

# Mending Strained Relationships

## Transcript

00:00:05 Announcer

Are you tired of chasing perfection and always feeling like you fall short?

00:00:09 Announcer

There is a better way.

00:00:11 Announcer

Welcome to the pop coach life.

00:00:13 Announcer

With your host, Sharon Smaga.

00:00:15 Announcer

Where we are pursuing.

00:00:16 Announcer

The art of purpose over perfection.

00:00:19 Announcer

She's going to turn what you think you know on its head and help you discover a life filled with meaning.

00:00:25 Announcer

And joy.

00:00:26 Announcer

So buckle up, buttercup.

00:00:27 Announcer

Because here comes Sharon.

00:00:42 Sharon

Hey guys.

00:00:42 Sharon

This is Sharon Smaga and this is pop coach life and glad to be on here talking to you today and I got something burning, a hot topic burning on my brain just thinking in raw in real terms for myself and wanted to get on here and share.

00:00:59 Sharon

I wasn't actually planning to record this week, but.

00:01:01 Sharon

That I feel compelled, if you will, to share some information and maybe this is just part of me sort of thinking this out loud for myself, right, that we're all trying to figure out this thing called life.

00:01:14 Sharon

So welcome back to pop coach, where we are pursuing the art of purpose over perfection.

00:01:19 Sharon

And as some folks shared with me of their day.

00:01:22 Sharon

Apparently, welcome back to some raw and real content.

00:01:25 Sharon

So in that vein, and with holidays coming up, I think we're all facing some extra stressors and things that we're not sure how to navigate in relationship.

00:01:37 Sharon

And we have relationships that are going well, right overall, maybe we've got we've got some conflict and friction and that's normal and that's fine.

00:01:45 Sharon

But they're fairly healthy.

00:01:46 Sharon

We feel close.

00:01:47 Sharon

We feel connected most of the time.

00:01:50 Sharon

And then you know, we've all had relationships where sometimes we just have to know it's time to let go of something and not.

00:01:57 Sharon

Continue to try to force it, push it, make it work, and sometimes maybe even because some of you have experienced being in in relationships that are literally physically, psychologically unsafe.

00:02:11 Sharon

So today, though, I'm kind of talking about relationships that need healing and we I think we've.

00:02:20 Sharon

All got some of those and I've been thinking on some of that in my life today.

00:02:28 Sharon

Excuse me and I'm working off some notes here, so if you're watching the video podcast, be patient with me please, because I am working off notes and going to try to make this all work because I was thinking out loud on paper.

00:02:42 Sharon

So there are relationships that need to be let go, their relationships that are going well, but they're also relationships that need healing.

00:02:50 Sharon

And maybe in the relationships that need healing, you've let go.

00:02:55 Sharon

I I've certainly struggled with.

00:02:56 Sharon

How do I?

00:02:59 Sharon

Work toward healing and not let go of the relationship because there's a protective thing in me right that wants to disconnect and sort of shut down and sort of protect my heart.

00:03:12 Sharon

But in that I am actually letting go of a relationship and I can't let go of it and be part of healing it.

00:03:18 Sharon

So I'm talking about those today.

00:03:21 Sharon

And maybe you've let go because it feels like a landmine or it feels impossible.

00:03:25 Sharon

It hurts so much.

00:03:26 Sharon

You want to reject, close off your heart, protect.

00:03:28 Sharon

Like I mentioned earlier.

00:03:30 Sharon

But I want to just encourage you to be aware of making an indictment in a relationship that you actually want to heal, that you are working on creating healing.

00:03:44 Sharon

An indictment is an accusation.

00:03:46 Sharon

It's a formal charge of wrongdoing, so it doesn't work because if I, if I issue an indictment on you, I am basically saying I'm charging you with wrongdoing.

00:04:00 Sharon

I'm accusing you.

00:04:02 Sharon

And now I'm not saying that that person maybe hasn't failed you in some way.

00:04:07 Sharon

I I'm not talking.

00:04:09 Sharon

I'm not saying they're fine.

00:04:11 Sharon

What I'm saying is, if you are the one issuing the charge instead of being connected intimately, you're sort of plain judge and jury.

00:04:21 Sharon

It doesn't work right because it's an accusation versus the person acknowledging that they've heard her wrong to you.

00:04:31 Sharon

So I may be right.

00:04:32 Sharon

I can issue an indictment on you, right?

00:04:34 Sharon

You've hurt me and.

00:04:36 Sharon

I may be right.

00:04:38 Sharon

But if that's.

00:04:38 Sharon

All I can sit with, I'm not going to contribute to healing the relationship.

00:04:43 Sharon

I am too busy blaming you for what's wrong in.

00:04:46 Sharon

It so it in fact works against that healing that we are striving for.

00:04:53 Sharon

But I had this idea, so bear with me.

00:04:56 Sharon

So what if we learn to step back from issuing indictments, issuing accusation, blaming the other person?

00:05:04 Sharon

What if?

00:05:05 Sharon

And this is what I've been sitting with a lot.

00:05:07 Sharon

We issued a chronic or constant, let me say it that way.

00:05:13 Sharon

What if we learned to issue a constant invitation?

00:05:16 Sharon

An invitation is a solicitation.

00:05:20 Sharon

It's a request, it's an ask.

00:05:22 Sharon

It's an attempt to get another person to join you, and in the day-to-day sense of this, it's literally an in.

00:05:29 Sharon

Invitation and an invitation, typically to a celebration and event, a feast, a banquet.

00:05:37 Sharon

I've actually been invited to a ball this year.

00:05:39 Sharon

A Christmas ball I actually had to order a gown for and and it's a big party or dress.

00:05:48 Sharon

Enough up.

00:05:49 Sharon

We're doing up our hair.

00:05:50 Sharon

We're putting on makeup, we're whipping out the fancy stool to go around the ball, ground around the ball gown for warmth.

00:05:59 Sharon

So this is an invitation to a party, right?

00:06:02 Sharon

It's a welcoming so.

00:06:06 Sharon

It invites you, really, and it's a celebration.

00:06:08 Sharon

The reason I'm going is it's with a friend.

00:06:10 Sharon

Her husband does not want to go.

00:06:12 Sharon

He's very introverted and I had told her sort of flippantly, one year.

00:06:17 Sharon

Well, you know, I've never been to one of those.

00:06:19 Sharon

If you ever want somebody, just go with you.

00:06:21 Sharon

Let me know and I'll go.

00:06:22 Sharon

So here we are a couple of years later and she's like, guess what?

00:06:26 Sharon

This is what we're doing and I said OK, and she invited me into that with her.

00:06:30 Sharon

And really, what that is, if you think about it.

00:06:33 Sharon

It's a celebration of our relationship.

00:06:36 Sharon

It's a celebration of our friendship because she wouldn't have asked me to go otherwise, we don't usually invite and maybe we ought to, but we don't typically invite strangers to our kids wedding or somebody we don't know to go to a ball with this.

00:06:51 Sharon

Like this is a big deal.

00:06:54 Sharon

Right.

00:06:54 Sharon

And so it infers an intimacy.

00:06:58 Sharon

So in that celebration, if you think of relationship and inviting people, so if the relationship, you know you're saying come to the party with me come, I want to celebrate our relationship and that celebration.

00:07:12 Sharon

There can be the grace created that invites us also to express sincere regret.

00:07:19 Sharon

So where there has been wrongdoing, we have that safety to express sincere regret.

00:07:25 Sharon

We have the safety to connect with one another in loving difference.

00:07:29 Sharon

So instead of it.

00:07:30 Sharon

Being an indictment and accusation, who's going to confess?

00:07:34 Sharon

Who's going to take the punishment?

00:07:35 Sharon

It becomes more of a here are the things I think that I did that contributed to where we landed and and I'm inviting you into that with me, by me owning my stuff.

00:07:47 Sharon

And when you give that.

00:07:52 Sharon

Time that space that increases, let me say this way increases the likelihood that if not right away, but that over time, even that person more and more can step into that with you and also take responsibility for their whatever they need to.

00:08:11 Sharon

And that is how we begin to heal.

00:08:14 Sharon

So I'm going to state my hypothesis today is that I cannot issue an invitation an indictment at the same time.

00:08:22 Sharon

So if we're working toward healing and relationships, I think there's benefit to stepping back and asking.

00:08:29 Sharon

And what am I issuing here?

00:08:31 Sharon

Am I actually issuing an invitation or is the way that I'm going about things issuing an indictment and I will be the first to confess to you all that.

00:08:42 Sharon

I struggle with this with my personality and temperament type.

00:08:46 Sharon

I really struggle.

00:08:48 Sharon

I even struggle with even if my.



00:08:52 Sharon

Intention is to issue the invitation.

00:08:55 Sharon

I don't always have the wording I want for it.

00:08:59 Sharon

I don't always know how to communicate it in a way that is coming across as an invitation, so it it's OK to acknowledge what you bring to the table and work on that.

00:09:09 Sharon

I can't encourage all enough.

00:09:11 Sharon

So again, I'm not suggesting ignoring wrong behavior, but I'm labeling the need to forgive so that we can continue to invite people into relationship.

00:09:22 Sharon

To forgive means to forget to choose, to let something go.

00:09:26 Sharon

It doesn't mean we let somebody continuously rein dress in the same way.

00:09:31 Sharon

Over and over and over.

00:09:34 Sharon

However, I could probably argue that too, but that feels like a whole another podcast, so it doesn't mean you pretend everything's fine.

00:09:42 Sharon

That's a better way to say it. We don't pretend everything's fine. We're not glossing it over, but we are finding a way to let go so that we can continue to invite people into relationship where we want.

00:09:55 Sharon

Healing with that person and in that relationship.

00:09:58 Sharon

So I would say this is a big part of that pathway to healing.

00:10:03 Sharon

Now I'm going to label something that I've really struggled with sometimes that other person may continuously decline your invitation out, right?

00:10:16 Sharon

So what do we do with that?

00:10:19 Sharon

I have come to this.

00:10:22 Sharon

IE have either decided I want that relationship to heal or I haven't, so there's no bailout.

00:10:29 Sharon

There's no point where my feelings are too hurt to quit inviting.

00:10:34 Sharon

I have had examples of that in my life.

00:10:37 Sharon

Where somebody loved me enough to keep inviting me into the relationship.

00:10:43 Sharon

And I think at times they probably felt like I bit him like a rattlesnake, a little bit and they continued to invite continue to invite.

00:10:51 Sharon

So my suggestion is going to be if you're really committed to healing relationship that you continue to.

00:10:58 Sharon

Right, every time they decline, you accept it with grace.

00:11:03 Sharon

You don't guilt, you don't dump, you don't snap back over to indicting them or blame, and you're going to have to work this out.

00:11:11 Sharon

In your head and heart.

00:11:12 Sharon

Every single time it's hard, it hurts.

00:11:16 Sharon

It hurts.

00:11:17 Sharon

OK, I'm going to acknowledge that.

00:11:20 Sharon

But we need to keep inviting.

00:11:22 Sharon

They may not be ready even if you are, and So what about that timing?

00:11:28 Sharon

So an invitation is not a demand, it's an invitation.

00:11:33 Sharon

Have you ever had somebody that you're close to say you have an open invitation?

00:11:37 Sharon

In my house?

00:11:38 Sharon

What does that mean?

00:11:39 Sharon

That means at any time for any reason.

00:11:42 Sharon

And now we're in the future.

00:11:44 Sharon

They are welcome in your home.

00:11:46 Sharon

And I think if we're trying to heal relationship.

00:11:49 Sharon

We need to extend that open invitation, which means we deal with the hurt feelings if we feel rejected in a moment, but we come back, we accept that the no, we accept thee being ignored we, because that's another way of saying no right.

00:12:05 Sharon

We accept sometimes.

00:12:06 Sharon

Maybe push back that comes out in a sort of passive aggressive way.

00:12:10 Sharon

Way we deal with that hurt.

00:12:13 Sharon

You know, this is where your your people are really important.

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You got to have people in your life that you can sort of process with and that will encourage you in right ways.

00:12:21 Sharon

So you may need to process it with with one of your people, right?

00:12:26 Sharon

But come back to the table and find another way to genuinely from a right head and.

00:12:31 Sharon

Art space.

00:12:32 Sharon

Really important.

00:12:34 Sharon

We don't extend invitations out of anger.

00:12:36 Sharon

By the way, the the even if we think we are, it comes through in the way that we extend.

00:12:42 Sharon

So we want to be in the right head and heart space to extend another genuine invitation.

00:12:48 Sharon

Except they may not be ready.

00:12:49 Sharon

You may not actually be as ready as you think, by the way.

00:12:53 Sharon

And so that's something to consider with the timing of it.

00:12:56 Sharon

So be patient with the timing.

00:12:58 Sharon

Continue to invite a genuine invitation does not come to an end because you're having a moment or a feeling.

00:13:08 Sharon

Or hurt or angry, right?

00:13:10 Sharon

That's letting feelings take over relationship.

00:13:14 Sharon

So manage the feelings process and let them move through.

00:13:16 Sharon

You get back to that right head and heart space.

00:13:20 Sharon

And extend it again, extend it again and we say how many times. I don't know. How about we start with about 500.

00:13:31 Sharon

There's not an end point to an invitation, and so the idea of pursuing the healing and the relationship you want.

00:13:41 Sharon

Means you continue to forgive you, continue to extend.

00:13:45 Sharon

I hope this has been helpful.

00:13:48 Sharon

I hope it has gotten you thinking.

00:13:50 Sharon

I'm here to I both wanna in equal measure, support and challenge all that.

00:13:55 Sharon

This is kind of what I've got running through my head where I am feeling that challenge that.

00:14:01 Sharon

I want to acknowledge and not run away from.

00:14:05 Sharon

So here's the courage in your cup for the holidays coming up and into the new year.

00:14:11 Sharon

I love you guys.

00:14:12 Sharon

Keep pursuing purpose over perfection and I will see you.

00:14:15 Sharon

Next time, bye bye.

00:14:23 Announcer

You've been listening.

00:14:24 Announcer

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