.96,
  "lang": "en"
},
{
  "text": "language",
  "duration": 3.919,
  "offset": 2611.44,
  "lang": "en"
},
{
  "text": "um",
  "duration": 2.319,
  "offset": 2613.04,
  "lang": "en"
},
{
  "text": "i&#39;m laughing because she&#39;s like",
  "duration": 3.68,
  "offset": 2619.2,
  "lang": "en"
},
{
  "text": "telling me i have such an expansive",
  "duration": 4,
  "offset": 2621.44,
```

```
"lang": "en"
},
{
  "text": "vocabulary",
  "duration": 3.68,
  "offset": 2622.88,
  "lang": "en"
},
{
  "text": "but yet",
  "duration": 2.879,
  "offset": 2625.44,
  "lang": "en"
},
{
  "text": "her vocabulary is",
  "duration": 4.16,
  "offset": 2626.56,
  "lang": "en"
},
{
  "text": "mm-hmm",
  "duration": 2.401,
  "offset": 2628.319,
  "lang": "en"
},
{
  "text": "here",
  "duration": 4.8,
  "offset": 2630.96,
  "lang": "en"
},
{
  "text": "excuse me",
  "duration": 5.279,
  "offset": 2632.56,
  "lang": "en"
},
{
  "text": "so it",
  "duration": 4.64,
  "offset": 2635.76,
  "lang": "en"
},
}
```

```
{
  "text": "she&#39;s like",
  "duration": 2.561,
  "offset": 2637.839,
  "lang": "en"
},
{
  "text": "she feels like",
  "duration": 4.48,
  "offset": 2641.599,
  "lang": "en"
},
{
  "text": "one day her language will be as",
  "duration": 4.4,
  "offset": 2644.48,
  "lang": "en"
},
{
  "text": "expansive as mine oh",
  "duration": 5.201,
  "offset": 2646.079,
  "lang": "en"
},
{
  "text": "that&#39;s powerful can you",
  "duration": 5.52,
  "offset": 2648.88,
  "lang": "en"
},
{
  "text": "can you assure her",
  "duration": 4.24,
  "offset": 2651.28,
  "lang": "en"
},
{
  "text": "yeah",
  "duration": 3.84,
  "offset": 2654.4,
  "lang": "en"
},
{
  "text": "yeah that",
```

```
"duration": 2.72,  
"offset": 2655.52,  
"lang": "en"  
},  
{  
  "text": "that she&#39;s gonna find her voice she&#39;s",  
  "duration": 5.521,  
  "offset": 2659.359,  
  "lang": "en"  
},  
{  
  "text": "gonna find her power",  
  "duration": 3.2,  
  "offset": 2661.68,  
  "lang": "en"  
},  
{  
  "text": "yeah",  
  "duration": 2.4,  
  "offset": 2665.04,  
  "lang": "en"  
},  
{  
  "text": "i should have probably put some",  
  "duration": 4.319,  
  "offset": 2667.52,  
  "lang": "en"  
},  
{  
  "text": "yeah that voice is gonna take her places",  
  "duration": 3.68,  
  "offset": 2669.28,  
  "lang": "en"  
},  
{  
  "text": "i probably should have put on some",  
  "duration": 4.601,  
  "offset": 2671.839,  
  "lang": "en"  
},  
{  
  "text": "waterproof mascara",  
  "duration": 3.48,  
  "offset": 2672.96,
```

```
"lang": "en"
},
{
  "text": "you know i also want to go back to that",
  "duration": 5.681,
  "offset": 2692.079,
  "lang": "en"
},
{
  "text": "anxiety coming up in her and just ask",
  "duration": 6,
  "offset": 2694.64,
  "lang": "en"
},
{
  "text": "her is it okay",
  "duration": 2.88,
  "offset": 2697.76,
  "lang": "en"
},
{
  "text": "to be",
  "duration": 4.8,
  "offset": 2700.96,
  "lang": "en"
},
{
  "text": "a little bit nervous to be scared",
  "duration": 7.56,
  "offset": 2702.24,
  "lang": "en"
},
{
  "text": "sometimes is that okay",
  "duration": 4.04,
  "offset": 2705.76,
  "lang": "en"
},
{
  "text": "oh",
  "duration": 3.92,
  "offset": 2720.64,
  "lang": "en"
},
}
```

```
{
  "text": "she was like yes don&#39;t let it paralyze",
  "duration": 2.959,
  "offset": 2722.4,
  "lang": "en"
},
{
  "text": "you",
  "duration": 2.32,
  "offset": 2724.56,
  "lang": "en"
},
{
  "text": "yeah",
  "duration": 2.24,
  "offset": 2725.359,
  "lang": "en"
},
{
  "text": "we",
  "duration": 1.76,
  "offset": 2726.88,
  "lang": "en"
},
{
  "text": "oh",
  "duration": 2.561,
  "offset": 2727.599,
  "lang": "en"
},
{
  "text": "this little girl",
  "duration": 4.76,
  "offset": 2728.64,
  "lang": "en"
},
{
  "text": "i&#39;m like",
  "duration": 3.24,
  "offset": 2730.16,
  "lang": "en"
},
{
  "text": "you know how you look at your kids when",
```

```
"duration": 3.361,
"offset": 2733.599,
"lang": "en"
},
{
  "text": "they&#39;re like",
  "duration": 4.319,
  "offset": 2734.8,
  "lang": "en"
},
{
  "text": "i had boys so like",
  "duration": 2.96,
  "offset": 2736.96,
  "lang": "en"
},
{
  "text": "boy",
  "duration": 3.681,
  "offset": 2739.119,
  "lang": "en"
},
{
  "text": "but in this case it&#39;s my little girl",
  "duration": 4.88,
  "offset": 2739.92,
  "lang": "en"
},
{
  "text": "um",
  "duration": 5.519,
  "offset": 2742.8,
  "lang": "en"
},
{
  "text": "gosh she&#39;s got so much wisdom",
  "duration": 3.519,
  "offset": 2744.8,
  "lang": "en"
},
{
  "text": "um",
  "duration": 2.879,
  "offset": 2748.96,
```

```
"lang": "en"
},
{
  "text": "man yeah she&#39;s like don&#39;t let it",
  "duration": 3.92,
  "offset": 2750.56,
  "lang": "en"
},
{
  "text": "paralyze you",
  "duration": 2.641,
  "offset": 2751.839,
  "lang": "en"
},
{
  "text": "like we got this like you got me i got",
  "duration": 6.12,
  "offset": 2755.52,
  "lang": "en"
},
{
  "text": "you we got this",
  "duration": 3.64,
  "offset": 2758,
  "lang": "en"
},
{
  "text": "how does that feel for you",
  "duration": 3.36,
  "offset": 2762.8,
  "lang": "en"
},
{
  "text": "very empowering but it&#39;s almost like",
  "duration": 7.2,
  "offset": 2767.2,
  "lang": "en"
},
{
  "text": "how does little girl tell me something",
  "duration": 9.04,
  "offset": 2770.319,
  "lang": "en"
},
}
```



```
{
  "text": "she&#39;s like marcia we got this she&#39;s like",
  "duration": 7.919,
  "offset": 2774.4,
  "lang": "en"
},
{
  "text": "a little sassy thing like come on now",
  "duration": 4,
  "offset": 2779.359,
  "lang": "en"
},
{
  "text": "yeah",
  "duration": 2.641,
  "offset": 2782.319,
  "lang": "en"
},
{
  "text": "and",
  "duration": 3.601,
  "offset": 2783.359,
  "lang": "en"
},
{
  "text": "could you could you check in with her",
  "duration": 4.48,
  "offset": 2784.96,
  "lang": "en"
},
{
  "text": "for a minute and just ask her if she",
  "duration": 4.879,
  "offset": 2786.96,
  "lang": "en"
},
{
  "text": "would like to",
  "duration": 3.76,
  "offset": 2789.44,
  "lang": "en"
},
{
  "text": "to leave",
```

```
"duration": 3.28,  
"offset": 2791.839,  
"lang": "en"  
},  
{  
  "text": "where she&#39;s at now",  
  "duration": 4.159,  
  "offset": 2793.2,  
  "lang": "en"  
},  
{  
  "text": "whether that&#39;s in her room or or the",  
  "duration": 5.441,  
  "offset": 2795.119,  
  "lang": "en"  
},  
{  
  "text": "sledding then the the the place of where",  
  "duration": 5.681,  
  "offset": 2797.359,  
  "lang": "en"  
},  
{  
  "text": "the sledding accident happened or you",  
  "duration": 4.08,  
  "offset": 2800.56,  
  "lang": "en"  
},  
{  
  "text": "know does she want to be with you where",  
  "duration": 4.48,  
  "offset": 2803.04,  
  "lang": "en"  
},  
{  
  "text": "you&#39;re at today",  
  "duration": 6.479,  
  "offset": 2804.64,  
  "lang": "en"  
},  
{  
  "text": "she wants she wants us",  
  "duration": 6.64,  
  "offset": 2807.52,
```

```
"lang": "en"
},
{
  "text": "to go to the beach",
  "duration": 3.041,
  "offset": 2811.119,
  "lang": "en"
},
{
  "text": "which is interesting because um",
  "duration": 3.2,
  "offset": 2815.04,
  "lang": "en"
},
{
  "text": "sometimes she wants to go to the",
  "duration": 3.68,
  "offset": 2816.96,
  "lang": "en"
},
{
  "text": "playground",
  "duration": 4.16,
  "offset": 2818.24,
  "lang": "en"
},
{
  "text": "but today she&#39;s like we need to go to",
  "duration": 2.719,
  "offset": 2820.64,
  "lang": "en"
},
{
  "text": "the beach",
  "duration": 3.84,
  "offset": 2822.4,
  "lang": "en"
},
{
  "text": "get to some water",
  "duration": 2.881,
  "offset": 2823.359,
  "lang": "en"
},
}
```

```
{
  "text": "and is that okay can you can you take",
  "duration": 3.76,
  "offset": 2827.44,
  "lang": "en"
},
{
  "text": "her",
  "duration": 3.679,
  "offset": 2830.16,
  "lang": "en"
},
{
  "text": "i love i love i&#39;m sorry",
  "duration": 5.76,
  "offset": 2831.2,
  "lang": "en"
},
{
  "text": "i love the water i love the beach i love",
  "duration": 5.52,
  "offset": 2833.839,
  "lang": "en"
},
{
  "text": "i love all things nature",
  "duration": 4.72,
  "offset": 2836.96,
  "lang": "en"
},
{
  "text": "but but the water",
  "duration": 4.321,
  "offset": 2839.359,
  "lang": "en"
},
{
  "text": "um which is probably why like i&#39;ve been",
  "duration": 5.36,
  "offset": 2841.68,
  "lang": "en"
},
{
  "text": "really drawn to water lately",
```

```
"duration": 5.919,
"offset": 2843.68,
"lang": "en"
},
{
  "text": "and um",
  "duration": 2.559,
  "offset": 2847.04,
  "lang": "en"
},
{
  "text": "letting go of things in the water i",
  "duration": 5.36,
  "offset": 2850.4,
  "lang": "en"
},
{
  "text": "when i went to south america last month",
  "duration": 4.079,
  "offset": 2853.28,
  "lang": "en"
},
{
  "text": "um",
  "duration": 3.599,
  "offset": 2855.76,
  "lang": "en"
},
{
  "text": "i did a whole thing",
  "duration": 4.72,
  "offset": 2857.359,
  "lang": "en"
},
{
  "text": "releasing in the water so",
  "duration": 5.521,
  "offset": 2859.359,
  "lang": "en"
},
{
  "text": "um and she was i had her with me",
  "duration": 5.361,
  "offset": 2862.079,
```

```
"lang": "en"
},
{
  "text": "um doing some other you know some work",
  "duration": 4.8,
  "offset": 2864.88,
  "lang": "en"
},
{
  "text": "there",
  "duration": 2.24,
  "offset": 2867.44,
  "lang": "en"
},
{
  "text": "which it might be why she&#39;s like let&#39;s",
  "duration": 2.501,
  "offset": 2869.839,
  "lang": "en"
},
{
  "text": "go to the beach",
  "duration": 4.269,
  "offset": 2871.2,
  "lang": "en"
},
{
  "text": "[Music]",
  "duration": 3.129,
  "offset": 2872.34,
  "lang": "en"
},
{
  "text": "yeah so some of the",
  "duration": 3.76,
  "offset": 2876.559,
  "lang": "en"
},
{
  "text": "the beliefs",
  "duration": 3.55,
  "offset": 2878.96,
  "lang": "en"
},
}
```

```
{
  "text": "that that she&#39;s held",
  "duration": 5.28,
  "offset": 2880.319,
  "lang": "en"
},
{
  "text": "[Music]",
  "duration": 5.25,
  "offset": 2882.51,
  "lang": "en"
},
{
  "text": "would you like to release can you just",
  "duration": 3.841,
  "offset": 2885.599,
  "lang": "en"
},
{
  "text": "check in with her and see if you both",
  "duration": 3.44,
  "offset": 2887.76,
  "lang": "en"
},
{
  "text": "would like to release some of those",
  "duration": 3.2,
  "offset": 2889.44,
  "lang": "en"
},
{
  "text": "beliefs",
  "duration": 3.76,
  "offset": 2891.2,
  "lang": "en"
},
{
  "text": "oh my gosh",
  "duration": 3.76,
  "offset": 2892.64,
  "lang": "en"
},
{
  "text": "what what also",
```

```
"duration": 2.96,  
"offset": 2894.96,  
"lang": "en"  
},  
{  
  "text": "i didn&#39;t mean to cut you what came in",  
  "duration": 4.4,  
  "offset": 2896.4,  
  "lang": "en"  
},  
{  
  "text": "was",  
  "duration": 4.32,  
  "offset": 2897.92,  
  "lang": "en"  
},  
{  
  "text": "you know",  
  "duration": 2.72,  
  "offset": 2900.8,  
  "lang": "en"  
},  
{  
  "text": "part of the reason she didn&#39;t have",  
  "duration": 3.839,  
  "offset": 2902.24,  
  "lang": "en"  
},  
{  
  "text": "language",  
  "duration": 2.559,  
  "offset": 2903.52,  
  "lang": "en"  
},  
{  
  "text": "was because she wasn&#39;t allowed",  
  "duration": 3.52,  
  "offset": 2906.319,  
  "lang": "en"  
},  
{  
  "text": "weren&#39;t allowed to be afraid you weren&#39;t",  
  "duration": 5.76,  
  "offset": 2910.319,
```



```
"lang": "en"
},
{
  "text": "allowed to speak for those emotions",
  "duration": 4.88,
  "offset": 2912.64,
  "lang": "en"
},
{
  "text": "anything that wasn't strength you",
  "duration": 3.28,
  "offset": 2916.079,
  "lang": "en"
},
{
  "text": "weren't allowed to",
  "duration": 3.76,
  "offset": 2917.52,
  "lang": "en"
},
{
  "text": "speak for",
  "duration": 3.281,
  "offset": 2919.359,
  "lang": "en"
},
{
  "text": "and back then",
  "duration": 5.52,
  "offset": 2921.28,
  "lang": "en"
},
{
  "text": "i mean when you talk about anxiety",
  "duration": 6.08,
  "offset": 2922.64,
  "lang": "en"
},
{
  "text": "worry about it let that you pray about",
  "duration": 5.68,
  "offset": 2926.8,
  "lang": "en"
},
}
```

```
{
  "text": "it or whatever right that whole thing",
  "duration": 3.76,
  "offset": 2928.72,
  "lang": "en"
},
{
  "text": "so yeah she definitely",
  "duration": 3.28,
  "offset": 2932.559,
  "lang": "en"
},
{
  "text": "she wants that freedom to not",
  "duration": 5.12,
  "offset": 2941.52,
  "lang": "en"
},
{
  "text": "be afraid to say i have some anxiety",
  "duration": 4.8,
  "offset": 2944.4,
  "lang": "en"
},
{
  "text": "around this or that",
  "duration": 5.679,
  "offset": 2946.64,
  "lang": "en"
},
{
  "text": "it&#39;s okay to say that word",
  "duration": 6.119,
  "offset": 2949.2,
  "lang": "en"
},
{
  "text": "mm-hmm",
  "duration": 3,
  "offset": 2952.319,
  "lang": "en"
},
{
  "text": "she&#39;s like",
```

```
"duration": 4.159,
"offset": 2962.96,
"lang": "en"
},
{
  "text": "she&#39;s even telling me that even and for",
  "duration": 3.76,
  "offset": 2964.559,
  "lang": "en"
},
{
  "text": "me",
  "duration": 4.72,
  "offset": 2967.119,
  "lang": "en"
},
{
  "text": "she&#39;s telling me that i downplay",
  "duration": 6.641,
  "offset": 2968.319,
  "lang": "en"
},
{
  "text": "any type of anxiety that i might have",
  "duration": 5.201,
  "offset": 2971.839,
  "lang": "en"
},
{
  "text": "or have had",
  "duration": 4.56,
  "offset": 2974.96,
  "lang": "en"
},
{
  "text": "prior to this experience with the",
  "duration": 5.039,
  "offset": 2977.04,
  "lang": "en"
},
{
  "text": "tiny baby blade",
  "duration": 6.64,
  "offset": 2979.52,
```

```
"lang": "en"
},
{
  "text": "because i could link it to an activity",
  "duration": 5.201,
  "offset": 2982.079,
  "lang": "en"
},
{
  "text": "um",
  "duration": 3.679,
  "offset": 2986.16,
  "lang": "en"
},
{
  "text": "but and then it&#39;s okay you know i",
  "duration": 4.319,
  "offset": 2987.28,
  "lang": "en"
},
{
  "text": "it&#39;s not a negative to say i have some",
  "duration": 3.76,
  "offset": 2989.839,
  "lang": "en"
},
{
  "text": "anxiety so",
  "duration": 4.24,
  "offset": 2991.599,
  "lang": "en"
},
{
  "text": "yeah",
  "duration": 3.681,
  "offset": 2993.599,
  "lang": "en"
},
{
  "text": "and she&#39;s over here preaching i&#39;m gonna",
  "duration": 4.561,
  "offset": 2995.839,
  "lang": "en"
},
}
```

```
{
  "text": "need her to sit down oh that&#39;s beautiful",
  "duration": 5.039,
  "offset": 2997.28,
  "lang": "en"
},
{
  "text": "not in a bad way",
  "duration": 2.88,
  "offset": 3000.4,
  "lang": "en"
},
{
  "text": "yeah",
  "duration": 4,
  "offset": 3002.319,
  "lang": "en"
},
{
  "text": "but yeah the releasing she definitely",
  "duration": 5.6,
  "offset": 3003.28,
  "lang": "en"
},
{
  "text": "she&#39;s like",
  "duration": 2.561,
  "offset": 3006.319,
  "lang": "en"
},
{
  "text": "yeah let&#39;s let that go",
  "duration": 4,
  "offset": 3009.68,
  "lang": "en"
},
{
  "text": "and i&#39;ve and and",
  "duration": 4.16,
  "offset": 3011.28,
  "lang": "en"
},
{
  "text": "i&#39;ve been doing a lot of releasing of",
```

```
"duration": 4.72,
"offset": 3013.68,
"lang": "en"
},
{
  "text": "things and so she&#39;s like yeah let&#39;s",
  "duration": 6.48,
  "offset": 3015.44,
  "lang": "en"
},
{
  "text": "keep going with the letting go thing",
  "duration": 3.52,
  "offset": 3018.4,
  "lang": "en"
},
{
  "text": "that&#39;s releasing marcia um",
  "duration": 6.879,
  "offset": 3023.2,
  "lang": "en"
},
{
  "text": "and you&#39;re with her releasing these old",
  "duration": 4.161,
  "offset": 3027.839,
  "lang": "en"
},
{
  "text": "beliefs about what you&#39;re allowed to",
  "duration": 3.841,
  "offset": 3030.079,
  "lang": "en"
},
{
  "text": "express and even what you&#39;re",
  "duration": 5.52,
  "offset": 3032,
  "lang": "en"
},
{
  "text": "not allowed to feel or allowed to feel",
  "duration": 5.04,
  "offset": 3033.92,
```

```
"lang": "en"
},
{
  "text": "um",
  "duration": 3.28,
  "offset": 3037.52,
  "lang": "en"
},
{
  "text": "this releasing that we&#39;re going to do in",
  "duration": 3.84,
  "offset": 3038.96,
  "lang": "en"
},
{
  "text": "the water is there anybody else that you",
  "duration": 4.88,
  "offset": 3040.8,
  "lang": "en"
},
{
  "text": "want to call in or invite in to witness",
  "duration": 5.68,
  "offset": 3042.8,
  "lang": "en"
},
{
  "text": "this process",
  "duration": 2.8,
  "offset": 3045.68,
  "lang": "en"
},
{
  "text": "i mean i think it&#39;s just me and her",
  "duration": 3.52,
  "offset": 3053.44,
  "lang": "en"
},
{
  "text": "[Music]",
  "duration": 6.469,
  "offset": 3055.13,
  "lang": "en"
},
}
```

```
{
  "text": "but what i what i can say is",
  "duration": 4.639,
  "offset": 3056.96,
  "lang": "en"
},
{
  "text": "i don&#39;t feel like my dad needs is there",
  "duration": 5.04,
  "offset": 3066.4,
  "lang": "en"
},
{
  "text": "but he&#39;s watching",
  "duration": 4.641,
  "offset": 3068.559,
  "lang": "en"
},
{
  "text": "um",
  "duration": 3.44,
  "offset": 3071.44,
  "lang": "en"
},
{
  "text": "and in some ways",
  "duration": 4,
  "offset": 3073.2,
  "lang": "en"
},
{
  "text": "some of this release",
  "duration": 3.92,
  "offset": 3074.88,
  "lang": "en"
},
{
  "text": "is something that he was never able to",
  "duration": 4.6,
  "offset": 3077.2,
  "lang": "en"
},
{
  "text": "do",
```



```
"duration": 3,
"offset": 3078.8,
"lang": "en"
},
{
  "text": "on this side",
  "duration": 2.801,
  "offset": 3083.119,
  "lang": "en"
},
{
  "text": "but i feel like it just needs to be her",
  "duration": 4.88,
  "offset": 3088.4,
  "lang": "en"
},
{
  "text": "her and myself",
  "duration": 2.88,
  "offset": 3090.4,
  "lang": "en"
},
{
  "text": "and i&#39;m at the beach with her we&#39;re like",
  "duration": 2.641,
  "offset": 3094.559,
  "lang": "en"
},
{
  "text": "standing there holding hands with the",
  "duration": 2.64,
  "offset": 3096,
  "lang": "en"
},
{
  "text": "water like",
  "duration": 5.359,
  "offset": 3097.2,
  "lang": "en"
},
{
  "text": "yeah getting our toes our feet",
  "duration": 6.8,
  "offset": 3098.64,
```

```
"lang": "en"
},
{
  "text": "can you make sure just kind of work with",
  "duration": 5.52,
  "offset": 3102.559,
  "lang": "en"
},
{
  "text": "her and make sure that all of those",
  "duration": 4.8,
  "offset": 3105.44,
  "lang": "en"
},
{
  "text": "beliefs",
  "duration": 5.841,
  "offset": 3108.079,
  "lang": "en"
},
{
  "text": "all of the beliefs that come up",
  "duration": 3.68,
  "offset": 3110.24,
  "lang": "en"
},
{
  "text": "about",
  "duration": 3.04,
  "offset": 3114.72,
  "lang": "en"
},
{
  "text": "how to feel or what to feel or what to",
  "duration": 4,
  "offset": 3115.68,
  "lang": "en"
},
{
  "text": "say what not to say",
  "duration": 5.12,
  "offset": 3117.76,
  "lang": "en"
},
}
```

```
{
  "text": "about what&#39;s holding in that all of that",
  "duration": 7.04,
  "offset": 3119.68,
  "lang": "en"
},
{
  "text": "is totally out of the body",
  "duration": 3.84,
  "offset": 3122.88,
  "lang": "en"
},
{
  "text": "we can release it all today",
  "duration": 4.4,
  "offset": 3127.28,
  "lang": "en"
},
{
  "text": "whatever comes up",
  "duration": 2.879,
  "offset": 3129.68,
  "lang": "en"
},
{
  "text": "can you",
  "duration": 2.639,
  "offset": 3131.68,
  "lang": "en"
},
{
  "text": "work with her on that",
  "duration": 4,
  "offset": 3132.559,
  "lang": "en"
},
{
  "text": "oh",
  "duration": 2.24,
  "offset": 3134.319,
  "lang": "en"
},
{
  "text": "so i literally",
```

```
"duration": 4.48,  
"offset": 3137.599,  
"lang": "en"  
},  
{  
  "text": "as you&#39;re saying that",  
  "duration": 4.081,  
  "offset": 3140.319,  
  "lang": "en"  
},  
{  
  "text": "um",  
  "duration": 2.321,  
  "offset": 3142.079,  
  "lang": "en"  
},  
{  
  "text": "i have this like",  
  "duration": 3.641,  
  "offset": 3149.839,  
  "lang": "en"  
},  
{  
  "text": "a sensation coming like from here down",  
  "duration": 6.44,  
  "offset": 3154.48,  
  "lang": "en"  
},  
{  
  "text": "but it&#39;s going down like out of my",  
  "duration": 6.52,  
  "offset": 3158.48,  
  "lang": "en"  
},  
{  
  "text": "feet um",  
  "duration": 4.08,  
  "offset": 3160.92,  
  "lang": "en"  
},  
{  
  "text": "and how is that sensation making you",  
  "duration": 4.959,  
  "offset": 3170.4,
```

```
"lang": "en"
},
{
  "text": "feel right now",
  "duration": 2.8,
  "offset": 3172.559,
  "lang": "en"
},
{
  "text": "it&#39;s um",
  "duration": 4.559,
  "offset": 3177.28,
  "lang": "en"
},
{
  "text": "sorry if you hear my stomach",
  "duration": 6.2,
  "offset": 3178.96,
  "lang": "en"
},
{
  "text": "it&#39;s all good",
  "duration": 3.321,
  "offset": 3181.839,
  "lang": "en"
},
{
  "text": "it&#39;s like",
  "duration": 5.039,
  "offset": 3209.28,
  "lang": "en"
},
{
  "text": "we&#39;re really like i&#39;m releasing",
  "duration": 5.84,
  "offset": 3210.88,
  "lang": "en"
},
{
  "text": "but it&#39;s literally like energy",
  "duration": 5.04,
  "offset": 3214.319,
  "lang": "en"
},
}
```

```
{
  "text": "leaving not not like i&#39;m drained but",
  "duration": 6,
  "offset": 3216.72,
  "lang": "en"
},
{
  "text": "like just energy leaving",
  "duration": 5.601,
  "offset": 3219.359,
  "lang": "en"
},
{
  "text": "and",
  "duration": 2.24,
  "offset": 3222.72,
  "lang": "en"
},
{
  "text": "um",
  "duration": 2.48,
  "offset": 3235.359,
  "lang": "en"
},
{
  "text": "almost like",
  "duration": 2.48,
  "offset": 3238.079,
  "lang": "en"
},
{
  "text": "just a heaviness leaving",
  "duration": 4.449,
  "offset": 3240.8,
  "lang": "en"
},
{
  "text": "[Music]",
  "duration": 3.059,
  "offset": 3242.19,
  "lang": "en"
},
{
  "text": "it really feels like an unburdening is",
```

```
"duration": 5.841,  
"offset": 3247.839,  
"lang": "en"  
},  
{  
  "text": "happening getting rid of all that no",  
  "duration": 5.6,  
  "offset": 3251.04,  
  "lang": "en"  
},  
{  
  "text": "longer serves you",  
  "duration": 4,  
  "offset": 3253.68,  
  "lang": "en"  
},  
{  
  "text": "and i",  
  "duration": 2.08,  
  "offset": 3256.64,  
  "lang": "en"  
},  
{  
  "text": "who",  
  "duration": 3.12,  
  "offset": 3257.68,  
  "lang": "en"  
},  
{  
  "text": "just had a big conversation about that",  
  "duration": 3.599,  
  "offset": 3258.72,  
  "lang": "en"  
},  
{  
  "text": "this morning",  
  "duration": 2.799,  
  "offset": 3260.8,  
  "lang": "en"  
},  
{  
  "text": "wow",  
  "duration": 4.561,  
  "offset": 3262.319,
```

```
"lang": "en"
},
{
  "text": "about how the last couple months for me",
  "duration": 6.72,
  "offset": 3263.599,
  "lang": "en"
},
{
  "text": "i&#39;ve really really intentionally",
  "duration": 3.439,
  "offset": 3266.88,
  "lang": "en"
},
{
  "text": "been working and",
  "duration": 3.041,
  "offset": 3271.599,
  "lang": "en"
},
{
  "text": "purging things up",
  "duration": 4.64,
  "offset": 3275.76,
  "lang": "en"
},
{
  "text": "no longer serve me physically",
  "duration": 6.72,
  "offset": 3277.839,
  "lang": "en"
},
{
  "text": "energetically spiritually all that",
  "duration": 4.159,
  "offset": 3280.4,
  "lang": "en"
},
{
  "text": "and",
  "duration": 3,
  "offset": 3286.799,
  "lang": "en"
},
}
```



```
{
  "text": "so for her",
  "duration": 6.921,
  "offset": 3297.839,
  "lang": "en"
},
{
  "text": "she&#39;s over here um",
  "duration": 4.6,
  "offset": 3300.16,
  "lang": "en"
},
{
  "text": "it&#39;s like she&#39;s shaking her hands and",
  "duration": 3.52,
  "offset": 3308.319,
  "lang": "en"
},
{
  "text": "her feet like it&#39;s the same kind of",
  "duration": 4,
  "offset": 3310.16,
  "lang": "en"
},
{
  "text": "thing",
  "duration": 2.321,
  "offset": 3311.839,
  "lang": "en"
},
{
  "text": "but she&#39;s lighter",
  "duration": 5.52,
  "offset": 3316.96,
  "lang": "en"
},
{
  "text": "like almost like she&#39;s jumping the waves",
  "duration": 4.56,
  "offset": 3320.16,
  "lang": "en"
},
{
  "text": "yeah",
```

```
"duration": 5.119,
"offset": 3322.48,
"lang": "en"
},
{
  "text": "she&#39;s letting it all go",
  "duration": 5.28,
  "offset": 3324.72,
  "lang": "en"
},
{
  "text": "yes",
  "duration": 2.401,
  "offset": 3327.599,
  "lang": "en"
},
{
  "text": "sounds like",
  "duration": 2.48,
  "offset": 3330.079,
  "lang": "en"
},
{
  "text": "freedom and i just had this",
  "duration": 6.841,
  "offset": 3332.839,
  "lang": "en"
},
{
  "text": "other image come in",
  "duration": 3.68,
  "offset": 3336,
  "lang": "en"
},
{
  "text": "when i was like 13 i went i",
  "duration": 4.161,
  "offset": 3342.799,
  "lang": "en"
},
{
  "text": "i don&#39;t know if i was 13 so let me say",
  "duration": 3.041,
  "offset": 3345.359,
```

```
"lang": "en"
},
{
  "text": "that i was",
  "duration": 4.32,
  "offset": 3346.96,
  "lang": "en"
},
{
  "text": "pre-adolescent",
  "duration": 2.88,
  "offset": 3348.4,
  "lang": "en"
},
{
  "text": "and my parents we went to hawaii",
  "duration": 6.8,
  "offset": 3352.16,
  "lang": "en"
},
{
  "text": "no fear no fear i had no fear at all oh",
  "duration": 4,
  "offset": 3356.16,
  "lang": "en"
},
{
  "text": "my god",
  "duration": 4.68,
  "offset": 3358.96,
  "lang": "en"
},
{
  "text": "i went surfing",
  "duration": 3.48,
  "offset": 3360.16,
  "lang": "en"
},
{
  "text": "i i love the water but i went surfing",
  "duration": 4.081,
  "offset": 3366.319,
  "lang": "en"
},
}
```

```
{
  "text": "and no fear at the time i had no fear at",
  "duration": 4.481,
  "offset": 3370.559,
  "lang": "en"
},
{
  "text": "all none no fear and my mom had called",
  "duration": 3.601,
  "offset": 3372.799,
  "lang": "en"
},
{
  "text": "my grandmother my grandmother was like",
  "duration": 3.039,
  "offset": 3375.04,
  "lang": "en"
},
{
  "text": "get her out of the pacific ocean that&#39;s",
  "duration": 3.919,
  "offset": 3376.4,
  "lang": "en"
},
{
  "text": "dangerous",
  "duration": 6.081,
  "offset": 3378.079,
  "lang": "en"
},
{
  "text": "and i had this experience",
  "duration": 3.841,
  "offset": 3380.319,
  "lang": "en"
},
{
  "text": "which is why the water is so dead on",
  "duration": 4.399,
  "offset": 3386.16,
  "lang": "en"
},
{
  "text": "important",
```

```
"duration": 3.921,
"offset": 3388.079,
"lang": "en"
},
{
  "text": "why i release",
  "duration": 3.841,
  "offset": 3390.559,
  "lang": "en"
},
{
  "text": "why the water calls me",
  "duration": 4.4,
  "offset": 3392,
  "lang": "en"
},
{
  "text": "i had this experience when i was surfing",
  "duration": 3.199,
  "offset": 3394.4,
  "lang": "en"
},
{
  "text": "and i don&#39;t even know why this is coming",
  "duration": 2.719,
  "offset": 3396.4,
  "lang": "en"
},
{
  "text": "up but i&#39;m gonna say it i had this",
  "duration": 4.401,
  "offset": 3397.599,
  "lang": "en"
},
{
  "text": "experience while i was surfing",
  "duration": 5.881,
  "offset": 3399.119,
  "lang": "en"
},
{
  "text": "and",
  "duration": 3,
  "offset": 3402,
```

```
"lang": "en"
},
{
  "text": "so i don&#39;t know if you&#39;ve ever been",
  "duration": 2.64,
  "offset": 3406.88,
  "lang": "en"
},
{
  "text": "hawaii but",
  "duration": 3.52,
  "offset": 3408.24,
  "lang": "en"
},
{
  "text": "the hawaiians they have this boat where",
  "duration": 3.68,
  "offset": 3409.52,
  "lang": "en"
},
{
  "text": "they&#39;re like",
  "duration": 2.96,
  "offset": 3411.76,
  "lang": "en"
},
{
  "text": "uh out in the water i don&#39;t know what",
  "duration": 3.04,
  "offset": 3413.2,
  "lang": "en"
},
{
  "text": "this is called anyway",
  "duration": 2.8,
  "offset": 3414.72,
  "lang": "en"
},
{
  "text": "well",
  "duration": 3.04,
  "offset": 3416.24,
  "lang": "en"
},
}
```

```
{
  "text": "one of them was coming towards me fast",
  "duration": 3.599,
  "offset": 3417.52,
  "lang": "en"
},
{
  "text": "and i was on the surfboard",
  "duration": 2.72,
  "offset": 3419.28,
  "lang": "en"
},
{
  "text": "and",
  "duration": 2.881,
  "offset": 3421.119,
  "lang": "en"
},
{
  "text": "i literally we",
  "duration": 3.359,
  "offset": 3422,
  "lang": "en"
},
{
  "text": "i almost hit the boat like i almost",
  "duration": 3.839,
  "offset": 3424,
  "lang": "en"
},
{
  "text": "crashed",
  "duration": 2.48,
  "offset": 3425.359,
  "lang": "en"
},
{
  "text": "and all i",
  "duration": 4.559,
  "offset": 3429.04,
  "lang": "en"
},
{
  "text": "i don&#39;t i don&#39;t even really link that to",
```

```
"duration": 6,
"offset": 3430.4,
"lang": "en"
},
{
  "text": "this daggone sled",
  "duration": 5.361,
  "offset": 3433.599,
  "lang": "en"
},
{
  "text": "the car accident",
  "duration": 5.52,
  "offset": 3436.4,
  "lang": "en"
},
{
  "text": "all of that were like um like impacts i",
  "duration": 5.2,
  "offset": 3438.96,
  "lang": "en"
},
{
  "text": "didn't hit the boat but it was almost",
  "duration": 5.679,
  "offset": 3441.92,
  "lang": "en"
},
{
  "text": "impact and i never realized that",
  "duration": 5.28,
  "offset": 3444.16,
  "lang": "en"
},
{
  "text": "wow",
  "duration": 4.72,
  "offset": 3447.599,
  "lang": "en"
},
{
  "text": "and i was younger",
  "duration": 2.879,
  "offset": 3449.44,
```



```
"lang": "en"
},
{
  "text": "you&#39;ve got some fierce protectors",
  "duration": 5.6,
  "offset": 3453.28,
  "lang": "en"
},
{
  "text": "so the fear so like that anxious part",
  "duration": 5.439,
  "offset": 3455.92,
  "lang": "en"
},
{
  "text": "yeah it was almost like it&#39;s",
  "duration": 5.199,
  "offset": 3458.88,
  "lang": "en"
},
{
  "text": "it&#39;s never been allowed to to really act",
  "duration": 4.401,
  "offset": 3461.359,
  "lang": "en"
},
{
  "text": "because i&#39;m because i&#39;ve always had to",
  "duration": 4,
  "offset": 3464.079,
  "lang": "en"
},
{
  "text": "act",
  "duration": 2.319,
  "offset": 3465.76,
  "lang": "en"
},
{
  "text": "i don&#39;t know what i don&#39;t know why that",
  "duration": 3.599,
  "offset": 3469.52,
  "lang": "en"
},
}
```

```
{
  "text": "just came up",
  "duration": 4.959,
  "offset": 3470.88,
  "lang": "en"
},
{
  "text": "but",
  "duration": 2.72,
  "offset": 3473.119,
  "lang": "en"
},
{
  "text": "my parts my anxiety part",
  "duration": 4.481,
  "offset": 3476.559,
  "lang": "en"
},
{
  "text": "is like",
  "duration": 4.56,
  "offset": 3479.44,
  "lang": "en"
},
{
  "text": "that dismissive suppressed thing is",
  "duration": 5.6,
  "offset": 3481.04,
  "lang": "en"
},
{
  "text": "because of those experiences and now",
  "duration": 4.72,
  "offset": 3484,
  "lang": "en"
},
{
  "text": "as time has progressed",
  "duration": 3.679,
  "offset": 3486.64,
  "lang": "en"
},
{
  "text": "there&#39;s been some space for it to",
```

```
"duration": 5.04,  
"offset": 3488.72,  
"lang": "en"  
},  
{  
  "text": "surface so it could get healed",  
  "duration": 3.441,  
  "offset": 3490.319,  
  "lang": "en"  
},  
{  
  "text": "and so it it sounds like this is a good",  
  "duration": 5.04,  
  "offset": 3497.44,  
  "lang": "en"  
},  
{  
  "text": "opportunity to invite in the qualities",  
  "duration": 4.16,  
  "offset": 3500,  
  "lang": "en"  
},  
{  
  "text": "that we need and",  
  "duration": 4.16,  
  "offset": 3502.48,  
  "lang": "en"  
},  
{  
  "text": "and maybe for you i mean definitely",  
  "duration": 4.32,  
  "offset": 3504.16,  
  "lang": "en"  
},  
{  
  "text": "check with her",  
  "duration": 5.12,  
  "offset": 3506.64,  
  "lang": "en"  
},  
{  
  "text": "it sounds like there&#39;s this",  
  "duration": 3.28,  
  "offset": 3508.48,
```

```
"lang": "en"
},
{
  "text": "maybe a desire to invite in the ability",
  "duration": 4.559,
  "offset": 3512,
  "lang": "en"
},
{
  "text": "to feel and to acknowledge",
  "duration": 3.599,
  "offset": 3514.48,
  "lang": "en"
},
{
  "text": "the here and now",
  "duration": 5.681,
  "offset": 3516.559,
  "lang": "en"
},
{
  "text": "to not dismiss to be present with",
  "duration": 4.161,
  "offset": 3518.079,
  "lang": "en"
},
{
  "text": "yeah",
  "duration": 3.44,
  "offset": 3524.24,
  "lang": "en"
},
{
  "text": "yeah because like i said i&#39;ve",
  "duration": 5.44,
  "offset": 3525.119,
  "lang": "en"
},
{
  "text": "done so much part work",
  "duration": 4.96,
  "offset": 3527.68,
  "lang": "en"
},
}
```

```
{
  "text": "but i&#39;ve never really done the work with",
  "duration": 4.641,
  "offset": 3530.559,
  "lang": "en"
},
{
  "text": "this one",
  "duration": 2.56,
  "offset": 3532.64,
  "lang": "en"
},
{
  "text": "and this right here is like blowing my",
  "duration": 3.2,
  "offset": 3537.28,
  "lang": "en"
},
{
  "text": "mind",
  "duration": 4.601,
  "offset": 3539.359,
  "lang": "en"
},
{
  "text": "like again",
  "duration": 3.48,
  "offset": 3540.48,
  "lang": "en"
},
{
  "text": "oh okay",
  "duration": 5.52,
  "offset": 3544,
  "lang": "en"
},
{
  "text": "what would you like to invite in",
  "duration": 3.6,
  "offset": 3545.92,
  "lang": "en"
},
{
  "text": "who courage",
```

```
"duration": 3.119,
"offset": 3550.96,
"lang": "en"
},
{
  "text": "and peace",
  "duration": 3.24,
  "offset": 3554.64,
  "lang": "en"
},
{
  "text": "and i have this um",
  "duration": 3.52,
  "offset": 3560.319,
  "lang": "en"
},
{
  "text": "i have a warrior part that&#39;s a good",
  "duration": 3.92,
  "offset": 3565.04,
  "lang": "en"
},
{
  "text": "thing but i have like this warrior",
  "duration": 3.2,
  "offset": 3567.2,
  "lang": "en"
},
{
  "text": "mindset",
  "duration": 2.48,
  "offset": 3568.96,
  "lang": "en"
},
{
  "text": "as well",
  "duration": 4.159,
  "offset": 3570.4,
  "lang": "en"
},
{
  "text": "and my warrior is like a fearless",
  "duration": 4.96,
  "offset": 3571.44,
```

```
"lang": "en"
},
{
  "text": "per you know fearless just live",
  "duration": 3.76,
  "offset": 3574.559,
  "lang": "en"
},
{
  "text": "fearlessly that&#39;s kind of",
  "duration": 4.32,
  "offset": 3576.4,
  "lang": "en"
},
{
  "text": "part of my thing right",
  "duration": 3.601,
  "offset": 3578.319,
  "lang": "en"
},
{
  "text": "but just",
  "duration": 2.48,
  "offset": 3580.72,
  "lang": "en"
},
{
  "text": "i wanna",
  "duration": 4.48,
  "offset": 3581.92,
  "lang": "en"
},
{
  "text": "the courage the safety the peace",
  "duration": 4.639,
  "offset": 3583.2,
  "lang": "en"
},
{
  "text": "safety i don&#39;t think i said at first",
  "duration": 3.199,
  "offset": 3586.4,
  "lang": "en"
},
}
```

```
{
  "text": "safety",
  "duration": 4.081,
  "offset": 3587.839,
  "lang": "en"
},
{
  "text": "where it&#39;s intellectual safety but it",
  "duration": 4.881,
  "offset": 3589.599,
  "lang": "en"
},
{
  "text": "doesn&#39;t paralyze me or the",
  "duration": 4.56,
  "offset": 3591.92,
  "lang": "en"
},
{
  "text": "cut it off",
  "duration": 3.839,
  "offset": 3594.48,
  "lang": "en"
},
{
  "text": "then wisdom",
  "duration": 3.92,
  "offset": 3596.48,
  "lang": "en"
},
{
  "text": "yeah wisdom",
  "duration": 3.841,
  "offset": 3598.319,
  "lang": "en"
},
{
  "text": "that",
  "duration": 3.28,
  "offset": 3600.4,
  "lang": "en"
},
{
  "text": "i think that&#39;s it",
```



```
"duration": 3.28,
"offset": 3602.16,
"lang": "en"
},
{
  "text": "as i&#39;m writing these down",
  "duration": 3.76,
  "offset": 3603.68,
  "lang": "en"
},
{
  "text": "so these protectors they get to take on",
  "duration": 5.44,
  "offset": 3605.44,
  "lang": "en"
},
{
  "text": "a new role that doesn&#39;t debilitate you",
  "duration": 5.52,
  "offset": 3607.44,
  "lang": "en"
},
{
  "text": "yes",
  "duration": 5.28,
  "offset": 3610.88,
  "lang": "en"
},
{
  "text": "yeah that",
  "duration": 3.2,
  "offset": 3612.96,
  "lang": "en"
},
{
  "text": "the courage the wisdom the safety",
  "duration": 4.559,
  "offset": 3617.04,
  "lang": "en"
},
{
  "text": "and you get to bring fear along",
  "duration": 5.441,
  "offset": 3622.799,
```

```
"lang": "en"
},
{
  "text": "as you do these really beautiful and",
  "duration": 5.92,
  "offset": 3626.24,
  "lang": "en"
},
{
  "text": "exciting things in your life it&#39;s okay",
  "duration": 5.52,
  "offset": 3628.24,
  "lang": "en"
},
{
  "text": "yeah but fear doesn&#39;t have to have such",
  "duration": 3.12,
  "offset": 3632.16,
  "lang": "en"
},
{
  "text": "a big suitcase",
  "duration": 3.92,
  "offset": 3633.76,
  "lang": "en"
},
{
  "text": "right",
  "duration": 2.4,
  "offset": 3635.28,
  "lang": "en"
},
{
  "text": "there could be like a little",
  "duration": 5.121,
  "offset": 3637.839,
  "lang": "en"
},
{
  "text": "it could be like a little wallet",
  "duration": 4.801,
  "offset": 3641.119,
  "lang": "en"
},
}
```

```
{
  "text": "absolutely absolutely",
  "duration": 5.28,
  "offset": 3642.96,
  "lang": "en"
},
{
  "text": "yeah yeah",
  "duration": 5.12,
  "offset": 3645.92,
  "lang": "en"
},
{
  "text": "oh my goodness okay all right",
  "duration": 5.599,
  "offset": 3648.24,
  "lang": "en"
},
{
  "text": "but it cannot disrupt right",
  "duration": 4,
  "offset": 3651.04,
  "lang": "en"
},
{
  "text": "right it&#39;s not gonna take up a lot of",
  "duration": 2.641,
  "offset": 3653.839,
  "lang": "en"
},
{
  "text": "space right",
  "duration": 2.64,
  "offset": 3655.04,
  "lang": "en"
},
{
  "text": "right right",
  "duration": 2,
  "offset": 3656.48,
  "lang": "en"
},
{
  "text": "oh",
```

```
"duration": 1.919,
"offset": 3657.68,
"lang": "en"
},
{
  "text": "okay",
  "duration": 3.599,
  "offset": 3658.48,
  "lang": "en"
},
{
  "text": "it might okay",
  "duration": 3.601,
  "offset": 3659.599,
  "lang": "en"
},
{
  "text": "okay",
  "duration": 2.961,
  "offset": 3662.079,
  "lang": "en"
},
{
  "text": "yeah",
  "duration": 4.48,
  "offset": 3663.2,
  "lang": "en"
},
{
  "text": "oh girl okay i&#39;m sorry",
  "duration": 3.68,
  "offset": 3665.04,
  "lang": "en"
},
{
  "text": "come back",
  "duration": 4.72,
  "offset": 3667.68,
  "lang": "en"
},
{
  "text": "and and how is younger marcia responding",
  "duration": 5.599,
  "offset": 3668.72,
```

```
"lang": "en"
},
{
  "text": "to all of this how does she over there",
  "duration": 4.64,
  "offset": 3672.4,
  "lang": "en"
},
{
  "text": "playing in the waves oh she&#39;s good she&#39;s",
  "duration": 6,
  "offset": 3674.319,
  "lang": "en"
},
{
  "text": "unburdened she&#39;s like okay we got this",
  "duration": 4.559,
  "offset": 3677.04,
  "lang": "en"
},
{
  "text": "she is",
  "duration": 4.561,
  "offset": 3680.319,
  "lang": "en"
},
{
  "text": "she and her little",
  "duration": 5.52,
  "offset": 3681.599,
  "lang": "en"
},
{
  "text": "her little bikini you know you know when",
  "duration": 3.28,
  "offset": 3684.88,
  "lang": "en"
},
{
  "text": "you&#39;re little you get the little two",
  "duration": 2.881,
  "offset": 3687.119,
  "lang": "en"
},
}
```

```
{
  "text": "pieces",
  "duration": 3.36,
  "offset": 3688.16,
  "lang": "en"
},
{
  "text": "however i&#39;m not",
  "duration": 3.68,
  "offset": 3690,
  "lang": "en"
},
{
  "text": "but",
  "duration": 2.16,
  "offset": 3691.52,
  "lang": "en"
},
{
  "text": "um",
  "duration": 4.96,
  "offset": 3694.24,
  "lang": "en"
},
{
  "text": "she&#39;s just playing she over there",
  "duration": 5.361,
  "offset": 3696.319,
  "lang": "en"
},
{
  "text": "jumping the waves she&#39;s she&#39;s good she&#39;s",
  "duration": 6,
  "offset": 3699.2,
  "lang": "en"
},
{
  "text": "good she don&#39;t have my hand no more but",
  "duration": 6.159,
  "offset": 3701.68,
  "lang": "en"
},
{
  "text": "she&#39;s good",
```

```
"duration": 2.639,
"offset": 3705.2,
"lang": "en"
},
{
  "text": "and marcia we&#39;re almost at the end and i",
  "duration": 4.4,
  "offset": 3708,
  "lang": "en"
},
{
  "text": "wanted to check in",
  "duration": 5.6,
  "offset": 3710.88,
  "lang": "en"
},
{
  "text": "um with your other parts um",
  "duration": 5.04,
  "offset": 3712.4,
  "lang": "en"
},
{
  "text": "the",
  "duration": 3.76,
  "offset": 3716.48,
  "lang": "en"
},
{
  "text": "the part that that wanted that was",
  "duration": 4.96,
  "offset": 3717.44,
  "lang": "en"
},
{
  "text": "reminding you that that you made it out",
  "duration": 4.24,
  "offset": 3720.24,
  "lang": "en"
},
{
  "text": "that you&#39;re okay that didn&#39;t want you to",
  "duration": 4.399,
  "offset": 3722.4,
```

```
"lang": "en"
},
{
  "text": "feel the fear",
  "duration": 5.359,
  "offset": 3724.48,
  "lang": "en"
},
{
  "text": "um how is that part doing is it",
  "duration": 6,
  "offset": 3726.799,
  "lang": "en"
},
{
  "text": "is it still around does it need anything",
  "duration": 6.48,
  "offset": 3729.839,
  "lang": "en"
},
{
  "text": "wait i&#39;m sorry because i just had this",
  "duration": 5.201,
  "offset": 3732.799,
  "lang": "en"
},
{
  "text": "vision that i had to write down i&#39;m",
  "duration": 2.72,
  "offset": 3736.319,
  "lang": "en"
},
{
  "text": "sorry",
  "duration": 3.76,
  "offset": 3738,
  "lang": "en"
},
{
  "text": "you&#39;re good take your time",
  "duration": 3.841,
  "offset": 3739.039,
  "lang": "en"
},
}
```



```
{
  "text": "when you were",
  "duration": 2.24,
  "offset": 3741.76,
  "lang": "en"
},
{
  "text": "when you were asking about the little",
  "duration": 2.88,
  "offset": 3742.88,
  "lang": "en"
},
{
  "text": "girl i was like oh she&#39;s just playing in",
  "duration": 4.4,
  "offset": 3744,
  "lang": "en"
},
{
  "text": "the play here jumping the waves",
  "duration": 4.24,
  "offset": 3745.76,
  "lang": "en"
},
{
  "text": "and i literally was standing there",
  "duration": 5.04,
  "offset": 3748.4,
  "lang": "en"
},
{
  "text": "looking forward into the water",
  "duration": 6.64,
  "offset": 3750,
  "lang": "en"
},
{
  "text": "but i saw a lighthouse",
  "duration": 3.2,
  "offset": 3753.44,
  "lang": "en"
},
{
  "text": "so i had to write that down sorry",
```

```
"duration": 4,
"offset": 3757.28,
"lang": "en"
},
{
  "text": "because i was just like just beacon of",
  "duration": 3.439,
  "offset": 3759.68,
  "lang": "en"
},
{
  "text": "light there&#39;s a beacon of light out",
  "duration": 3.44,
  "offset": 3761.28,
  "lang": "en"
},
{
  "text": "there with the lighthouse",
  "duration": 3.841,
  "offset": 3763.119,
  "lang": "en"
},
{
  "text": "that is so beautiful",
  "duration": 3.839,
  "offset": 3764.72,
  "lang": "en"
},
{
  "text": "okay i&#39;m sorry ask your question i had",
  "duration": 4.32,
  "offset": 3766.96,
  "lang": "en"
},
{
  "text": "like gone to i had gone in another space",
  "duration": 6.24,
  "offset": 3768.559,
  "lang": "en"
},
{
  "text": "it&#39;s that&#39;s fine absolutely fine um is",
  "duration": 5.6,
  "offset": 3771.28,
```

```
"lang": "en"
},
{
  "text": "there anything else that is coming up",
  "duration": 3.681,
  "offset": 3774.799,
  "lang": "en"
},
{
  "text": "for you",
  "duration": 3.52,
  "offset": 3776.88,
  "lang": "en"
},
{
  "text": "no that was like that was like the whole",
  "duration": 4.92,
  "offset": 3778.48,
  "lang": "en"
},
{
  "text": "like",
  "duration": 3,
  "offset": 3780.4,
  "lang": "en"
},
{
  "text": "you know you see a rainbow after a storm",
  "duration": 2.801,
  "offset": 3784.079,
  "lang": "en"
},
{
  "text": "you&#39;re like",
  "duration": 3.44,
  "offset": 3785.76,
  "lang": "en"
},
{
  "text": "yeah that&#39;s what that was",
  "duration": 4.479,
  "offset": 3786.88,
  "lang": "en"
},
}
```

```
{
  "text": "important absolutely",
  "duration": 3.76,
  "offset": 3789.2,
  "lang": "en"
},
{
  "text": "yeah",
  "duration": 3.521,
  "offset": 3791.359,
  "lang": "en"
},
{
  "text": "yeah that was okay i&#39;m sorry ask your",
  "duration": 5.2,
  "offset": 3792.96,
  "lang": "en"
},
{
  "text": "question well i was just wondering um",
  "duration": 5.6,
  "offset": 3794.88,
  "lang": "en"
},
{
  "text": "now that we&#39;re almost completed with",
  "duration": 4.399,
  "offset": 3798.16,
  "lang": "en"
},
{
  "text": "today&#39;s session",
  "duration": 4,
  "offset": 3800.48,
  "lang": "en"
},
{
  "text": "there was a part that came up earlier",
  "duration": 3.841,
  "offset": 3802.559,
  "lang": "en"
},
{
  "text": "that that wanted to remind you that you",
```

```
"duration": 4.72,
"offset": 3804.48,
"lang": "en"
},
{
  "text": "were safe that wanted you to not feel",
  "duration": 5.76,
  "offset": 3806.4,
  "lang": "en"
},
{
  "text": "the fear or the anxiety",
  "duration": 4.8,
  "offset": 3809.2,
  "lang": "en"
},
{
  "text": "does that part need anything is that",
  "duration": 6.28,
  "offset": 3812.16,
  "lang": "en"
},
{
  "text": "part still present and activated",
  "duration": 4.44,
  "offset": 3814,
  "lang": "en"
},
{
  "text": "it&#39;s it&#39;s not activated it feels calm",
  "duration": 4.4,
  "offset": 3824,
  "lang": "en"
},
{
  "text": "and at peace",
  "duration": 4.479,
  "offset": 3826.64,
  "lang": "en"
},
{
  "text": "um it feels like it still",
  "duration": 4.639,
  "offset": 3828.4,
```

```
"lang": "en"
},
{
  "text": "has a part",
  "duration": 3.361,
  "offset": 3831.119,
  "lang": "en"
},
{
  "text": "but not",
  "duration": 3.681,
  "offset": 3833.039,
  "lang": "en"
},
{
  "text": "not such a big part and it doesn't feel",
  "duration": 4.079,
  "offset": 3834.48,
  "lang": "en"
},
{
  "text": "dismissed or discounted",
  "duration": 3.119,
  "offset": 3836.72,
  "lang": "en"
},
{
  "text": "it feels like",
  "duration": 2.961,
  "offset": 3838.559,
  "lang": "en"
},
{
  "text": "it's where it should be",
  "duration": 3.921,
  "offset": 3839.839,
  "lang": "en"
},
{
  "text": "um",
  "duration": 3.36,
  "offset": 3841.52,
  "lang": "en"
},
}
```

```
{
  "text": "okay",
  "duration": 2.72,
  "offset": 3843.76,
  "lang": "en"
},
{
  "text": "yeah",
  "duration": 2.959,
  "offset": 3844.88,
  "lang": "en"
},
{
  "text": "and then",
  "duration": 3.599,
  "offset": 3846.48,
  "lang": "en"
},
{
  "text": "are you able to how do you feel about",
  "duration": 4.801,
  "offset": 3847.839,
  "lang": "en"
},
{
  "text": "making a commitment with",
  "duration": 5.76,
  "offset": 3850.079,
  "lang": "en"
},
{
  "text": "younger marcia to check in with her",
  "duration": 6.399,
  "offset": 3852.64,
  "lang": "en"
},
{
  "text": "to see what she needs from you",
  "duration": 5.52,
  "offset": 3855.839,
  "lang": "en"
},
{
  "text": "yeah",
```

```
"duration": 2.32,  
"offset": 3859.039,  
"lang": "en"  
},  
{  
  "text": "i&#39;m gonna check in for this particular",  
  "duration": 3.319,  
  "offset": 3861.52,  
  "lang": "en"  
},  
{  
  "text": "part",  
  "duration": 3.36,  
  "offset": 3863.52,  
  "lang": "en"  
},  
{  
  "text": "because uh some of my other parts we",  
  "duration": 5.321,  
  "offset": 3864.839,  
  "lang": "en"  
},  
{  
  "text": "have the playground agreement",  
  "duration": 3.28,  
  "offset": 3866.88,  
  "lang": "en"  
},  
{  
  "text": "but i feel like this this one needs",  
  "duration": 4.319,  
  "offset": 3870.24,  
  "lang": "en"  
},  
{  
  "text": "i&#39;m gonna ask her",  
  "duration": 2.96,  
  "offset": 3874.96,  
  "lang": "en"  
},  
{  
  "text": "i feel like it needs a beach agreement",  
  "duration": 3.52,  
  "offset": 3878.64,
```



```
"lang": "en"
},
{
  "text": "but that could be me so let me",
  "duration": 4.879,
  "offset": 3880.16,
  "lang": "en"
},
{
  "text": "let me ask her",
  "duration": 2.879,
  "offset": 3882.16,
  "lang": "en"
},
{
  "text": "let me ask her",
  "duration": 3.72,
  "offset": 3885.68,
  "lang": "en"
},
{
  "text": "yeah this one needs water",
  "duration": 3.44,
  "offset": 3903.119,
  "lang": "en"
},
{
  "text": "it doesn't have to be a beach could be a",
  "duration": 2.801,
  "offset": 3905.119,
  "lang": "en"
},
{
  "text": "lake it could be a creek it could be a",
  "duration": 3.441,
  "offset": 3906.559,
  "lang": "en"
},
{
  "text": "river",
  "duration": 4.32,
  "offset": 3907.92,
  "lang": "en"
},
}
```

```
{
  "text": "um",
  "duration": 2.24,
  "offset": 3910,
  "lang": "en"
},
{
  "text": "that that part",
  "duration": 3.041,
  "offset": 3913.119,
  "lang": "en"
},
{
  "text": "whenever i&#39;m experiencing something like",
  "duration": 3.119,
  "offset": 3916.24,
  "lang": "en"
},
{
  "text": "that",
  "duration": 3.28,
  "offset": 3917.92,
  "lang": "en"
},
{
  "text": "we need water",
  "duration": 3.841,
  "offset": 3919.359,
  "lang": "en"
},
{
  "text": "um can you",
  "duration": 4.32,
  "offset": 3921.2,
  "lang": "en"
},
{
  "text": "commit to spending time with her in the",
  "duration": 4.56,
  "offset": 3923.2,
  "lang": "en"
},
{
  "text": "water around the water",
```

```
"duration": 3.279,
"offset": 3925.52,
"lang": "en"
},
{
  "text": "yeah",
  "duration": 3.279,
  "offset": 3927.76,
  "lang": "en"
},
{
  "text": "yeah",
  "duration": 2.24,
  "offset": 3928.799,
  "lang": "en"
},
{
  "text": "obviously she&#39;s a nature girl so yeah",
  "duration": 6.401,
  "offset": 3931.359,
  "lang": "en"
},
{
  "text": "might even",
  "duration": 4.88,
  "offset": 3935.28,
  "lang": "en"
},
{
  "text": "um",
  "duration": 2.4,
  "offset": 3937.76,
  "lang": "en"
},
{
  "text": "be like a just a hike",
  "duration": 6,
  "offset": 3940.559,
  "lang": "en"
},
{
  "text": "so any uh",
  "duration": 6.639,
  "offset": 3944.16,
```

```
"lang": "en"
},
{
  "text": "waters first but any kind of nature",
  "duration": 6.881,
  "offset": 3946.559,
  "lang": "en"
},
{
  "text": "hug a tree",
  "duration": 2.641,
  "offset": 3950.799,
  "lang": "en"
},
{
  "text": "i know that sounds weird but i do have",
  "duration": 4.48,
  "offset": 3954.72,
  "lang": "en"
},
{
  "text": "trees when i go out in the wilderness",
  "duration": 7.639,
  "offset": 3956.4,
  "lang": "en"
},
{
  "text": "but it&#39;s really soothing to my system",
  "duration": 4.839,
  "offset": 3959.2,
  "lang": "en"
},
{
  "text": "so um",
  "duration": 4.16,
  "offset": 3966.72,
  "lang": "en"
},
{
  "text": "yeah",
  "duration": 2.24,
  "offset": 3968.64,
  "lang": "en"
},
}
```

```
{
  "text": "does that feel complete",
  "duration": 3.04,
  "offset": 3972.16,
  "lang": "en"
},
{
  "text": "yeah",
  "duration": 3.92,
  "offset": 3975.52,
  "lang": "en"
},
{
  "text": "i like her and all your parts for",
  "duration": 4.72,
  "offset": 3977.599,
  "lang": "en"
},
{
  "text": "showing up today",
  "duration": 2.879,
  "offset": 3979.44,
  "lang": "en"
},
{
  "text": "okay",
  "duration": 4.08,
  "offset": 3989.44,
  "lang": "en"
},
{
  "text": "thank you marcia",
  "duration": 5.84,
  "offset": 3990.4,
  "lang": "en"
},
{
  "text": "he&#39;s welcome",
  "duration": 2.72,
  "offset": 3993.52,
  "lang": "en"
},
{
  "text": "all right",
```

```
    "duration": 9.58,  
    "offset": 3997.119,  
    "lang": "en"  
  },  
  {  
    "text": "[Music]",  
    "duration": 7.949,  
    "offset": 3998.75,  
    "lang": "en"  
  },  
  {  
    "text": "you",  
    "duration": 2.08,  
    "offset": 4011.44,  
    "lang": "en"  
  }  
]  
}
```