

I Want Your Good

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.

00:00:16 Announcer

Pursuing 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, so buckle.

00:00:27 Announcer

Up buttercup, because here comes Sharon.

00:00:43 Sharon

And Boyette ebene, I'll explain that in a moment.

00:00:46 Sharon

What I mean by that, but good morning again, this is Sharon Swagga and this is pop coach life pop stands for purpose over prop.

00:00:53 Sharon

Section and at pop coach slaves.

00:00:55 Sharon

We are avidly pursuing the art of purpose over perfection, purpose and 1st that we have a design and a reason for being here that is larger than us and more important and perfection.

00:01:08 Sharon

I'm going to label as the chronic pursuit of something that is based in comparison.

00:01:14 Sharon

And work and struggle and striving without understanding the purpose of that.

00:01:23 Sharon

So welcome back.

00:01:24 Sharon

Good to have you here again today.

00:01:27 Sharon

And Toyota Benny.

00:01:28 Sharon

Again, and I just learned that this morning.

00:01:30 Sharon

So if you speak Italian and I completely butchered that I appreciate your patience if you don't know better, you probably think I sounded really authentic and great.

00:01:39 Sharon

I'll take you there.

00:01:40 Sharon

One but boyaca bene means an Italian.

00:01:44 Sharon

As I understand it means I want your good.

00:01:48 Sharon

And I was listening to, UM, somebody else's material this morning and they had a guest speaker who shared that.

00:01:57 Sharon

And I thought, wow, that's really intriguing to think about.

00:02:01 Sharon

And he explained it as this is one of the.

00:02:03 Sharon

Ways Italians express love.

00:02:05 Sharon

And it got me to thinking, what if we really understood that?

00:02:10 Sharon

I want your good.

00:02:16 Sharon

I started started exploring that in my mind this morning.

00:02:20 Sharon

And I just want to share some things that I understand about love as sort of a baseline, that love is not a feeling.

00:02:27 Sharon

In fact, it's a verb.

00:02:29 Sharon

We love someone.

00:02:30 Sharon

We don't feel love, right?

00:02:33 Sharon

We choose to love, we take action.

00:02:36 Sharon

It's an action word.

00:02:37 Sharon

It's a verb.

00:02:38 Sharon

Sometimes I might feel more loving than others, but that's more of a description of my frame of mind, or maybe even my negativity, or I'm tired.

00:02:49 Sharon

Or so I maybe feel less loving versus.

00:02:53 Sharon

Maybe I've been setting up on this like I have this morning and I I kind of feel more loving, right?

00:02:59 Sharon

But that's about how I feel so.

00:03:03 Sharon

For those of you who have already thought sort of in that vein, that's still a feeling that's not actually the act of love, and it's OK to recognize what I feel more or less loving.

00:03:15 Sharon

In fact, it would be really important because that can affect how I act toward you or to someone in my life, right?

00:03:24 Sharon

And that's the verb part, the action part.

00:03:26 Sharon

So there are things that love is and love is not.

00:03:29 Sharon

So let's start with the nots.

00:03:31 Sharon

Love is not selfish.

00:03:33 Sharon

It's not out for self.

00:03:34 Sharon

It is not dishonorable.

00:03:36 Sharon

It does not seek to tear people down or embarrass them or humiliate them or expose them.

00:03:43 Sharon

It's not arrogant.

00:03:45 Sharon

It is not rude.

00:03:47 Sharon

It's not envious.

00:03:48 Sharon

It is not boastful.

00:03:50 Sharon

It's not irritable, it is not resentful.

00:03:53 Sharon

It's not controlling.

00:03:55 Sharon

It does not celebrate the downfall of others or rejoice in destructive behavior.

00:04:01 Sharon

It does not keep a list of offenses in my world.

00:04:04 Sharon

In couples therapy, we talk about this idea of Gunny sacking and so one of the rules of Fair fighting is that when you're fighting about something in the here and now, don't open up your gunny sack of all the things you've kept track of, that you think your partner.

00:04:20 Sharon

Was screwed up or done wrong or didn't show love.

00:04:24 Sharon

We call it Gunny sacking so love does not actually behave that way.

00:04:28 Sharon

It doesn't keep a list of offenses.

00:04:29 Sharon

It doesn't gunny sack.

00:04:31 Sharon

So if we're trying to settle something in the here and now.

00:04:34 Sharon

We don't sort of unload the gun on each other, if you will, so we don't open the sack and dump it at the person's feet and say, well, let me show you everything. I've kept track of that. You've screwed up or that that hurt me, OK.

00:04:48 Sharon

It is about what we bestow on others through our words and deeds.

00:04:53 Sharon

Again, it's an action.

00:04:55 Sharon

It's a verb.

00:04:56 Sharon

It must take action, so words without deeds is empty.

00:05:01 Sharon

There's an expression that.

00:05:03 Sharon

I really enjoy that.

00:05:05 Sharon

I don't know who might get original credit for it, but some of you will know it when I share it.

00:05:10 Sharon

It's been around for a really long time because it's very profound and it is this what you do speak so loudly that I cannot hear what you are saying.

00:05:20 Sharon

And that captures really beautifully and succinctly that.

00:05:25 Sharon

You can tell me anything, but if there's no action to back it up, it's not true.

00:05:30 Sharon

It's not real.

00:05:34 Sharon

Love takes action.

00:05:36 Sharon

OK, so if you've got words without action, you're not showing love, you can actually take action and demonstrate love without using words, right?

00:05:46 Sharon

If you play Secret Santa, we've got the holidays coming up.

00:05:51 Sharon

If you do decide to play Secret Santa for a neighbor who.

00:05:54 Sharon

Pulling or you pull a child's name off of a tree at your Civic Center or something like that.

00:06:03 Sharon

Doesn't really take words.

00:06:04 Sharon

You're not going to go to that person and directly express.

00:06:07 Sharon

I care about you.

00:06:09 Sharon

I love you.

00:06:09 Sharon

Or I want your good, but you are going to demonstrate that by choosing to take action on that.

00:06:15 Sharon

And meet a need in your community.

00:06:17 Sharon

So there's an example of love that can be action without words, but it can never be words without action.

00:06:23 Sharon

Guys love is.

00:06:25 Sharon

Here's some other things.

00:06:27 Sharon

It is patient.

00:06:29 Sharon

It is kind.

00:06:33 Sharon

And let me just address that.

00:06:35 Sharon

I think in our current culture, we often see truth as being unkind.

00:06:40 Sharon

And that's absolutely nonsense.

00:06:44 Sharon

OK, truth is.

00:06:46 Sharon

Not cruel. Cruel is just.

00:06:47 Sharon

Cruel, but truth delivered with kindness is actually a very loving.

00:06:53 Sharon

Thing so love is patient.

00:06:55 Sharon

It waits, right?

00:06:56 Sharon

It doesn't expect instant results.

00:06:58 Sharon

It's kind it's truthful.

00:07:02 Sharon

Ohh my gosh, it's love is very protective and a right and healthy.

00:07:07 Sharon

Way. As a widow, I really, really. This one always resonates with me right now that one of the things I most deeply miss is the way that my husband's love protected me.

00:07:19 Sharon

Right. So I tell couples too. Like it. It protects it. Don't expose each other's flank. Protect your persons flank.

00:07:27 Sharon

That goes for our kids.

00:07:28 Sharon

That goes for our.

00:07:29 Sharon

Friends, I think the truest friends know our weaknesses and don't flaunt them and don't embarrass us or call it out, you know, with arrogance.

00:07:39 Sharon

And they don't dishonor us.

00:07:40 Sharon

They protect our flank.

00:07:42 Sharon

They may come.

00:07:42 Sharon

They'll come to us and they're truthful about concerns, right?

00:07:46 Sharon

They don't ignore if there's a concern, but they're also protective.

00:07:51 Sharon

Love hopes it does not give up, hoping it trusts, and it perseveres, so it perseveres.

00:07:58 Sharon

And in do we, must persevere in doing good, one might say so.

00:08:03 Sharon

It doesn't give in easily.

00:08:05 Sharon

OK, so love is action.

00:08:10 Sharon

Words without action are not love deeds and were sorry, deeds and actions without words can demonstrate love and love is patient, kind, truthful, protective, hopeful.

00:08:25 Sharon

Trusting and perseveres.

00:08:29 Sharon

Love is action.

00:08:30 Sharon

It is a verb.

00:08:31 Sharon

It is about what we do, and to circle back to the idea of, I want your good.

00:08:39 Sharon

It always wants good for others when we are in a place of selfishness, in a moment where we are feeling envious and.

00:08:54 Sharon

Same thing, right?

00:08:55 Sharon

And various jealous.

00:08:58 Sharon

Wanting something for ourselves.

00:08:59 Sharon

Somebody else has thinking we deserve it more than somebody else does.

00:09:04 Sharon

That is not.

00:09:06 Sharon

A place where we're going to be able to demonstrate love out of that, though.

00:09:12 Sharon

But or those letting some of those feelings take hold of us in that way in a moment.

00:09:18 Sharon

So understand that nobody is always able to demonstrate love.

00:09:24 Sharon

In terms of, I want your good all the time.

00:09:26 Sharon

We all struggle with moments of selfishness and arrogance and rudeness and envy.

00:09:32 Sharon

Being boastful, irritable, resentful, controlling, all those things, some people.

00:09:38 Sharon

Sort of park there pretty.

00:09:40 Sharon

Permanently and may not be people that.

00:09:45 Sharon

You can trust, but you can still think about if that's somebody that's going to stay in my life, you know, how do I still show them love and how to how can I be kind patient but also truthful.

00:09:57 Sharon

See how that works?

00:09:58 Sharon

We don't have to sit here and pretend everything is OK to be patient and kind.

00:10:03 Sharon

We can be truthful, even with those people.

00:10:06 Sharon

That we feel are being rude or arrogant toward us.

00:10:11 Sharon

So relationships also fail when we engage to get what we want instead of focusing on what we have to offer.

00:10:21 Sharon

And This is why, if you've listened to my podcast on relationship postures, this is another way to think about those where we can get in a little bit of trouble.

00:10:31 Sharon

Because if I live for South or if I engage to simply get what I want out of a relationship instead of with the goal of putting your needs in front of mine, then I'm engaging in an eye count.

00:10:46 Sharon

You don't count relationship posture, that's not loving.

00:10:51 Sharon

If I am letting you be arrogant, rude and controlling, and I don't speak up in kindness with truth and set a boundary, then I am engaging in a relationship posture of.

00:11:06 Sharon

I don't count you count.

00:11:08 Sharon

So that's another way to think of this.

00:11:10 Sharon

If you've listened to those, maybe go back and refresh if you haven't.

00:11:14 Sharon

Take a look at my relationship postures podcast.

00:11:17 Sharon

It's a series of four.

00:11:20 Sharon

But relationships fail when we engage to get what we want.

00:11:23 Sharon

Instead of focusing on what we have to offer, this is.

00:11:25 Sharon

A really important this.

00:11:27 Sharon

Is really the stuff life boils down to because life isn't about stuff.

00:11:32 Sharon

It's not about what we have.

00:11:34 Sharon

It's not about status.

00:11:35 Sharon

It's not about money.

00:11:36 Sharon

It's not about competition.

00:11:38 Sharon

It really boils down to.

00:11:41 Sharon

The state of our relationship.

00:11:44 Sharon

And if we lost everything tomorrow, this is one of my acid test questions.

00:11:49 Sharon

If I lost every all the stuff, the things that I had tomorrow, would I have a tribe?

00:11:55 Sharon

If you will, would I have people there to be there with me and that and help me through it so?

00:12:03 Sharon

So would I be content with the state of my relationship if I lost all my things?

00:12:09 Sharon

And if I can't say yes to that and a lot of the time I can say yes and sometimes I can't, sometimes I sit.

00:12:15 Sharon

And go uh oh.

00:12:17 Sharon

I'm in a no and why am I at a?

00:12:20 Sharon

Why would that not be enough?

00:12:22 Sharon

And what do I need to change?

00:12:24 Sharon

Why do I not have a yes to that question in my life? And that's really rarely about other people. It's almost, I would say 98%, the responsibility for the yes or no.

00:12:37 Sharon

And that land squarely in my lap, and it's my responsibility.

00:12:44 Sharon

I would also argue flounders, not talking about self esteem.

00:12:48 Sharon

I I struggle with that term because esteeming self is not love.

00:12:54 Sharon

I think that's actually arrogance.

00:12:57 Sharon

But if I understand that I have worth real inherent.

00:13:02 Sharon

Value is how I define worth, then I can also understand all of you, the people that I engage with, no matter how I feel about a person, every person has that same inherent value.

00:13:16 Sharon

It's inherent, and that's really important to understand about.

00:13:21 Sharon

And if so, self worth flounders when we live for self instead of outside of self, and in what we have to offer others.

00:13:30 Sharon

So what I'm most struggling with myself worth guys, I just to be really transparent.

00:13:36 Sharon

If I sit back and go OK, why am I in this space?

00:13:39 Sharon

Why do I not?

00:13:41 Sharon

Like I can label intellectually.

00:13:43 Sharon

I know I have inherent value as a human being, but if my feelings and my naked self talk are negative and in that place of, you know, what do you have to offer?

00:13:54 Sharon

What do you have to say? 25 people, other people have said it. And how come you're overweight and how come?

00:14:00 Sharon

You look like this.

00:14:02 Sharon

How come you you know, how do you expect the relationships you want when you can't always step up to the plate and be perfect?

00:14:11 Sharon

All those negative things?

00:14:14 Sharon

When I'm in that space, I'm usually pretty disconnected.

00:14:23 Sharon

The people in my life in some way I have disconnected and may not have even realized it till I land in this place, because when I am sitting in a place where even right now recording content that it genuinely is coming out of a place.

00:14:39 Sharon

Of trying to help.

00:14:40 Sharon

You when I am at actively.

00:14:43 Sharon

Coaching and trying to help people sort out.

00:14:48 Sharon

Barriers and find solutions and grow in their lives.

00:14:52 Sharon

When I am engaged in activities with friends and family.

00:14:57 Sharon

And focus on what I can do for them and how I can love them.

00:15:03 Sharon

My sense of worth is very stable in that, for lack of a better way to say it, I start to flounder when I disconnect from when I stop thinking about what I have to offer.

00:15:17 Sharon

And even subconsciously, if I get caught up in what I want and what I think I deserve, or what I wish for, and in the absence of understanding that my larger purpose is in what I have to give an offer to others.

00:15:33 Sharon

So I'm going to argue that our purpose must be tied to what we have to offer the world.

00:15:39 Sharon

It's grounded in our teleological narrative, so teleological narrative and narrative is the story or the meaning.

00:15:46 Sharon

We give something in our heads.

00:15:49 Sharon

Teleological is about our design and purpose in the world and a focus on how.

00:15:54 Sharon

Experiences and phenomena serve a purpose versus focusing on trying to determine the cause of a phenomenon which really might be never known or understood.

00:16:07

Right.

00:16:08 Sharon

That's another place that I can get really shaky.

00:16:12 Sharon

Instead of feeling grounded is when I'm trying to figure out, well, why, why isn't that person talking to me, or why why did that person, you know, why was it their time to go?

00:16:24 Sharon

And why do I have to live without them here?

00:16:29 Sharon

When I get caught up in those wise the how comes, which is really normal.

00:16:33 Sharon

When we go through crisis, death, loss, grief, all of those things we can get really lost in that.

00:16:39 Sharon

So teleological approach would be we focus on trying to.

00:16:47 Sharon

Understand how those experiences and phenomena serve a purpose.

00:16:52 Sharon

So letting go of the why the how come and again finding purpose for those events in our lives or those experiences.

00:17:01 Sharon

And then when we put that together?

00:17:04 Sharon

With understanding that we have a purpose, we have something to offer the world that's bigger than us and about more than us and more important than just us.

00:17:14 Sharon

It is not the absence of our value, it is our value.

00:17:21 Sharon

Being used to offer value to the world, if you will.

00:17:25 Sharon

For I hope I'm I don't know if I'm saying that as articulately as I could.

00:17:31 Sharon

So when we take our purpose and our value and we tie that to what we have to offer the world.

00:17:38 Sharon

Grounded in our teleological narrative.

00:17:41 Sharon

It is much easier than to live in the idea of love as I want your good.

00:17:50 Sharon

Because I know I have something to offer and therefore I come come out of a generosity that wants good for you.

00:17:58 Sharon

I want what is best for you and if you think about that amendment, there's I know as a parent right now I'm having a lot of conversations.

00:18:10 Sharon

Grounded in that idea, grounded in I want.

00:18:14 Sharon

What is good?

00:18:16 Sharon

For having a lot of those conversations, sorry, with my youngest who just went off to college.

00:18:23 Sharon

I feel that way for my oldest son.

00:18:25 Sharon

I feel that way for his wife.

00:18:27 Sharon

I feel that way for.

00:18:30 Sharon

My brothers and sisters, in terms of family, even what we call down here in the Southwest fictive kin.

00:18:40 Sharon

So I have a nephew that I'm not blood related to, but I want his good.

00:18:45 Sharon

I want good for others that has to come out of a place of generosity.

00:18:51 Sharon

So it can't come out of selfishness, control, or competition.

00:18:56 Sharon

So in the name of wrapping this up and not circling around it three more times, which I have a tendency to do, I'm just going to land on this.

00:19:05 Sharon

I want your good.

00:19:08 Sharon

Love is not a feeling, it's a verb, and love wants good things for other people.

00:19:12 Sharon

It's not selfish.

00:19:15 Sharon

And our purpose is tied to this and it must be tied to what we have to offer the world grounded in our teleological narrative.

00:19:23 Sharon

So it's really important to think about this and know where you stand.

00:19:28 Sharon

If you think love is about getting what you want and can out of other people for in a relationship.

00:19:35 Sharon

That's not actually love that's wanting to be loved, and it's so there's nothing wrong with wanting to be loved if nobody wants to be loved, then I don't have anybody to give love to.

00:19:49 Sharon

But if wanting to be loved is your only focus, then it's maybe time to consider.

00:19:56 Sharon

Stepping into a more mature way to love.

00:20:00 Sharon

By understanding very concretely what love is and even to some degree, what it's not.

00:20:06 Sharon

So I hope this is helpful.

00:20:07 Sharon

I love you guys.

00:20:08 Sharon

Keep pursuing your purpose over perfection.

00:20:12 Sharon

Let me unabashedly and without shame.

00:20:17 Sharon

Ask you again, I usually forget to do this, but if you would go into if you're listening to this podcast, please rate me.

00:20:24 Sharon

Leave a review.

00:20:25 Sharon

You let it be an honest one.

00:20:28 Sharon

It doesn't have to be a good one.

00:20:30 Sharon

Say how you what you really think, but please leave a review.

00:20:34 Sharon

Hit the bell wherever you're listening.

00:20:36 Sharon

If you're on YouTube, you know, ring my bell.

00:20:38 Sharon

If you will.

00:20:39 Sharon

Please hop on.

00:20:41 Sharon

If you're not following.

00:20:42 Sharon

That's helpful on social media.

00:20:45 Sharon

I'm really trying to get my Instagram account.

00:20:47 Sharon

Moving and grooving a little bit, my Facebook seems to be just sort of naturally growing more quickly, so I would like to boost up that Instagram.

00:20:56 Sharon

I appreciate you guys.

00:20:57 Sharon

I appreciate you taking the time to listen to what I have to say and I always my hope and prayer as it is truly, genuinely.

00:21:05 Sharon

Beneficial in some way to you that it encourages and challenges you in equal measure.

00:21:09 Sharon

Take care and I'll see you next.

00:21:11 Sharon

Time. Bye bye.

00:21:17 Announcer

You've been listening to the pop Coach Life podcast to catch all her past shows. Go to www.popcoach.life.