

## Audio file

[Understanding and Wisdom Audio Final.mp3](#)

## Transcript

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

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There is a better way.

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Welcome to the pop coach life.

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With your host, Sharon Smaga.

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Where we are.

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Pursuing the art of purpose over perfection.

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

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And joy, so buckle.

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Up buttercup, because here comes Sharon.

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Welcome back.

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This is Sharon Smaga and this is pop coach life for.

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We are pursuing the art of purpose over perfection.

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Welcome back, everybody.

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It's good to be with you this week.

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I think this is going to be a really short one, but I've been thinking a lot.

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Discernment, understanding wisdom.

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What do those things mean?

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What are we talking about?

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I think that a lot of the time, discernment is confused as judging or being judgmental of someone.

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And so I want to see if I can sort of clear up some of those ideas for us all.

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So let's start with understanding or or what we would call discernment.

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And that's sort of the ability to look at a situation going on and assess, evaluate sort of run it through different decision making processes in our head and see what we think is going on.

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I think healthy discernment understands that there is room for error in our interpretation, or, if you will, the sense data.

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The things we see here, you know, the things that are coming into us that they can be.

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Affected by our past experiences, whether or not we're tired, whether or not we're hungry.

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Believe it or not, so it can be affected by just kind of where we're at in real time.

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What we think, past experiences that can be affected by our expectations.

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But understanding or discernment is knowledge, its facts, its insight.

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So it's based on some element of truth and facts.

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It's not based just in feelings, it's in what we have insight about.

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So our insight can be limited according to our experiences.

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Our learning what we've done in life, depending you can have, you know, three people that observe the same interaction and depending on.

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Their insight will be impacted by what they know, what they've experienced in life, what they've actually done.

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So that's important to understand about understanding or discernment.

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Wisdom is knowing what to do with what you know, so that's a really interesting connection, right?

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So let me move my notes around here a little bit better guys while we're talking, but so wisdom is knowing what to do with what you know.

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So understanding or what you know, that's knowledge, facts, insight and then wisdom is knowing what to do with what you know.

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So it's sort of the how do I take.

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Action on it.

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How do I not take action on it?

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How do I and knowing what to do in that?

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And sometimes for somebody like me, because I'm very an extroverted processor, it means sometimes wisdom for me is shutting up and sometimes for some of you, it's going to be more about the speaking up.

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So first, make sure you understand.

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This is really huge because if you act on something you do not fully understand, you can really get yourself in hot water and you're not going to come off as being wise or having any wisdom.

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Wisdom is accessible.

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But just because you want it does not make it so.

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So we want to make sure that we understand check in with the other people involved.

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Check your filter your which is your experiences right?

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We kind of talked about that already.

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Check your feelings, feelings, skew facts.

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Let me say that again.

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Feelings skew facts and a skew right is to take it further away from what it is.

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In fact right, it pulls it away, it skews it.

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It changes how we see it.

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So you want to make sure you understand check in check in with other people involved.

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I don't mean by that.

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Go gossip and tell 25 people and get them to agree with you. That's not what we're talking about here. That's just recruiting right to our side. We're not talking about recruiting by but.

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Right.

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And venting and getting everybody's feedback based on just your version of what we're talking about, really the people that are involved that it affects.

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So check in with the other people involved.

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So if your child is being naughty per se and you think, oh, they're being naughty and they know better, and why did they do that?

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Check in with them.

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See if you can find out what's going on.

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Why did you do that?

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It could be something as simple as.

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Yes, they know they're not supposed to do it, but they forgot they just forgot.

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Or they're so excited in a moment they just blew right through the boundary.

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And I'm not saying don't deal with it, but I'm saying we want to have wisdom and how we deal with it.

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So checking in with the other people involved helps us do things wisely.

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Check your filter guys.

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Your experiences matter a great deal here.

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I've been in mental health for years, so if somebody gets really angry with me and sort of pops off, I don't tend to go straight to, oh, my gosh, what did I do wrong or Oh my gosh, they're being a turd.

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I tend to go to wow, they're upset.

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I wonder what they're upset about.

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Based on my experiences, I am less likely probably to personalize that behavior than some of you might be, because I'm sort of used to it right?

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I I've lived in this experience for years where people come in with very heightened emotions.

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If somebody is crying, I don't feel this immediate urge to fix it and think, Oh my gosh, what's wrong?

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I think, oh, they're expressing an emotion and that might be really healthy and I don't know what it.

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Is, so that's an example of where my experience is mean.

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I've noticed in the group setting in a small group setting I tend to have different responses to intense emotional expression than most of my friends do.

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I don't tend to feel pressured by it or like I've got to fix it or figure it out.

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That comes directly out of my experiences.

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Now if I am very tired.

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That can change that, right?

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That can skew that.

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More Speaking of skewing, check in with your feelings.

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Know where you're at, guys.

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This is so important.

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There are times if I am really overwhelmed, exhausted, feeling kind of down on myself, struggling through something and not feeling real positive.

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Sometimes I need to kind of pull in and I spend some time alone.

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I want to sort that out because that affects my feelings, right?

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If I'm feeling insecure, I'm going to respond to a situation or a person differently than when I'm coming from.

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A sense of security and feeling confident about where I'm at or what I'm thinking.

00:08:01

It's OK to check your feelings.

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Understand these skew facts.

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Not judge yourself for your feelings, but we also don't want to come too wrong.

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Understanding because of our feelings and we don't want to take our feelings out on each other as much as we can avoid that.

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We don't want to do that to each other, so if you've checked for understanding with other people involved, check your filter, which is largely about your experiences and your current state of sometimes your physical state of.

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I mean, you might.

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That's experiential, right?

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If I'm having, if I have chronic pain and this is a high pain level day, I'm going to have a very different perhaps view of some things that people are doing or saying it's going to affect how I see it and then check in with your feelings.

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Your feelings skew facts and I think that it's become sort of popular to base everything on your feelings and then trying to get reality to play out according to feelings.

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And I think it's much more important to check our facts, our understanding, because when we do that, our feelings can adjust and change.

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They move around, right?

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So depending on how I interpret a situation that's going to affect my feelings, I don't want to just act on feelings and then try to push.

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And cram understanding and the feelings we want to really be aware of our feelings and how they can skew the facts and what we're seeing versus what's really going on.

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Once you've really done that, and if this isn't, if this is new for you, obviously this is a very intentional process.

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You're going to have to step your way through.

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Learn to do it takes more focus.

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It takes more mental energy.

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It takes more time.

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Let it take the time it needs, I think in.

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Western culture, we feel rushed.

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And so we feel like we have to just fix things right away.

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We just have to click, click, get it done.

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I have to say it, I have to do it.

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I have to, right.

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I've got to fix it.

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You don't.

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It is OK, I think I stressed this in some of my other podcasts, and I cannot stress enough how OK it is to step away and take time to sort yourself out.

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So that you can respond in a way you want to and you'll be proud of instead of just reacting in a moment with all these mixed up feelings based on experiences, maybe misunderstanding, step back and give yourself time to process.

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It is not only OK, I would argue it's highly recommended.

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It's important that to do that and then, you know, understand, seek that wisdom before you act, seek to understand, then that's then in all capital letters seek.

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Then capital T Capital H, Capital E, Capital N Act do not act if you have not sought the understanding that'll get you in so much trouble acting out of reactivity is never wise.

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OK?

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If you have to make.

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In a in a moment, because there's an issue of real danger or real risk, or getting to a real need for safety, that's different.

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Our nervous system is wired to then react in a way that is protective.

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I'm not talking about that.

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I'm talking about our everyday life and engagements with one another and in the world.

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Get out of reactive mode.

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It's going to it's just not going to serve you well.

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It's going to damage you and the people around you and damage the very goals that you're trying to meet.

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The life you're trying to build.

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And then this other thought about that in terms of thinking about how to act on what you understand right, this is the wisdom part.

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Timing matters.

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Sometimes we figure out what we need to say or what we need to do, or what we need to refrain from acting on for a period of time.

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But to you, hearing all of that, how important the timing is.

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I can't tell you exactly the right time anymore than any of you could tell me this is the time you do this, Sharon, or don't do that or say this to that person or never say it at all.

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But I think that if you will TuneIn to the understanding more and more you will sort of naturally gain this wisdom about the timing because some some quick cheats on that is if the if you need to say something to somebody and clear the air and they're tired and exhausted and still stuck in their feelings.

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Or they're still upset with you about something that's not necess.

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That's not good timing.

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We're not even in the right part of the brain to to have that conversation.

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It may be something that you see going on.

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And but that person doesn't see it for themselves yet, and so they can't be receptive to the conversation.

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I think that's a situation where it's OK to wait for the right timing and the right tone.

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So how we go at this really does matter.

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I have to be so, so careful with tone.

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As you probably hear even in.

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The tone I'm using today, I'm pretty matter of fact I'm pretty direct.

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I can be pretty directive.

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So we you know, I'm in teaching mode right now.

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If I go to somebody in the right time, but my tone is off.

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If it's I'm trying to reconnect with you in relation.

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Chip and I try to turn it into a teaching.

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I go into my teaching mode tone that can and and I struggle with this.

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It can come across as very condescending, so timing and tone really matter as well.

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So I want to wrap up with this correct action coming from a place of wisdom makes you a good problem solver and reduces tension, reduces conflict, and the wrong kind of conflict.

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And can reduce anxiety and depression.

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Let me say that again.

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Let me read through that again for you guys.

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I think this is really important.

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So I'm saying understanding or discernment is.

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Knowledge, Facts, Insight, Wisdom is knowing what to do with that knowledge, facts and insight.

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The things that affect wisdom is that we seek, then act.

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That we that we know that reacting is never wise.

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So acting out of reactivity is never wise, and timing matters and tone matters.

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And when we put all that together and we learn to execute that.

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It leads to this, so I'm going to read it again.

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Correct action coming from a place of wisdom makes you a good problem solver, reduces tension, reduces conflict, reduces anxiety, and reduces depression.

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Hear that?

00:15:04

Listen to the episode again.

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If it helps again, a lot of information in a very short episode of the podcast.

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I also want to encourage you in that correct action coming from a place of wisdom also improves relationship increases.

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Warmth and affection.

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Increases a sense of connection and relationship, that thing, that sort of almost intangible, invisible string that connects us, that we're all looking for, because that's part of what gives us safety and security and helps us be nurtured and have a sense of community where we look after one another so.

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Knowing the right things, knowing what to do with what you know builds a lot of good things in your life and in your relationships and community.

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I hope this has been helpful.

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Please share it.

00:16:00

Please give me some stars.

00:16:02

Give me your rating.

00:16:03

Give me some feedback.

00:16:05

I would love hearing from y'all.

00:16:07

Please don't be shy about ever sharing podcast content.

00:16:11

Send the link.

00:16:12

I really just want to get information out and help people.

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This is not a monetary endeavor.

00:16:18

Me at all, so I hope this is helpful to you guys.

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I love you.

00:16:23

Keep pursuing purpose over perfection.

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We're a work in progress.

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Which doesn't mean we get to be bench warmers.

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It means we're working.

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But we are in progress.

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We're practicing good habits, good things.

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We are not trying to attain perfection.

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We just really want to genuinely embrace our purpose and learn to live out of that more fully.

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Love you guys.

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I will see you next time.

00:16:46

Again, this is Sharon Smaga.

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This is pop coach life for pursuing purpose over perfect perfection.

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Let me get my words out today and we'll talk again next week.

00:16:56

Bye, bye.

00:17:03

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