

400 Invisible Therapists In Your Marriage

1 MIN · YOUTUBE · [HTTPS://WWW.YOUTUBE.COM/WATCH?V=ZVVEBEJNEZK](https://www.youtube.com/watch?v=ZVVEBEJNEZK)
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SUMMARY

The speaker reflects on the overwhelming influence of online commentary on personal relationships, particularly marriages. They argue that while social media users often act like therapists, they lack the context and understanding of individual relationships, leading to misguided advice.

- *Online comment sections frequently advise individuals to leave their marriages without understanding the full context.*
- *The speaker emphasizes that internet users do not know the nuances of personal relationships or the reasons behind marriage choices.*
- *They share a personal anecdote about discussing walking habits with their husband, illustrating how communication can resolve issues.*
- *The speaker criticizes the tendency of social media to quickly diagnose relationship problems, often labeling behaviors as narcissistic.*
- *They highlight the importance of direct communication with partners rather than relying on external opinions.*
- *The speaker reflects on how social media can distort perceptions of real-life relationships, leading to unnecessary conflict.*

At the end of the day, almost inevitably and almost always, the comment section was a referendum on the marriage and ultimately led to the conclusion, just leave. Just leave. You can't fix this. I'm telling you, you can't fix it. This is what my ex was like. I've seen this before. You, you know, run. And that's the advice we're getting from the comment section online. The comment section online thinks that they're therapists. There must be like 400 therapists in all of our marriages, okay? invisible therapists, but none of them have met your husband. None of them are in bed with you. None of them know why you married him, what you do love about him, what works in your marriage, what arrangements you've made, what negotiations you've come to, what's working for you. Okay? The internet diagnoses faster than you can even communicate with him. You want to talk to him about the fact that he, you know, now that I think about it, I think my husband used to walk ahead of me, too.

It was just like a cultural norm that he saw growing up. Okay. And I spoke to him about the fact that actually I'd love to hold hands and walk together. And we figured that out and we moved on. And I didn't need 500 couch therapists to tell me that it's narcissism and all you can do is leave him. Okay? That was 20 years ago, right? And when I watched these reels, I was not reacting to my actual real life human flesh and blood man of a husband.

Okay? I was reacting to what the internet says that this clip of his behavior means to their diagnosis, to their interpretation.