Corey Andrew Powell:

Hello everyone. I'm Corey Andrew Powell. And welcome to another episode of Motivational Mondays, presented by the NSLS now motivating over 2 million students nationwide. Now, of course, here we bring you inspiring voices to help you live with passion and purpose and perseverance. And today is no exception. As we welcome Arlene Pellicane, a renowned marriage and parenting expert, and author, and a speaker, and the host of the Happy Home Podcast. She's appeared on major platforms like the Today Show, wall Street Journal, uh, family, uh, focus on family, Fox, and Friends and more. And she's also the National Spokesperson for National Marriage Week. So she's about to release her new book, which is coming up called, making Marriage Easier on February 4th, and we thought Valentine's Day would be really interesting and sort of apropos time to bring her on to talk about her work. So please welcome to the show, Arlene Pellicane. Welcome. Hey,

Arlene Pellicane:

So good to be with you, Corey. Thanks for having me.

Corey Andrew Powell:

Oh, it is my pleasure. And what I love about a lot of the work you do is, you know, first I thought we have these images of marriage right from tv, the romanticized view. It's always mostly perfect and sunny side of the street, and, you know, it's, it's work really, if you're, you know, if you're really interested in making sure it's a healthy institution. So I get some of that, I think from, from your work. But let's just start with your, your journey. What inspired you to become, uh, a a passionate advocate for marriage and family life? Yeah,

Arlene Pellicane:

I was growing up Corey, with the same ideals like you were talking about. And I will say when I was growing up in the eighties, you would see more like husbands and wives portrayed, like in TV in a good way, right? Mm-hmm <affirmative>. And you'd be like, oh, that's really, I swear today maybe that's, it's like, oh, your husband and wife, that's a drag. That's bad. You know what I mean? Like, it has shifted a little bit, but I've very much wanted to be married, you know, so I'm growing up like, I wanna be married, I wanna have kids. And that was a pretty normal way to think, you know, I was not weird in that. Like a lot of people wanted to do that. So when I hit my twenties, when I graduated from college, when I hadn't gotten that MRS degree and all this kind of stuff, right?

Arlene Pellicane:

I was like, oh man. And so it took for me, I was in my late twenties, which at that time felt late, which I know now would be completely normal, right? Mm-hmm. Like, you wouldn't think anything of it. So I met someone in graduate school and he was flipping hamburgers at this student event, and I did, you know, I was just like, well, that was nice. And then there was this nursing home outreach where once a month some students would go to the nursing home and visit the residents and like tell stories and read books and like spend time with them. So I thought, well, that is great, I wanna do that. So that's where I met him again. So I met this guy named James, and I was like, wow. And was really sweet, Corey. 'cause years later, he would be like, I was hoping the kind of girl that would come like to a nursing home ministry right? Would be the kind of girl I would wanna marry. Right? So like, you had me at Jello, this kind of thing, <laugh>, and basically we were friends for a very long time. And then finally, you know, you know, I liked him first. I don't know, women, is that our thing? Like we tend to like the man and then the man's like, I don't know, it's commitment. It's a big

Corey Andrew Powell:

Thing. Well, yeah, the guy's usually scared is pretty

Arlene Pellicane:

Much, yeah, he scared and she was scared, and then, but once he, you know, hit the button, it, it was the go signal. And so we got married and we've been married for 26 years. Oh, wow. And we have really been very happily married. You know, like when you look back on it, if someone asked about my marriage, I'm not gonna be like, well, you know, it's, it's mostly bad, but a little bit, no, it is like mostly good. Mm-hmm <affirmative>. And we disagree on things. That's where there are two of us, we have the normal annoyances of living with someone all the time. Right. But we, I really could look back at the 26 years and say, I love being married. Hmm. I love, I just love it. I love this team. I love this partnership. I love that we were able to have a family and have three children.

Arlene Pellicane:

And I love this, like, I love being a mom. So, so this idea, Corey, of just like, this is the joy of my life to be married, to have children, not to be like, oh, they're a toddler now. They're such a pain. Oh, they're a teenager now. I just, I'm so irrelevant. Oh, now they're young adults, they're like, mooching me. You know, they're cliches all the things, right? It's like, wait a minute, no, this has been very much not my experience. So how can I encourage others to be able to live with this kind of joy? Because I am not a superhero. I'm not crazy. So there must be something that we're just missing. So that's why I'm trying to help people to do through the Happy Home Podcast and through books like 31 Days to a Happy Husband and my newest book, which is Making Marriage Easier, because that's what I wanna do. When people look at getting Mar married instead of thinking, which automatically comes in your mind. Wow, that would be hard.

Corey Andrew Powell:

Yeah. Yeah. Right.

Arlene Pellicane:

To switch that, to shift that, to say, wait a minute, don't you think growing up alone through your thirties, fifties, seventies, might that be hard? Right. And then making that commitment to someone, to having to hold forever, that's kind of a cool thing. <laugh>, right? So it's like that, that makes life a lot easier. Mm-hmm <affirmative>. So once you have committed to, to marriage, instead of thinking, wow, this is so hard. My husband's not doing this, blah, blah, blah, to how can we switch that? How do we make this easier? You know? And I think of Greg McEwen and Essentialism and Effortless and, you know, and Effortless. He asked this question like, how can we make this easier? And that's what I really wanna do in making marriage easier, is help people ask this question, okay, what are we always bumping up against? And how can we make this work better?

Corey Andrew Powell:

Yeah. Yeah. Wow. That is profound. And I think there's multiple layers to it though, right? Yeah. 'cause you got lucky, I would say. I mean, some people would argue that it's not luck. Some people want, yeah,

Arlene Pellicane:

I might push against you, but let me hear you out. Let me hear

Corey Andrew Powell:

You out. Yes. Hear me out. Hear me out. And I don't mean luck in the fact that you just happen to like, have met like the one, the one good guy left in the universe. But I mean, lucky enough to have met the person who is likely compatible with you, you

Arlene Pellicane:

I will take that Yes.

Corey Andrew Powell:

For the long haul, right? Yeah. 'cause you know, we all are initially smitten and we think it's the right person. And you know, very often the people are not always putting forth who they really are in the beginning. So you can have a facade of who you think it's the right person. So I, that's what I meant by

Arlene Pellicane:

That. And no, and in that way, I will completely accept that. Yes. Mm-hmm <affirmative>. I'm lucky to have to have met that person. And I will give, I just wanna say this caveat is time. Mm-hmm. Really helps. Like, you know, so I knew James for two years before we got married. You know, some might think that's too short, some might think it's too long, whatever. But time does help because you have more chances to, for the person to reveal who they are. Mm-hmm <affirmative>. Let them, um, get mad. Like see them, you know, when they get mad. Right. What do they get mad about? Change emotion. Yeah. And how do, right. Let, let all that happen. And if you don't see any of that wonder, like, wait a minute, what's going on? You know, what is, what are they like with their family of origin? That's a very good and telling thing. What are your closest friends and family members saying, you know, sometimes, you know, love is blind, so we don't know, but if all of your family and all of your friends are like this person, it's not good for you. Make that decision. Like, I will listen to this council because all of those things are really, really important.

Corey Andrew Powell:

That is so good. I love that part of it because, uh, very often, you know, you hear the stories and it can, it can work out. But, you know, we just got married last week. I just met him on Tuesday, and I'm like, girl, for real. Are you sure about that? <laugh>? I mean, because those, all those things, I think two years personally, uh, that's a good timeframe. You get to see the range of emotions. I love how you mentioned, you know, what do they get mad at? Because very often you don't, you don't know if you're marrying someone who's abusive and they could fly off the deep end over the simplest things. And a lot of times women and men ignore those things when they see them. My

Arlene Pellicane:

Husband has a great saying, when someone shows you who they are, believe them.

Corey Andrew Powell:

Yeah. Famous quote.

Arlene Pellicane:

Right? So it's like you, because we justify like, oh, they, they're probably just having a bad day. Mm-hmm. It was just like a thing. But it's like, no, believe them, they're gonna reveal who they are. Yeah. So they wanna get worse. And that's what you're looking for. You're looking for someone who you're like, wow, I could like you for the rest of my life, <laugh> mm-hmm <affirmative>. I could trust you. Be comfortable. Yeah. Be secure around you. You make me laugh. We get each other and we could decide to be together. Yes. For all time. Yeah.

Corey Andrew Powell:

And you used a really great word there too, like the love word we all get, but I will tell you, like Yeah. In some ways is more powerful because, uh, one of the examples I have is during the pandemic mm-hmm <affirmative>. When you began to read, and it was like a really serious thing. You began to read a high level of domestic violence happening when people were forced in a confined situation with their husband or their wife, or their long-term partner, someone that you think you'd be fine with, confined in a space with. And you had all these, there's this rise in violence and domestic abuse, because at the end of the day, some of those people would probably realize, I don't even like this person. Mm-hmm.

Arlene Pellicane:

That's terribly sad.

Corey Andrew Powell:

Yeah. But I think that was a realization for a lot of people. Yeah. So, you know, so liking someone you, you're with Yeah. Just on the basics, you know, having a good time around them, they make you feel good. That's a powerful one. It goes a long way. And

Arlene Pellicane:

Character. Mm-hmm <affirmative>. You know, what does this person, what is the character? When they are wronged, what do they do? Right. You know, when things don't go their way, what do they do? Are they honest, even when it hurts them, to be honest, you know, all those things. Mm-hmm <affirmative>. They're, they're important.

Corey Andrew Powell:

Mm-hmm <affirmative>. Yeah. Now, typically, I always have my kind of questions that I have just as references, but the beauty of the show is when once we start talking Yeah. <laugh>,

Arlene Pellicane:

It's organic, go, Hey, you wanna talk about this?

Corey Andrew Powell:

Yeah. It, it becomes organic, which is why hopefully is why people keep coming back and watching and listening. So, um, I will veer off script a little bit and just kind of stay on on this. In your work, you are of course, um, an advocate for, for marriage and for advocating for health marriages and easier marriages and sort of do and putting in that work, if you will. So where do you, where does, how does your work align with people who are in long-term relationships and they say, well, maybe marriage isn't for me. Are you making like a discernment between those two relationships or not?

Arlene Pellicane:

Yeah. So every person listening, right. You at the end of the day are going to decide what you want to do. So please don't hear me and think like, oh, she's telling me I have to do this. I mean, these are the things that you need to do. But what we can say is that when through research, like they did, uh, Brad Wilcox out of the University of Virginia, he does this national marriage project, finding out what makes people happy, right? Because so many of us are into that, right? Mm-hmm <affirmative>. We're just like, okay, we wanna be fulfilled, we wanna be happy, what do we do? And so what they found through the research was that if you get your college degree, you are 29% happier. If you have a higher income than most, you're 51% happier. Mm-hmm <affirmative>. If you are married, just married, it doesn't have to be happily married, just plain married, you are 102% happier.

Arlene Pellicane:

Hmm. But if you're happily married, you are reporting a 219% boost in overall happiness. Right. And it is this idea when you are married versus being in a long-term relationship without being married. So is it just a piece of paper, you know, you know, can hear those that same commitment without the, without it. When you are married, it has that security of we are really blending our two lives together. You know, we are blending our things together, we're blending our home together, we're blending the title of our house together. Mm. All these things are blended together, and it is a more permanent type of structure to raise children if you were to have children, you know, things like that, that that marriage does give a stability that, uh, cohabiting doesn't necessarily, like when they look at ki people that stay together, if they didn't live together and then they got married, they were more likely to stay together mm-hmm <affirmative>. Than if they lived together and then they got married. Right. And I think part of it is the mindset of, Hey, I'm gonna do this as long as this is working, and then when it stops working, you know, it's time to part ways. Yeah. Now, I'm not talking about an abusive situation. I'm just talking about like, Hey, you know, you don't make me sing like you used to, that kind of

Corey Andrew Powell:

Thing. Right. Sure.

Arlene Pellicane:

Right, right. You know, so, but when you have, it's built on this commitment and this vow of Yes, we are gonna get married. And yes, we do think that marriage is good for finances, for health, for child raising. As, as all those, like, the research shows that it's positive for those things. Mm-hmm <affirmative>. You'll think of communities. If you see communities and you're walking down the street and you see, you know, parents and children and families, you feel safe. Mm-hmm <affirmative>. You know, you've, it's a good thing for communities. And so sometimes when without marriage, if you are long-term partners, maybe you're wondering, should we have children together? Should we not have children? It's, it's a bit more complicated. So Right. There's more to consider, you know, there's more things like that mm-hmm <affirmative>. That are unknown.

Corey Andrew Powell:

Yeah. No, I understand that. I guess I just wanna make sure that in Yeah. In our conversation, we're not, you know, disparaging anyone's relationship. Yes. Which is why I love you said, Hey, look, do what's good for you. Yeah. But here's sort of some statistics, something

Arlene Pellicane:

To consider Yeah. Support.

Corey Andrew Powell:

Right, right. Yeah. And I know, like, you know, often I, I think I've had this conversation with my friends and very often we grow up emulating or wanting what we've seen reflected in our own families, or what's normal to us. And so my, so for me, for example, my mother raised me as a single mom, and she and my dad just did not work out. Yeah. Um, and despite the fact that she really wanted that to work out, it didn't. So to me it was normal. My, my construct of a normal household is like a strong woman holding it down. Yes. Without a man. And that's just normal to me. So I do wonder, like, you know how sometimes there's like, I think this, um, we all have our different ideology about what is the normal household. And so I guess the static, the, the status and statistics you're sharing, they're showing that there is one way, but they're not saying that the other ways aren't also going to yield positive results either. But this is more proven. Is that sort of more the idea?

Arlene Pellicane:

Kind of. But you know, let's think, like for your mom, for instance, obviously you are a well-spoken, kind, wonderful human being, <laugh> and your mother, she

Corey Andrew Powell:

Put the work in, she

Arlene Pellicane:

Put the work in, and your mother did it. Right. And it is putting in the work. And so single moms, single dads, they can definitely put in the work and just they're superheroes. Mm-hmm <affirmative>. Because there's just one of them and they have to do both. So it is that idea that had your mom had it worked out with your dad, and had your dad been an involved, loving dad and a loving husband, she'd probably think maybe, and you can ask her like, yeah, that might've, that might've been better for me if that happened. No, totally. You know what, what I'm saying? So that's like what we're trying to create is, okay, how can we have a, a husband and a wife stay together? How can we help them to stay in love the en you know, the whole time for the whole course mm-hmm <affirmative>. Yeah.

Arlene Pellicane:

How can we help that? How can we nurture that? And then obviously, how can we support single moms and dads around us? 'cause they're doing like a super amazing job. Mm-hmm <affirmative>. Yeah. I have a friend, she's an author Pam Ferrell, and her and her husband Bill both came from very dysfunctional homes, and they decided like, we want to stay married. And so they would sit next to it, like they'd go to church and they'd sit next to people that would happily married, and they were old <laugh>. And they would say, can we take you to lunch? Right. It out. And they would learn and they would learn, you know? And so it is this idea that even though you weren't modeled, one thing I love to say on my Happy Home podcast is you don't have to come from a happy home to create one. Mm. You know, you can have a happy home and like learn from the things that worked and didn't work in your family of origin. And that is work like you're saying, because we just automatically go default into how we have been shown and how we've been raised. And we do have to kind of shift to say, wait a minute, I didn't like that about how I grew up. I can actually change that. And that's freeing and, and really wonderful. Mm.

Corey Andrew Powell:

Yeah. I love that too. Especially when it comes to the idea of, like, I, I had someone on the show recently, and she goes, you know, if you wanna be a billionaire, ask a billionaire. Yes, I did it. You know? That's right. If you wanna be a bakers, go to a bakery and ask. Right. A Baker <laugh>.

Arlene Pellicane:

That's exactly right.

Corey Andrew Powell:

So ask an old couple who's been married for like 70 years, like how, and it's, and I've witnessed it. And so on the flip side of my grandparents who were very prominent in my life, they both were born in 1929 high school sweethearts at 16. Oh. Married. And that was it. And my grandmother and she, she passed in 2000. Uh, and my grandfather never remarried, and he died two years ago at 93. Yes. Right. But like, that was it for them. And then, and they found it and they were like, all right. Yeah. He was like, I'm, he just pretty much watched football for the next 20 years after she passed, but yes. Um, so I I, I saw both, you know, sides of that. Yeah. And so I do get it, you know, I like that. I, I did see the, the longevity and the security. They built a home with five children. And so I, you know, yeah. I saw both sides of that. Now I do wanna ask you about the, um, the idea of pursuing a lasting love. Yeah. Like the, the mission. So share a little bit about that.

Arlene Pellicane:

Yeah. So National Marriage week, it's every year from February 7th to 14th. And just think of kind of like ice cream day, where you're like, yay, we love ice cream <laugh>. So this is like a week to be like, you know what, let's shift our ideas about marriage, that this is something really good and to support. And even if you yourself are not quite sure where you stand with marriage, that you would think, but you know what, this is, this is good for people. I, I, I'm for this, this is a great idea. Mm-hmm <affirmative>. So, you know, pursuing a lasting love when you have all, you know, whether it's princess Bride or whatever, right. <laugh>, and they get married and you're like, this is fantastic. They should stay together forever to realize, okay, it's not gonna be like a fairytale. We get that it's real, but that I do can last till death do us part.

Arlene Pellicane:

Like that is a vow. It's not a, it's not like a, you know, sometimes now vows are like, you know, you are like the son to me. You know, they don't really have a promise. Right. They don't have, they're just more like a, they're just more like, I really love you. You're like, amazing. But going back to pursuing a lasting love, like, no, on this day when I get married, I'm making a vow to you and it means something. Mm-hmm <affirmative>. Like, my word means something. Right. And unless you cheat on me or abuse me, you know, I'm gonna stay with you. You are not going to be able to shake me <laugh>. You know? Yeah. Yeah. So it is a commitment. So it is that idea like, bring that back. Mm-hmm. Like, we commit to things and we follow through with them and we think this is worth it, and pursuing a lasting love and, you know, how do we do that? Mm-hmm <affirmative>. And, and so I think it's a huge part of it is decision. And, and that you make it a commitment. And the thing is, when you, you know, when people are married for a while, then it's like they say, oh, well he doesn't do what he used to do. She doesn't do what she used to do. Right? Mm-hmm <affirmative>. But then we always have to go back to like, wait a minute, we are the ones who picked this person, <laugh>. You know, so we didn't pick Hitler like we someone really awesome. Right. So

Corey Andrew Powell:

They're in there still

Arlene Pellicane:

Somewhere, so when they're in there. Exactly. And you know, in my book, making Marriage Easier, one of the shifts, the decisions that were really helpful is like, make the choice to serve your spouse. And that's super unpopular. Like, why would I serve them? I'm not a servant. Yeah. I am an equal, you know? Mm-hmm <affirmative>. But the idea is that you're coming into the marriage with the idea of like, man, I'm gonna come alongside of you and I'm gonna support you. I mean, that's what you did when you chose them to get married. You're like, man, I'm in it with you. You wanted to climb that mountain, let's go climb that mountain. Right. You wanna, you know, you're in the ditch. I'm gonna help you are in. Like, that's your attitude. So instead of asking, well, what have you done for me today? Right. Because that's what people are saying. Like, well, he doesn't do anything for me anymore. Mm-hmm <affirmative>. She doesn't do anything for me anymore. Well, what have you done for them? Right, right. You know, lately. Yeah,

Corey Andrew Powell:

Yeah, yeah. So just

Arlene Pellicane:

That shift of you wake up in the morning and it's like, lemme try what this crazy Arlene said to me, <laugh>, you wake up and then we say, honey, is there anything I can do for you today? And they might just say like, wow, that's really nice. I just could use a hug right now. Mm-hmm <affirmative>. Like, great. You know, it's the attitude like, I am here to serve you and not like you are here to serve me. 'cause who wants that? Right. Nobody wants to be in a relationship where you're like, come, but you can give it. You don't demand it. You, you give it. So that shift really helps people to pursue a lasting love. Yeah.

Corey Andrew Powell:

That's beautiful. I I love that. It's, um, it makes a difference too, when you talk about the idea of serving, you're right. It's, it got this negative stigma. So you begin to see, uh, marriage vows being sort of going from the, the old school that might have been a little far on the other way, where it was like to honor and obey my husband, which was I think sort of where that, that rub came from with a lot of women. And then it began to get modified. Right. And now you're like, yes. Just like the stars in the moon and <laugh>. Right,

Arlene Pellicane:

Right down <laugh>.

Corey Andrew Powell:

Like, are you gonna promise me anything? Right.

Arlene Pellicane:

Are you gonna

Corey Andrew Powell:

Be there when I'm sick or dying? There's just all the moon in the planet, so

Arlene Pellicane:

I for the month, no, I'm kidding. <laugh>, right?

Corey Andrew Powell:

Yeah. I mean, that's because, um, because in sickness and in health specifically Yeah, that is a big one. Yeah. Because you really better be ready, God forbid, that the person you with, you love them because mm-hmm. If God forbid something happens, you Yeah. That's a real vow. <laugh>. Yeah. That you have to really make sure you're ready to do so. Yeah. Um,

Arlene Pellicane:

And it's the same, you, you'd want someone to be there for you, right? Mm-hmm <affirmative>. If

Corey Andrew Powell:

You guys think

Arlene Pellicane:

You'd want someone to be there for you.

Corey Andrew Powell:

Right. And that's the importance of, I think, again, picking, I mean, we can say we picked the right person and that's sort of like, you know, elusive. 'cause you just never know, but you, you hope you're making the right choice based on sort of like a checklist we've just gone through of things you can do Yes. To at least get close to now.

Arlene Pellicane:

And I am a big fan of premarital counseling also mm-hmm <affirmative>. That you can have counseling before you are married to see how you're compatible to kind of push the little buttons. Like, if this happened, what would you do? You know? Right. And you might find out like, whoa, you don't wanna have kids, you wanna have 10, you know mm-hmm <affirmative>. Oh, you are a saver and I'm a spender. And you kind of at least can have those conversations Yeah. Beforehand. I think that's really helpful too.

Corey Andrew Powell:

Yeah. Because I have seen couples like, you know, 15 years in and all of a sudden one of 'em wants to have kids after they had not really, they realized, well, we never had that conversation. Yes. And one person's like, well, I'm a little old now, I don't want to be a dad at 50

Arlene Pellicane:

<laugh>. You know?

Corey Andrew Powell:

Yes. So, but those are, those are conversations to kind of have earlier than later. Yeah. So that kind of stuff is really important. Um, I do wonder too, when it comes to the idea of being in a relationship or being married, do you think that some people feel obligated to do it just because of societal norms? It's expected of them, and that's what drives it. And then, and if that's the case, I mean, should those people not do it if they really don't feel their heart is into it? I mean, maybe it goes back to what we were saying earlier. Do what's good for you, but just wonder what is society?

Arlene Pellicane:

I feel like society is more hesitant toward marriage. I don't think that the, and I don't, you're closer to this than I am. I feel like the average 20 something isn't saying like, oh, society is pressuring me to get married. Mm-hmm. I don't, I don't know that that is the case. Mm-hmm <affirmative>. The reason I say that is social media feeds are not filled with diamond ads and couples getting on their knees and proposing, you know what I mean? Yeah, yeah. Like, it's not really movies that, that's true. And television, television isn't showing us, wow. The end of every single thing is that they got to the altar and they got married. Mm. So I would kind of like, uh, I'd, I'd put a, a caution there that I'm not sure that society is pushing young people to get married. I'd almost wanna say, I wish society would pull people more to get married to say that, Hey, this is a really cool thing because we see our grandmas and grandpas.

Arlene Pellicane:

Right, right. That you're talking about that like, oh, they've been married 40 years. They've been very stable part of my life. But we might not see our peers, um, or people around us a lot getting, getting married and, and being happily married, so mm-hmm <affirmative>. I think if you are getting married as your original question was stating, you know, like, because you feel the pressure to get married, you can mm-hmm <affirmative>. There's, I feel 50 50 on that because I feel like you should not do something for someone else, especially not get married. Right. That's gonna be a really big decision. Mm-hmm <affirmative>. And you need to do that for you. Right. So, on that, let me just be clear, you know, don't get married because your mom expects it. Don't get married because you're, you know, someone important in your life expects you to mm-hmm <affirmative>. No, you get married because you think it's the right thing to do and you're gonna decide to get married. Right. On the same token, there are things in life we don't want to do. Like, we might not want to get a job <laugh>. You know what I mean? It's like, we might wanna like stay mom and dad's house.

Corey Andrew Powell:

Yeah.

Arlene Pellicane:

Like, that kind of might be nice. And there are points in your life where the expectation is good, is positive that it does make you rise because, you know, uh, a generation or two ago, it would be an expectation that I'm going to get a job. Yeah. I am going to get married. Mm-hmm. I'm going to have children. These were very normal, um, processes of life. And I will tell you as being married and as a mom, those things, they make you a better person. Like all of a sudden you have to share all of a sudden, oh yeah. You have to learn how to do things you, you love beyond what you thought you were capable of loving. Like, these are really beautiful things. You mature, you stop being as self-centered because now you are kind of forced in this team, and Right. You it mm-hmm <affirmative>.

Arlene Pellicane:

It makes you a better person. Yeah. It matures you in a way for a man. Like all of a sudden, wow, I am responsible to provide for this wife and these two children, and man, I'm gonna man up and I'm gonna succeed, you know? Mm-hmm <affirmative>. Those kinds of things, those expectations. I, I think they're very positive expectations, and I hope I can be a voice to say, these are hopeful expectations of like, Hey, let's, let's become more Yeah. Than we are today. Versus like, you better, you know, do this and you better like, do this. Right. And this bar is like this and you better jump over it. Or, but no, wait. Like, this is actually something really a beautiful thing I'm being called to do.

Corey Andrew Powell:

Yeah. And it's, um, very often when I talk to leaders, we talk a lot about just the shift in mindset, really. Yes.

Arlene Pellicane:

Yes.

Corey Andrew Powell:

And, and that's what that is. I mean, it's almost like, you know, if we're programming people to think that, you know, marriage is like this icky thing that like you're sacrificing yourself to give yourself to some person. Right. You know, which is kind of like the narrative you often have. Yeah. Versus, you know, there's a lot of great stuff that comes along with that. And is it that you think about the long term? Yes. It's really nice.

Arlene Pellicane:

And like you would lose yourself if you get married. Like, right. Like, you're not gonna be able to find yourself, you know, you're, they're gonna just walk all over you or you're just gonna meld into something else. But to realize, wait a minute, no. Mm-hmm <affirmative>. Like, you kind of find I think the opposite. Like when I married James and when I became a mom to Ethan, Noel and Lucy, it's like I'm finding greater meaning in my life. I'm finding what makes me tick and what ticks me off. I am finding, you know, like, these are really, really good and beautiful things. Mm-hmm <affirmative>. Have expanded my life, not made it less.

Corey Andrew Powell:

Hmm. That's gorgeous. And I think, you know, you talked about the sort of like the romantic, like the Disney idea, I think, yeah. That has been a disservice to women, I think a lot of times because there's this societal projection of like, the woman's supposed to be like, you know, first of all, waiting for this man to save her. And then by like, you know, she has to marry before she's too old for whatever that means. And a lot of women are saying, look, I don't, um, I don't have a problem with getting married, but I don't wanna do it right now. I do want to do some other things first. And very often women are made to feel guilty about that. I wanna accomplish some things first before I can be fully engaged in someone else. And I don't think that's a bad decision either. What do you think of that?

Arlene Pellicane:

I think that is, uh, I have two thoughts. So Yes, like before getting married, it is nice. So I got married when I was 27. So by the time I was married, I had had, um, work experience, you know, I worked at a university in the admissions department mm-hmm <affirmative>. I had gone to graduate school, I had my master's degree, so I had things done, kind of, you know, right, mm-hmm <affirmative>. Before getting married. And I think that is kind of the thought there. But you know, what, had I met James earlier and had we got married at 22 or something, I think that would've also been fine. Right? Yeah. And to do all of those things as a married person mm-hmm <affirmative>. So I think the, the thought, because when you're single, it's not like you don't know when you're gonna meet this person. Like you don't know when your life is gonna shift and the, the me is gonna become a we you don't know.

Arlene Pellicane:

Hmm. And so you don't have to live in this like, oh my word, my life doesn't start until I become a we. You know? Mm-hmm. I think that's the thing. So it's like, no, my life's gonna continue as a me and I'm gonna do my work. I'm gonna get my degree, I'm gonna get that job. Whatever it is, I'm gonna do those things. But I think to also understand that if marriage comes along and happens during that time, that's fine. Yeah. I think maybe we feel like, oh, we have to achieve, like, I have to have the house, I have to have the job, I have to have all these things, and then I can get married. Right. But then, my goodness, now I'm 40. And it's like, wait a minute. Sure. Yeah. I'm too old what happened

Corey Andrew Powell:

To me? So they're always chasing something next, right? Yeah.

Arlene Pellicane:

So yeah. So I think it is, okay, follow those things that you wanna pursue, but be very open to the idea of marriage at 22, 24, 26, 28, 30. Like, be open to that idea because you and your spouse, you guys can grow mm-hmm <affirmative>. And do those things together. Yeah. You don't have to have all those badges mm-hmm <affirmative>. Before you get married.

Corey Andrew Powell:

Yeah. Nope. Another great point. Because that way you sort of, it's not an either or you Yes. It's a, it's a yes. And as they would say, yeah, yeah. I'm gonna have that as a young bride or young couple and still accomplish that master's degree and still have the the job. Yeah. And admissions.

Arlene Pellicane:

Yeah. And I will say, you know, being a mom is just, um, amazing. Like, can you imagine you as a person can make another person <laugh>? Like that's kind of crazy, right? Yeah. It's

Corey Andrew Powell:

Fascinating.

Arlene Pellicane:

It's fascinating. Talk about productivity, you know? Yeah. It's like, this is crazy. And I mean, obviously God helps in that process, <laugh>, but the, this, this, it's just, I know it's portrayed as being so like, oh, you know, it's just so a subpar to being a professional <laugh> or whatever. But I am not, I'm telling you to have a daughter, to have a son that you love, that you can talk to as they grow up. You know, my two are in college now and one in high school. Wonderful. And they become like your dearest friends and the jokes that you think are funny, they're the first people you text because you know they are gonna get that. It's funny, right? Yeah. And they're your children. Like, it's incredible. Yeah. And what an incredible investment because I think sometimes we think too short term, like just in the next two years, instead of thinking like, oh wait a minute, I'm gonna be 61 day.

Arlene Pellicane:

I know that seems impossible <laugh> to you as you're listening, but I'm gonna be 60 someday. And if I, if I just kind of discount like, ah, this marriage family thing that's like for the old generation Mm. Then I'm gonna be 60 and I will have nobody underneath me. Like that's kind of a big deal. Yeah. Like I don't have family around me, and if my sisters and brothers feel the same way, then I don't have nieces or nephews. Like I don't have people around me like that. In that sense, to be young enough when you marry to have children is a good thing. You know, I had my, my last child when, when I was close to, I think I was 39, so I was 40 mm-hmm <affirmative>. And, and when I went to the kinder loop, believe me, I was like the oldest mom <laugh>, I was oldest mom there. And I don't mind that. But I mean, if I had, you know what I'm saying, like what I'm trying to say is if you're young, take it. Have your children. Yeah, sure, sure. Enjoy it, enjoy it. But if you're old like me, that's fine too. <laugh>.

Corey Andrew Powell:

Yeah. I mean, 'cause some people have children when they're older and that's still, they're having that wonderful experience. And, um, I, uh, my mom was a young mom. She had me at 20, I guess 20, 21. And um, and I'm here visiting her this week and Oh yeah. So I have this, this is not normally my studio, but when I said I gotta see my mom more, so I found this little, this, this little nook where I was able to <laugh> just record the podcast in her home, the mom nook and um, yeah, the mom nook and um, with the paneling still from when I was a kid from 1982. I love that. I love that. Yeah. House still of 1982, but, um, she was a young mom. And so we have a lot of fun now because Yeah. Um, as a grownup we have a very different relationship that's even more evolved. And now the things we talk about, it's like we kind of grew up together in a way. Yes. So I see what you're saying about, you know, there's benefits to being a young parent and kind of getting those, those boxes checked early on as well while you're raising your children. So, um, another wonderful point. And my goodness, we're always almost already at half hour mark here, so I can talk to you forever already.

Arlene Pellicane:

I know. I can talk to you too, Corey.

Corey Andrew Powell:

Well, thank you. Thank you. Well, listen, I have two more questions for you. One is of course, I wanna bring it back to your upcoming book, making Marriage Easier, which comes out soon. So what are some of the biggest misconceptions you are hoping to debunk in your book?

Arlene Pellicane:

Yes. So making marriage easier. How to Love and Like Your Spouse for Life. That's the subtitle, that's full title. Yeah. And I wanna debunk this, that, you know, what if I don't have the feelings, like it must be over. Mm. Right? Because we trust our feelings way too much. You know, I might not feel like going to work, but somehow I go to work, you know what I mean? Right. And but I don't think like, oh, I can't

Corey Andrew Powell:

Believe Yeah, I

Arlene Pellicane:

Have to go to work. You know, it's like, no, you don't have to go

Corey Andrew Powell:

To work. Yeah. You know, you have to do it. Yeah.

Arlene Pellicane:

So, so the same way, you know, our feelings like, oh, you know, I think my spouse is boring, so maybe it's the end. And it's like, well, okay, don't trust your feelings. You know? And, and really if you start acting, like, let's say you hold your spouse's hand, you don't feel like holding your spouse's hand, but you reach across the table and you grab your spouse's hand, you give it a squeeze, and you look at them, kiss 'em on the cheek, you didn't feel like doing any of those things, but I promise if you do the things you'll be like, oh, the feelings will follow. They will return. So I think a, a myth I wanna debunk is like just putting way too much on feelings and instead go back to the attitudes that brought you back in the first place. You know, one of the key things in my book is have fun together again.

Arlene Pellicane:

Mm-hmm <affirmative>. Because that's what brought you in the, that's what brought you to marriage. Yeah. So fun isn't this frivolous thing, like, oh, we don't have time for that. No, you must make time to do fun things together. Whether it's a once a year vacation, whether it's big or whether it's just we spent $200 and we went to the hotel downtown. You know, whatever it is that you still have to have those fun things. So I'd love to debunk that feeling. Myth. I'd also really just, just in the title that it doesn't have to be so hard that what if this could be easier for you? And then what if instead of fighting against your spouse, you realize, oh, wait a minute, we are on the same team. I just recently heard this beautiful story that I think is a great thing to share with your audience.

Arlene Pellicane:

This husband was wondering like, okay, I just quote unquote won an argument with my spouse, but it doesn't feel like a win because she's really upset. And even though I won, it doesn't feel like a win. And he was praying about it and he said the God gave him like this example that when his son plays little league, right? He was like telling his son, okay, when, when um, Travis wins, do you win? 'cause Travis is his teammate and he is like, yeah. And when Travis loses do you lose? He's like, yeah, 'cause we're teammates. And he realized as he shared that with his wife, like, we are on the same team. Like, if one of us feels like we lost, like it's impossible, like our whole team has to win because we are on the same side. Like, you can't win and I can't lose 'cause we are the Eagles.

Arlene Pellicane:

You don't say like, we are on the same team. Team. Right. So, so having that conversation and they called it like a, like something like a no, no losers mentality or something. So every time they come to conflict, they're like, okay, we're coming from this framework of we are on the same side. Now let's figure out how to work this out in a way that both of us can live with and and support. And it just changed, like you were talking about earlier in the podcast, the mindset, you know, that there are no losers here. We are on the same team. So I'd love to debunk this myth of like, we're against each other and we're in the ring and we're fighting. Right. Right. Against each other. But instead like, no, we're back to back and we're fighting enemies outside, you know, and what we're fighting together. Mm-hmm <affirmative>. We're like fighting all this stuff around us that's trying to distract us and do us.

Corey Andrew Powell:

Yeah. Wonderful words of wisdom. Very inspirational. You're remarkable. And just thank you for, um, for being with us today, Arlene renowned marriage and parenting expert, author and speaker, and the host of the Happy Home Podcast. It's been a delight. Thanks for being here today. I'm gonna joining

Arlene Pellicane:

This and thank you Corey, for taking the risk to do it. Look at you. Go <laugh>. Thank you, Corey.

Corey Andrew Powell:

Yeah. Thank you. You're very welcome. Thanks.