Create the space - v30 (~755 / 974) - ?? min ?? sec

Introduction (130, Middle)
"You were an accident." [look R-1st row]
… …
Did your parents ever tell you this? [step out-Mid, hands wide]

Me neither but my mom was 41 when I was born. [stay Mid]
…
You hear rumors when your mom is 41 and you're the 3rd kid. [low voice]
…
I didn't create space in my mind for that [hands 'space box']

Imagine you go home tonight and someone says to you, [stay Mid]
"I love you. [look R-2nd row]
…BUT YOU juuuuttttt need to change TWENTY things about yourself. #1 - *your face…*"
Who else 'cringes' when this happens? [step out R]
…
We tune people out.
It's natural.

But last year I found
When I create the space to listen,
…(even when its hard) I build stronger bonds.
…That makes the best moments in life possible.

If that sounds like an adult-storybook, that's because it is.

Point 1 - I'm Selfish (115, LEFT)
Chapter 1
I'm selfish. [look L-1st row]
…You might not notice.
But you, you don't live with me [double-take]
…Ask my wife. – Just ask my wife (aside)

Here's a typical exchange at our house.
… (My wife is a 'little' shorter than me) [look R + pinch 'fingers']
B: "Matt, what's your plan for Saturday?" [high 'Bria' voice]
M: "Hmmm…reading, coaching, lifting, napping, writing, maybe dinner at 9 o'clock?" [look L @L-1st row]
M: "…No? EARLIER… …I know that face – – – Yep, we should eat earlier."

I'm selfish with my time.
… (Oh and a little secret) my wife wants to have kids. [low voice + step R, look LAST-row]
… These two things do not go together. [weigh scale]
We were headed towards a bad place. [fists together]

"What's that? Hold on. One sec!"

In times like this, I'm grateful for my mom. [walk R to MIDDLE]
…

Point 2 - My Mom's Story (125, RIGHT)
Chapter 2
Go back to a long– – LONG time ago with me. [low voice + point R]
… …
That's right.
It's the 1990s.
… N-Sync, Rat Tails, Scrunchies, and Starter Jackets.
I'm 12 years old.
… Back then my mom was ALWAYS on the phone. [make phone-hand]
One night I <sniffs> smelled a little smoke. [crouch + sniff + look up]
"Mom, is dinner burning…AGAIN?" ["kid-Matt" voice]
The flames exploded over half our kitchen. [hands UP-high/wide]
… my mom turns around. [turn around]
"Oh geez, I'll call ya back. MATT! Call 911!". [phone-hand]
… My mom created space to listen – – – maybe to a dangerous extent. [create 'space-box' + look L-LAST-row]

But it was clear.
… Creating space for people was more important than food, shelter, Safety, SEcurity, SLEep, okay EVERYTHING! [rising voice by word]

This lesson was about to change my life.

Point 3 - Creating Our Space (140, LEFT)
Chapter 3
Fast forward with me to late 2017. [point L + walk L]
… I had a rough year.
… Constant dizziness. – Double vision. – And a – YEAST – infection (in my gut)
… One doctor read my chart, shook my hand, and said,
"*Young man*, you are singlehandedly bankrupting the American healthcare system." [look 2nd row]
(Yeah, we fired him.)

The point is my wife and I were burnt out from this ordeal.
We still weren't communicating well.
Even sitting upright was hard – so we ate meals in front of the TV.

One day I thought
"Hmmm…what would my mom do?". [look UP + tap chin w/index finger]

Then I asked my wife if she'd like to eat at the dinner table again. [look R-LAST row]

Creating that space paved the way for what happened next. [create 'space-box']

…

Point 4 - The Conversation of Our Lives (205, Middle)
Chapter 4
… It was July 9th, 2018.
… My wife and I ate dinner like any other night.
But afterward, my wife said to me,
(Remember she's shorter – like a hobbit but prettier) [low voice + crouch down]
"Listen I love you with all my heart [look R-3rd row]
BUT… if we don't have kids, I'll still love you – – – – but I'll resent you too."

(Whoah, this was it. [step out R]
The moment. [look L-3rd row]
The decision.
… I heard honesty.
…I felt pain.
I wanted to protect our space. [create 'space-box']
And I knew what my mom would do.)
So I said, "Okay. Tell me more." [SCARED face + look L-2nd row]

[walk L]
For this part, you should know that my wife was a kids-swim-coach.
She said, "After all these years, it's not coaching that I love… [look R-3rd row]
…
I learned so much from those kids.
I need to have my own kids, because of what *THEY* can teach me."
… … …
Have you ever had one of those moments when things just 'clicked'? [step out R]
…. …
Like a movie – when you see the GIANT gears – on a broken clock – SLOWLY start turning. [wave R-hand in circle-slowly]
… ….

When my wife told me her dream, the gears of life moved for me.
… …. …
Now I object to telling lies about the birds and the bees, so we'll skip that part. You're welcome!
But we expect to have our first baby girl this summer. [hand low]
… … …
I look forward to the moment when I can tell her
"Baby girl, You are no accident. [crouch low]
You are a dream."
… … …

Conclusion (110, Middle)
Do you have a role model for situations like this?

… ….
Like my mom I bet that person lights your world on fire – – (with their listening). [point R to her 'Mom'-space]
We could use more people like that.
Maybe one day you will be that person for someone.

… In any place we're with our favorite humans, [look L]
… Any moment we're about to tune out [look R]
… Any time we might choose – food – or sleep – or ~~not burning dinner and lighting the house on fire~~ – – over – – – people. [look M-LAST row]
Friends, we can write our own storybook.

[LONG-PAUSE]
Today, tomorrow, and every day
Build a bond
Make magic moments
Create the space to listen.

Over to you.