



### Transcript: Introduction to *Big Little Lies*

Welcome to The *Big Little Lies* commentaries.

This is a brief introduction to the show and the related commentaries.

I'll start by admitting that I binged this series harder than any other series I've ever watched. With complex characters and backstories, and lots of drama, the intertwining storylines really kept my interest. Even better, the writers knew how to pace and wrap up the story, giving viewers two *riveting* seasons rather than stretching into unnecessary episodes.

In my opinion, every episode of *Big Little Lies* demonstrates strong writing, direction, and acting. The collective vibe of the lead actresses is electric. Some of that electricity comes from the intensity of emotional volatility, and some of it from the amazing skill of truly great character actresses. It's a pleasure to watch each of them become such complex characters.

Like a lot of super-entertaining screenwriting that mirrors real life, *Big Little Lies* gives us great examples of insensitive and combative communication.

We often see the women—and couples—teaching their kids by example; giving the kids master classes in unbridled anger, constant stress and overwhelm, and an inability to slow down, think clearly, and navigate complex emotional situations. While that might reflect American culture, reality is always amped up in screenwriting because conflict is essential to resolution. If these scenes were happening in real life, there would be so many ways to make situations *less* stressful—and to teach children better lessons. Almost all of the alternatives involve the way emotions are processed and words are used.

The commentaries on this page explore alternatives to the approaches used in the show, and provide concepts to consider if you want to gain skill in building and repairing trust and connection in real life.

As you're watching the clips, notice the tone in the character's voices. Notice when they are talking *at* each other instead of *to* each other, and when they are blaming someone else for their own feelings and reactions. Also notice when they raise their voices, shut down, or react in big ways rather than taking a breath and finding kinder, more accurate words.

Screenwriters love characters who are thoughtless about others' feelings... people who totally flip a lid and expect no permanent damage to relationships. When these characters communicate explosively, they seem to be asking for a free pass based on the expectation that there is no better way to convey their feelings or needs. That volatility makes for juicy conflict and resolution on-screen, but the *Me Talk Good* project is about considering how emotional volatility and a lack of self-management affect real-life relationships. I'll venture to say that, in



Cultivate  
LifeLab

me talk good  
-----

real life, none of us love to ride verbal and emotional rollercoasters. We just don't know how to do better. Training skills in "doing better" is what this project is all about.

Like all the *Me Talk Good* commentaries, this exploration of *Big Little Lies* is not meant to tear down the screenwriting or the characters—because both are great—evidenced by my binging and the success of the show. The point is to use the dramatic examples as opportunities to consider more connective communication strategies that strengthen relationships, demonstrate self-management, and make life feel better to live.

If you're interested in learning more about using words to build trust and closeness, take a spin through some of the videos on this page. I hope you find some useful tidbits that you can apply in you own life.