



Transcript: Introduction to *The Crown* Commentaries

Welcome to *The Crown* commentaries.

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

The Crown may be based on history, but it is drama, not non-fiction. Still, I think the show did so well because many of us are curious about the lives of royalty, and we're interested in Queen Elizabeth II, who was the longest reigning monarch in British history. I've always been interested in historical fiction because some people have lived really unique lives—stepping up to challenges that not all of us have to face.

No matter how accurate the content in this series, I could empathize with the characters—and wonder at the challenges and pressures of being typical humans wrapped in the pomp and power of royalty.

The writers give us an intriguing look into the lives of the royal family as multi-generational dynamics unfold under an increasingly ravenous public eye. There is a lot of pressure to maintain an image of stability despite the participants being human and not all that stable in some respects.

Elizabeth is a strong and self-contained woman who is under enormous pressure. This doesn't leave her much brain space for mothering, so she's emotionally aloof. Philip is a philanderer who struggles to find purpose in his wife's shadow. Their children, Charles, Anne, Andrew, and Edward, all express behaviors common to people with chronically unmet needs. Everyone is a support character to Elizabeth, and their needs are subsumed by the needs of the Crown—which doesn't set the stage for family harmony, emotional wellness, or healthy engagement.

But it does give us an opportunity to consider how healthier or more connective interactions might play out in real life. On this page, you'll find a few clips with commentaries that consider healthy accountability, connective communication, and empathetic support.

Like all *Me Talk Good* commentaries, these explorations are not meant to tear down the writing or the characters, who are real people. The point is to use the dramatic examples as opportunities to identify skills that might be used in real life.

Here at the LifeLab, we're big on promoting family harmony as a protective factor for children. We're also into owning our mistakes, identifying and meeting the needs of the people we love, and showing them we care through words, touch, and interest in their experiences.

But we also know that good communication is complicated, and some folks are in lives and roles that make it really difficult to focus on the needs of people they love. Still, we believe that it's worth trying to establish and maintain communication habits that give loved ones the space



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to talk about what hurts, what's working and not working, what they want, and how to get it. The type of emotional aloofness demonstrated through *The Crown* may sometimes feel better than engagement, and it's great for nurturing conflict between characters, but for our purposes, it's not healthy interaction.

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