

The Need to Be Seen and Fear of Exposure

Transcript

00:00:05 Announcer

Are you tired of chasing perfection and?

00:00:07 Announcer

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 with your host Sharon Smaga.

00:00:15

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.

00:00:44 Sharon

Good morning, everybody, and welcome back.

00:00:46 Sharon

This is Sharon Smaga and this is pop coach life for we are pursuing the art of purpose over perfection.

00:00:52 Sharon

I'm recording this audio and video for those of you that might be watching.

00:00:57 Sharon

Video, as is typical, I'm going to be working off some notes, so I hope that my checking in with those notes does not become a distraction to you.

00:01:07 Sharon

But thanks for being with me this morning.

00:01:10 Sharon

And I've had.

00:01:11 Sharon

A sticky note on my window next to me for about 2-3 weeks thinking about and really wanting to talk about the idea of exposure and being seen.

00:01:21 Sharon

And I get very.

00:01:23 Sharon

Excited about this topic because I think it's a.

00:01:27 Sharon

It's a really important core thing.

00:01:30 Sharon

For all of us in our day-to-day lives, relationships, our desire to be connected and to feel satisfaction in those connections and relationship.

00:01:41 Sharon

And also our fear of being open to that same connection.

00:01:48 Sharon

And so I call it exposure and being seen and sort of identifying those as competing interests that I think are really normal.

00:01:59 Sharon

And so when it comes to the idea of connection and relationship and intimacy, we sort of kind of bow in and back out, sort of like this.

00:02:08 Sharon

Right.

00:02:09 Sharon

There's one of the ways of thinking about in intimacy as it is a dance and there's times where we feel more connected or less connected or it's more frenetic or more of a relaxed pace.

00:02:22 Sharon

And that's really normal for intimacy and relationship.

00:02:25 Sharon

And one of the things that we deal with that I just want.

00:02:27 Sharon

To sort of.

00:02:29 Sharon

Expose, no pun intended, but just sort of label and maybe give a little bit of education about to help you understand that you struggle with internally is that being feeling exposed and wanting to be seen our competing interests and we run up against this frequently because I cannot be.

00:02:51 Sharon

Feel accepted and loved and connected unless I feel seen.

00:02:56 Sharon

The problem is in our vulnerability and security.

00:02:59 Sharon

The struggle is with feeling exposed or feeling raw or feeling too open and that sort of scares us, right?

00:03:08 Sharon

And that's that's pretty normal.

00:03:10 Sharon

So the trick is to kind of understand it so that you can make choices that are out of what you want.

00:03:18 Sharon

Versus out of insecurity or fear.

00:03:20 Sharon

And if you think about it, I'm going to read some information here.

00:03:24 Sharon

Like if you.

00:03:25 Sharon

Look up the definition of exposure, right?

00:03:28 Sharon

It's the state of being exposed to contact with something.

00:03:32 Sharon

It's the revelation of an identity or fact, especially in one that is concealed or likely to arouse disapproval.

00:03:42 Sharon

That second definition really, really struck me right.

00:03:46 Sharon

The revelation of an I of an identity or fact, especially the one that is concealed.

00:03:51 Sharon

So let's talk about.

00:03:52 Sharon

Concealment, right?

00:03:53 Sharon

We want to be seen, but we all have things that we conceal that we're maybe timid about sharing or afraid to share because we don't know.

00:04:05 Sharon

It's sort of like the age-old question of if you know this about me, can you still love me?

00:04:10 Sharon

Can you still respect me?

00:04:12 Sharon

Can you still accept me?

00:04:14 Sharon

And will you still approve of me as someone in your life?

00:04:17 Sharon

So the revelation of identity or fact, especially one that is concealed.

00:04:22 Sharon

Or and that's really caught me too guys, or likely to arouse disapproval because so often in in a healthy way, we are seeking approval to some degree, right, people who seek zero approval.

00:04:40 Sharon

Work against things in unhealthy ways and so somebody who goes to that extreme and doesn't care and breaks the law.

00:04:47 Sharon

Chronically, right?

00:04:48 Sharon

That that's not good.

00:04:50 Sharon

So it's not.

00:04:51 Sharon

Wrong that we're seeking approval to some degree.

00:04:57 Sharon

But are we seeking approval to the degree that we're not willing to arouse disapproval?

00:05:04 Sharon

Because sometimes.

00:05:05 Sharon

Is to stand in what is real and true and good and right.

00:05:10 Sharon

We have to say or question or act in ways that will arouse disapproval.

00:05:15 Sharon

Nobody is going to have approval from all the people all the time.

00:05:21 Sharon

I would actually argue if that is one of your expectations or you know somebody that you think has that that there is.

00:05:31 Sharon

That they're hiding or concealing a lot, or they don't feel the freedom to share freely who they are.

00:05:38 Sharon

Speak their minds freely.

00:05:40 Sharon

And so maybe on the surface they appear to be that person everybody likes and gets along with.

00:05:47 Sharon

But maybe it's because of what they aren't saying.

00:05:50 Sharon

OK, so nobody really, truly if you think about it, we all kind of rationally know this.

00:05:56 Sharon

I can't.

00:05:58 Sharon

I may be saying things right now that you, as a listener, do not approve of or don't agree with, and that's OK.

00:06:04 Sharon

I'm going to say them and.

00:06:05 Sharon

Wait, so when we?

00:06:08 Sharon

Exposure is in direct conflict with our our desire.

00:06:12 Sharon

We want to be seen because we being seen for who we are, all of it is part of acceptance and love and actual intimate connection.

00:06:20 Sharon

But then there's this competing interest of I want to be seen, but then I I feel like I'm going to be exposed and maybe.

00:06:29 Sharon

If I let you see me.

00:06:31 Sharon

I'm going to be exposed in that there's things I can't conceal or that I have to choose to stop concealing.

00:06:38 Sharon

You may not approve.

00:06:39 Sharon

I may arouse disapproval and sort of behind that lurks the fear of rejection.

00:06:47 Sharon

Right.

00:06:48 Sharon

So deep down or maybe more up on surface, some of you are more able to label it.

00:06:54 Sharon

You know we all.

00:06:55 Sharon

Kind of struggle with this.

00:06:57 Sharon

I want to be me.

00:06:58 Sharon

I want to be authentic.

00:06:58 Sharon

I want to be seen.

00:07:00 Sharon

But I also don't want to be rejected.

00:07:02 Sharon

I want some sense of acceptance in an intimate relationship or in my family or in my community or in my circle of people that I sort of, you know, that I run around with.

00:07:15 Sharon

So if you're.

00:07:17 Sharon

If if this makes sense to you, if this resonates, just know that it's normal to both want to be seen, but also to want to conceal, to be want to be accepted, but to also want to avoid disapproval.

00:07:31 Sharon

They're competing interests and.

00:07:34 Sharon

If you can sit with that and understand that one that makes you really normal, welcome, practiced humans trying to figure this out, but then you actually have choice, you can say these are my fears or my feelings.

00:07:51 Sharon

But I want that intimate connection more than I want to disconnect because I'm afraid.

00:07:58 Sharon

Hope this has been helpful information.

00:08:01 Sharon

It's really just I want to get you thinking about this.

00:08:04 Sharon

So the supportive part of this is it's really normal to.

00:08:07 Sharon

Struggle with this.

00:08:08 Sharon

The encouragement is grab hold of it, don't avoid and and think this through.

00:08:13 Sharon

Decide what's more important to you.

00:08:15 Sharon

Do you want to fear exposure or do you want to be able to stay concealed?

00:08:19 Sharon

Do you?

00:08:19 Sharon

Want to avoid disapproval?

00:08:21 Sharon

Or do you really want to be seen and have that connection and community and connectivity that you want?

00:08:28 Sharon

Because intimacy requires being seen, and that's what makes it really scary.

00:08:34 Sharon

So intimacy really is something you start with avoiding, and it scares you.

00:08:38 Sharon

It's normal, but you can't park there.

00:08:41 Sharon

And have the quality of life you're looking for, or the satisfaction in relationships.

00:08:46 Sharon

So the important thing is that we label that we know it.

00:08:50 Sharon

We make a choice we're conscious of.

00:08:53 Sharon

Then it's about our resiliency to rebound when we do experience disapproval or somebody does do something that embarrasses us or says something that maybe shames us or triggers shame in US and learning to manage all of that instead of shutting down and hiding again because we had.

00:09:14 Sharon

A difficult moment in a relationship, so it's our ability to sustain sort of feeling raw at times and This is why I think intimacy can feel so raw and so vulnerable and and scary at times.

00:09:28 Sharon

And it kind of is.

00:09:30 Sharon

But that also comes back to choose your people well, so we don't just show up in a group of our 10 best strangers, people we've never met and sort of expose ourselves and get really raw and to be seen.

00:09:44 Sharon

It's OK to gauge your audience or gauge the people you're with, but in your deepest intimate relationships, it should overall feel safe to be seen.

00:09:57 Sharon

And there should be acceptance of who you are and a person that is lovable and desirable, not because of a moment of something somebody doesn't like.

00:10:06 Sharon

You're completely rejected as a person.

00:10:09 Sharon

That's not healthy.

00:10:10 Sharon

Not OK.

00:10:11 Sharon

So hope it's been helpful.

00:10:13 Sharon

I hope I have challenged you and supported you in equal measure.

00:10:16 Sharon

I love you guys.

00:10:17 Sharon

Keep pursuing your purpose over perfection and have a beautiful day, and I'll see you next time.

00:10:22 Sharon

Bye bye.

00:10:29 Announcer

You've been listening.

00:10:30 Announcer

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