



Episode 40: Reflections on the Podcast and Updates For Your Relationship! With Liz Higgins

Liz Higgins (00:02):

Hey, y'all! Liz Higgins here, and welcome to the Millennial Life Podcast, where my main goal is to share conversations that will inspire you and drive you toward the life and relationship you desire. I'm here to share what I've learned as a licensed therapist and relationship coach specializing in millennial relationships and wellness, as well as transformative conversations with other professionals. Thanks for listening and enjoy today's episode!

Liz Higgins (00:33):

Hello! Welcome to episode 40 of the Millennial Life Podcast. You guys, I cannot believe it. I am sitting here, honestly in amazement, and I'm soaking up a little bit of self love. Feeling proud that I made it this far with the podcast! And it really does feel like an accomplishment when you are an entrepreneur, and you are doing all the things, and you're a mom, and you're a therapist... And you're building your business, and growing, and expanding. It feels so incredibly aligning to find the ways that really resonate for you in marketing and just nurturing your connection to the outside world and community, and putting yourself out there. And... It can be really freaking hard sometimes to be consistent and sustain those practices and keep it up. I'm just very, very excited, um, to be coming to you today for this 40th episode. I can't believe that I have been able to have such incredible conversations with so many impressive professionals, coaches, therapists, doctors.

Liz Higgins (01:56):

I mean, it's been... It's been so much fun. And I'll just be sharing a little bit with you on this today. I have to say, I don't think I realized when I started out on this podcast journey, how much it would fill my cup, and how much it would do for me. To sit and devote time to finding people that I felt were in alignment with Millennial Life and just the way I'm going in my business and vision... I just couldn't have ever really expected it to be this much fun! And so today, I'm doing a short episode - short and sweet. But really, I want to start all this out by saying thank you. Thank you! Yes, you! The one listening right now who, for whatever reason, has connected with me and chosen to follow along with this podcast. You are an incredibly important piece of the why for me - the why I'm doing this. I hope that whether I'm able to reach one person or five people or however many people out there that gain something from the conversations I've had and will continue to have, and the nuggets, um, around relationships and relational wellness. If you've gained anything, and it's one person out there that all this touches, I'm, I'm just so happy, because that's what this is about.

Liz Higgins (03:26):

I'm really trying to just show up here and be authentic in bringing real talk on committed relationships to you. Um, we've had a ton of fun. We've had a ton of fun throughout this podcast journey. (And I'm looking through the episodes right now.) And just going back to the very beginning when I launched, I think I launched like five or seven episodes, um, in a batch at the beginning. And those were just, I think back and I'm like, that was so much fun getting those interviews set up. If you guys haven't gone back and started at the beginning and listened to some of these interviews on this podcast, I highly, highly, highly recommend that you do. And I'm going back all the way to episode number two where I sat with Avram Natigel, who is a social worker out in Canada, and we talked about commitment phobia. And, oh my gosh, his conversation was just so much fun.

Liz Higgins (04:24):

And he did such a great job of sharing his personal story about being a commitment phobe and how that kind of tied in with his path as a therapist. Of, really, this massive self-discovery and just a huge transformation in the way that he looked at and experienced relationships. And I related so much. I know so many people out there would be touched by his story and the path he went on, which is the path that I keep coming back to - that when you decide to do the work... To figure out how to have a great relationship, how to be great IN a relationship, you discover that the resources are there, the answers are there. We know this stuff. We have research. We have data. We have information on the human mind, the human body. And when I say mind, I mean really and truly, the brain! And how hugely hugely important that is to understanding the way we are in relationship.

Liz Higgins (05:32):

You know, it's not just about "following the heart" as much as it is bridging the heart and the brain in that space in between us and another where the magic happens. And honestly, that was one of my favorite episodes that I turned out at the beginning, was episode two with Avram. And you've got to go listen, if you haven't heard that one yet. I also felt like episode five (as I'm reflecting on some of these episodes), um, Modern Manhood and speaking with Cleo Stiller, who was the author of that book, Modern Manhood. We talked about how to be a good guy in the world today. That episode really was impactful for me because it was a continuation of this path that I have been on ever since being enlightened by the RLT method of couples therapy, which is Relational Life Therapy. Where we are bringing voice to this experience of how men have been so conditioned to essentially be like non-intimate, and certainly invulnerable. And looking at some of the history of patriarchy and how it has shown up in relationship.

Liz Higgins (06:47):

Um, you know, develop like... I guess, relationship self-help books, and relationship approaches. We are really in the midst of a reckoning as a generation, as millennials, where we're standing up to the 'that doesn't work for us.' We look to our parents' relationships and see the things that were working. We look to our grandparents' relationships and, on a lot of levels, can hardly relate at all because in our modern world today, we want so much more. And we don't just want, we don't just want a marriage or a committed relationship. That makes sense. We want something where we are really feeling and experiencing deep, real, true intimacy. And we want it to last a long time. The research is still there. People want marriages, they want long-term commitment with one person, but the skillset... Man, we are lacking. So anyways, I digress. But, um, episode five with Cleo was a huge one for me because it kind of started the precedence of these additional episodes that have come later on in the podcast. One where I spoke to Hayden Lindsay about men and

intimacy. Or when I spoke with Jack Lafleur (who's another RLT practitioner) about men, and intimacy, and the inner journey that guys kinda gotta go on.

Liz Higgins (08:14):

I think that in our world, we want so badly to feel that relationships - especially heterosexual ones - are fair, quote unquote. But the reality is that we are on very different journeys. And we're having this huge (and hugely important) conversation in our world today on gender. And that it's not as black and white as we have traditionally looked at these things. And we have to get into the narratives of what we were taught. We were supposed to be based on XYZ facts about ourselves, or, you know, the gender we subscribed to or whatever... Whatever. This stuff shows up immensely in our partnerships, and our relationships, and our marriages. And we have to look at it. So I have just had a blast (a blast, you guys) with these conversations. And it's so wonderful as I look through some of these other guests that have been on. Like another one, for example, Stephanie Boo, who came on episode 28 to talk about her journey with her husband through infertility treatment, which did result in an IVF baby that they had. They had their son.

Liz Higgins (09:28):

And I saw an update the other day that they have now gone through treatment number two and had a transfer and are hoping that this one also results in their second kiddo. So it's exciting to see the growth, the continued expansion with these other individuals I've had on the show. And to just continue to support each other through what we're doing here. My ultimate hope is that you are able to receive tidbits that help you in the way you show up with your relationship and, you know, just practical things that help you become your best self in relationship. Because again, that's where our culture is sort of getting it wrong. We pushed this huge strong message supporting independence. And I think that can lead us to being rigid and more closed off and disinterested in the murky waters of cultivating real intimacy, because it isn't always fun and exciting.

Liz Higgins (10:28):

It takes a lot of work! And I will never forget when another professional in my field of couples therapy said, "You're going to have a really hard time building a business based on premarital counseling. Like, couples don't want to come in for that stuff. If they don't feel like they have problems, why would they do that?" And it was just one of those moments where I think... In the moment, I felt really kind of discouraged and, um, insecure about that, honestly. But now, I reflect back and I'm like, Ooh, what a pivotal moment where I think I came into an even deeper knowing of the truth about my generation - the millennial generation. That we don't just want to wait until shit hits the fan to get help. We want to know how this stuff works. We want to create better, healthier relationships without having to go through decades of feeling discouraged and disconnected and being unhappy.

Liz Higgins (11:27):

Frankly, I think we don't have time to waste sitting around feeling unhappy. Life moves too fast, and we grew up being told we can have it all. And we want that. And I want that for you. I want you to feel like, you know, there are resources out there for me. There is a way I can learn how to create a better relationship than I've ever had, and it's going to be work, but I can feel supported through taking that step to do what I need to do to get there. And I'm telling you friends, it is possible.

Liz Higgins (12:05):

So a little bit about me that I want to share today. I'm getting to episode 40. I was really starting to feel that a few weeks ago, I'm like, oof... Something about 40 feels like a good moment to pause and reflect and redirect if I need to.

Liz Higgins (12:24):

And so I have decided to make a couple of changes. And I'll explain why I am going to, after this episode, be shifting to bi-weekly episodes. So the episodes, we'll be releasing every other Thursday, um, following this episode. And one of the reasons I have decided to do that - hashtag self-care, hashtag untangled, from hustle culture. That's kind of where I'm at. There's a lot going on in my world. We have some incredible growth and development happening in our practice, Millennial Life Counseling in Dallas. A fantastic team coming together. And y'all, we are just getting started! And I'm really, really feeling more called to just be grounded in that space with the team and get into our systems. And we're really working on things to provide the best customer... Well, you are customers, I guess, if you come to our practice. But I was going to say the best client experience, because that stuff matters.

Liz Higgins (13:32):

I have, I've been working with this team now since 2018, and I can tell you, we have something special going on here. And the therapists that come to this team, they are so gifted. And, uh, y'all... They are healers. They are wonderful people. And I want to make sure we are nurturing what we've got here. So that, that ties in for me on carving up some more time to devote to my home base. And while, you know, recording episodes doesn't inherently take a ton of time, I love just being guided by the word intentional in what I do. And so I want to be intentional with my team. I want to be intentional about the systems I'm making, and I want to be intentional about this podcast. So I had have had times where it's like, oh my gosh, I'm scrambling to get things recorded and get things in on time.

Liz Higgins (14:27):

And so I think the shift to bi-weekly is really going to help me continue to bring you good quality stuff on this podcast. And I get to keep my sanity. So it's like a win-win all around. And I really encourage you on that note, if you are loving what you hear and you want to stay connected to me on this podcast, definitely subscribe! Because that way, you know, you, the pop-up notifications... You'll know when the next episode is out. And back to my feeling proud about this whole thing. I am really excited that you know, me and the team, we've been able to crunch these episodes out consistently on the days we want. And so you can fully expect that we will be in your ears every other Thursday. We will be ready to go and you can listen to episodes. Another thing! So we've talked a lot in my, in, in our counseling group here in Dallas about carving out our niches and really defining who we are going to work with.

Liz Higgins (15:25):

And I have been on this path (and in some pretty robust coaching programs) to help me really, um, come into who I am as a relationship professional and who I'm here to help. And so I just can't get away from the fact that I continue to do a lot of work with millennial entrepreneurs. And we come back into the space of who they are relationally, the challenges that they're facing in their partner relationships... Life is such, such an exciting place. Businesses are growing. You're learning about yourself. These entrepreneurs and high-driven millennials are in this space, soaking in personal development... But the pain points come back into the home

life. And why do I feel so stressed? And why am I so resentful of my partner? Why do I feel not on the same page? These are the people I continue to find myself surrounded by in my practice.

Liz Higgins (16:25):

And I am realizing there is not enough out there to help entrepreneurs really level up in their committed relationships. I do want to highlight that piece of committed relationships because you know, we're millennials, we're so progressive on so many levels. We're expansive, we're creative. And the beautiful thing about our generation is how open and interested we are in continuing to explore new ways of life. You know, we're trailblazing these old ways of thinking about each other about relationships, about gender, about sexuality, and these are all beautiful things. And there's still a lot of us that are just hanging on by a thread. Add to that huge question of like, how do we maintain a healthy, committed relationship in this wild world of so many new opportunities and the ability to be really whoever I want to be? How do I, how do I hold space and make room for this idea of a marriage?

Liz Higgins (17:34):

In a lot of ways, I feel like marriage as an idea and practice, this feels outdated to us. But yet the research is still there that so many of us want that. And just speaking for myself personally, I, that I want that. And it's incredibly hard sometimes. And it's really hard to feel grounded in my experience as an entrepreneur who continues to be so visionary and have all these thoughts and ideas about where I want things to go, but to be holding this delicate balance of home life, nurturing my relationship and being a mom like holy, it's a lot. It is a lot. And I think we need all the support we can get. So I'm sharing all of this because I do feel a shift coming my way with how I focus this podcast, some of the conversations... And I'm going to be as transparent and honest with you as possible as I go, with any changes I decide to make. And kind of refocusing the, um, specialization, I guess, of this podcast experience.

Liz Higgins (18:41):

But you can bet that it's still going to be pretty aligned with the stuff I've been bringing to you. Things focused on relational wellness, bringing your best self to your life and relationships, and just cultivating an epic marriage. That's truly why I feel I'm here on this planet. And there's just so much I could share with you about this stuff. So, you better believe I will keep doing that as we go. Well, okay! I feel like I rambled, and I feel like I was really honest, and I feel like I said what I wanted to say today. So if you've listened this far, I, again, just want to thank you. Because this podcast, again, has been such a journey for me, and it's been so fun to receive clients through this endeavor, to receive feedback from listeners out there about things they want to hear more of, to learn more about myself on this journey... To be totally honest, and to just feel more certainty and grounding in my mission here.

Liz Higgins (19:45):

If there are things you know, you'd love to hear, please know you matter to me and I want to hear it. So there is no reason why you can't just hop on and DM me on my Instagram! You can find me @lizhiggins or @millenniallifecounseling. Um, you can email me at liz@hellomlc.com and check out some of our freebies while you're over there. And, um, I would just love to know what has been helpful for you. What do you want to hear more of and where are you at in your relationship journey? Because we need to pull together, to be a community, to support each other in really having our best life. Alright! I will talk to you in a couple of weeks and thanks again!

Thanks again for listening to the podcast. If you like the show, leave us five stars or write a review. If you're interested in learning more, sign up for my free e-book "The One Barrier to Commitment All Millennials Face" at millenniallifecounseling.com.

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