

Shame and Blame Pendulum

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.

00:00:41 Sharon

Hey there and welcome back.

00:00:43 Sharon

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

00:00:46 Sharon

We are pursuing the art of purpose over perfection.

00:00:49 Sharon

And I am.

00:00:50 Sharon

Back with my friend Sue and we have been sort of sitting here brainstorming some things to talk about today.

00:00:59 Sharon

Please welcome Sue back with me all and thanks for listening.

00:01:04 Sue

Yeah. Hi, good morning.

00:01:07 Sue

So I think it's always interesting with what you're focusing on and just kind of discussing different things that.

00:01:15 Sue

Run through both of our brains, but so it's like you know what's on our mind today.

00:01:21 Sue

And so today, we're kind of talking about multiple things, which led into things that are in our control and out of our control when it comes to blame and.

00:01:35 Sue

Which deals with other people.

00:01:37 Sue

And then shame, which kind of deals with the internal self putting things on ourselves.

00:01:45 Sue

So that's kind of where we were jumping into today is talking about blame and talking about shame and how those affect us and maybe a healthier way to think about those and.

00:01:56 Sue

Ways to make our lives a little healthier when it comes to.

00:02:02 Sue

Decisions that we are making are things that we that would make us, you know, maybe feel like we were in a position of feeling like we, you know, someone was blaming or or we're feeling like shame on ourselves for something that had happened.

00:02:16 Sue

And so yeah, so kind of jumping into that, I think we we were talking about.

00:02:25 Sue

You know the the idea that.

00:02:29 Sue

When dealing with blame that sometimes people are, you know, having gone through something and feel like the best way to deal with that is to put it out there, they have the only way that they feel like.

00:02:40 Sue

They can deal with it is to put.

00:02:42 Sue

Blame out there and have to assign that to someone else because the alternative.

00:02:46 Sue

Would be to have to.

00:02:48 Sharon

Look at look inside and see what was going on with them and so.

00:02:53 Sharon

Which often leads to shame.

00:02:55 Sharon

Which, like I'm thinking, even as you're saying that and putting that out there for a topic today, like my brain is going, Oh yeah.

00:03:02 Sharon

Because if we think those are our only two options, like ping pong, right, like.

00:03:08 Sharon

It sucks to live in the anger of always being upset with other people or villainizing other people because you blame them for where you're at here and now.

00:03:16 Sharon

It also stinks to pull that and put pour that all on yourself.

00:03:22 Sharon

It's almost like, you know, shame is blame, internalized or directed instead of me blaming you.

00:03:28 Sharon

I blame myself and I feel that shame for what I think I should have done, or I'm afraid people will find out I did, which actually I think that is that latter point is a large part of shame is when we're.

00:03:42 Sharon

We haven't walked through a process that lets us make peace with people.

00:03:48 Sharon

We need to to make things right and make peace with ourselves.

00:03:50 Sharon

So deep down, we're terrified of what other people might find out and what they would think of us, right?

00:03:55 Sharon

Or that they.

00:03:55 Sharon

Would blame us.

00:03:56 Sharon

So there's a I.

00:03:57 Sharon

Think there's a very intimate relationship with shame and blame?

00:04:02 Sharon

And if we think those are the only two options.

00:04:05 Sharon

What are we left with?

00:04:06 Sharon

Right.

00:04:06 Sharon

It's just this ping pong game.

00:04:08 Sharon

Like this month.

00:04:09 Sharon

I blame you and you have the problem.

00:04:12 Sharon

And and I may not tell you, but I'm doing that in my head.

00:04:14 Sharon

And now that now today, you know, because I hate feeling that way about you.

00:04:19 Sharon

Maybe I shame myself.

00:04:21 Sharon

And now that's sort of that self loathing.

00:04:24 Sharon

Anger turned at me.

00:04:26 Sharon

And self hatred because I blame me, right?

00:04:30 Sharon

So that sort of leaves us in a no win situation.

00:04:37 Sharon

So what are the options?

00:04:39 Sharon

Right?

00:04:40 Sharon

So I I say a lot to people that they're and and let me just be really clear up front that they're genuinely situations in which people are truly victimized by the behavior of another or the malicious intent of another.

00:04:56 Sue

Right.

00:04:58 Sharon

That is not what I'm talking about.

00:05:00 Sharon

Uh, when I say this next thing.

00:05:04 Sharon

So put that aside like those are real things that happen that we need to work through.

00:05:09 Sharon

We need to heal, right?

00:05:11

Right.

00:05:11 Sharon

So, but I want to talk in more general terms about sort of the culture of victimization.

00:05:18 Sharon

Like seeing oneself as a chronic victim, and that's a completely different issue.

00:05:24 Sharon

And I think that a lot of the time because we're not taught something healthier or different.

00:05:30 Sharon

We sort of naturally will gravitate toward we grew up with stories of heroes and villains and victims, right?

00:05:36 Sharon

And people needing to be rescued, and we can learn some things about right and wrong and human behavior and that so we're not going to.

00:05:43 Sharon

I don't want to throw that baby out of the bath water, but what we're often left with if we don't have this discussion is this idea that.

00:05:51 Sharon

If I don't feel good.

00:05:53 Sharon

When I'm around you, then you must be the villain.

00:05:57 Sharon

I'm the victim and now I need a hero to rescue me from you.

00:06:01 Sharon

And that's actually a really dysfunctional paradigm.

00:06:06 Sharon

That immediately creates what we call triangulation, right?

00:06:09 Sharon

So it actually breaks relationship in normative day-to-day where there's not actual victimization where you might actually need somebody to sort of heroically step in and be your advocate, right?

00:06:23 Sharon

Or defender or protector.

00:06:25 Sharon

Again, not what I'm talking about, but in day-to-day life.

00:06:30 Sharon

Then what if I'm struggling and maybe you said something.

00:06:36 Sharon

We're we're friends and maybe you said something that sort of hurt my feelings, but instead of having a conversation with you, I kind of walk away and go, oh, well, what was that?

00:06:45 Sharon

And what does she mean?

00:06:46 Sharon

And then maybe I go talk to our friend Lisa about it.

00:06:50 Sharon

Instead of coming to you, what I have now done is basically gone to Lisa as if I've been victimized in a subtle way by you.

00:06:59 Sharon

So that makes you the villain. And now Lisa's got to pick the team, if you will. I'm. I'm asking her to agree with me or to be my hero or my champion in it.

00:07:08 Sue

Yeah, or rally the troops that.

00:07:10 Sharon

Rally the troops?

00:07:11 Sharon

Yes, and I would actually argue that rally the troops dynamic when I feel the urge to rally the troops I already know.

00:07:21 Sharon

For y'all, for me, I already know.

00:07:23 Sharon

I'm feeling convicted about something.

00:07:25 Sharon

I don't want to deal with yet because I wouldn't want to rally the troops to be on my side if I was sure I was not.

00:07:31 Sharon

In the wrong, I wouldn't need to.

00:07:34 Sharon

So that's a whole nother dynamic around this, right?

00:07:36 Sharon

So if you're jumping to rally the troops because you somebody else is wrong.

00:07:43 Sharon

Uh, I I would encourage you to question, are you really maybe feeling convicted about something in your own behavior or you really already know you did wrong or said something you should have shouldn't have.

00:07:56 Sharon

And instead of just owning up and going to that person saying I wronged you or I'm concerned that I did, or have I offended you or hurt you.

00:08:03 Sharon

In some way we then we triangulate by going to other people.

00:08:08 Sharon

We present our version of it.

00:08:10 Sharon

Of course, where we tend to sort of edit soften Redux.

00:08:17 Sharon

Increase like we sort of.

00:08:19 Sharon

It's like working the soundboard like we're we're changing it just enough to sound a certain way and feel a certain way.

00:08:27 Sharon

And then we want them to agree with us so that we don't have to own up to our stuff in a sense.

00:08:32 Sharon

So there's that too.

00:08:34 Sue

And it's just it's.

00:08:36 Sue

I think what's interesting about this specifically to and the dynamic which you know we'll get into here and I'm I'm looking forward to like your input.

00:08:48 Sue

On the flip side of not having just blame.

00:08:51 Sue

Shame, but it's like a survival type.

00:08:55 Sue

You know you don't.

00:08:56 Sue

Want to feel?

00:08:57 Sue

And so the alternative is to try.

00:08:59 Sue

To shift it to say it can't be me.

00:09:03 Sue

So it's got.

00:09:05 Sue

You them. Whatever. Whoever.

00:09:05 Sharon

For them, or that institution or and then we.

00:09:08 Sue

You want to put the?

00:09:10 Sharon

Get these generalizations right?

00:09:14 Sharon

All women are mean or all guys are going to use you or all policemen are bad.

00:09:21 Sharon

If you're, if you're speaking in those generalizations or those very all or nothing kind of terms, if you're taking one situation with a person and generalizing it.

00:09:32 Sharon

To all people.

00:09:33 Sharon

Of their genre or whatever.

00:09:37 Sharon

You're you're in trouble.

00:09:39 Sharon

Yeah, that's the red.

00:09:42 Sharon

Something's going on.

00:09:43 Sharon

And you need to take, you know, at that point, we need to just be willing to be more self reflective and.

00:09:48 Sharon

Honest with ourselves.

00:09:49 Sue

Right.

00:09:50 Sue

And so I think that's where where it comes to, what is the healthy step there.

00:09:56 Sharon

So glad you and I have an answer and it's probably not going to be popular.

00:10:03 Sharon

I'm going to argue this today.

00:10:06 Sharon

I am going to, I'm going to suggest that.

00:10:11 Sharon

The option that we have that keeps us from sort of doing that pendulum swing between shame and blame that we consider the option of just sheer humility.

00:10:21 Sharon

So I call it for me, it's like I'm going to lay.

00:10:24 Sharon

Down my sword.

00:10:26 Sharon

I'm not going to fight.

00:10:28 Sharon

I want to just sit and be willing to sit in a in the humility of.

00:10:33 Sharon

What is mine?

00:10:35 Sharon

So if you and I have a problem, what is my part?

00:10:40 Sharon

What did I actually contribute to it?

00:10:43 Sharon

And that would.

00:10:44 Sharon

Include being willing to hear something from you if you came to me and said this really hurt.

00:10:49 Sharon

Me or I?

00:10:50 Sharon

I I truly was offended.

00:10:53 Sharon

And I don't mean the sort of normative, modern culture of everybody seems to be offended nowadays.

00:10:59 Sharon

I'm I'm talking about in a healthy relationship where I've truly done or said something that was offensive to you and and maybe I'm aware and maybe I'm not.

00:11:00

Right.

00:11:07 Sharon

But you took the responsibility to bring it my attention.

00:11:10 Sharon

I also believe that if I'm not sure and I'm concerned.

00:11:16 Sharon

Even if that person hasn't said it and and I recently did this and it's really hard guys, it's hard.

00:11:23 Sharon

It was scary.

00:11:24 Sharon

I went to somebody and said.

00:11:27 Sharon

Our communication has changed and I'm not sure what's going on.

00:11:32 Sharon

Have I hurt or offended you in some way and I get emotional thinking about it?

00:11:37 Sharon

I don't know if you guys can hear it.

00:11:40 Sharon

Sure you can see it.

00:11:42 Sharon

But it was so it takes such humility.

00:11:46 Sharon

And vulnerability and letting go of my insecurities, my fear of being rejected, my fear that I have screwed up to be willing to go to that person and and hear if I have.

00:11:59 Sue

Right.

00:12:00 Sharon

But it's the only way I know of guys to break out of that shame.

00:12:05 Sharon

Blame, pendulum swing or out of that cycle is just to be willing to be wrong.

00:12:10 Sharon

Be willing to be humble.

00:12:13 Sharon

Be willing to be vulnerable.

00:12:15 Sharon

Be willing to be authentic.

00:12:17 Sharon

Be willing to ask.

00:12:19 Sharon

And you know, instead of just defend, be willing to try to be open to what somebody else thinks or feels about you or something you've done without picking up your sword and fighting back or defending.

00:12:36 Sharon

And I and I'm not suggesting if somebody is genuinely attacking you.

00:12:40 Sharon

That you that you don't have the right to set a boundary, but this is not that, right? Like if somebody's coming at me, being verbally abusive.

00:12:51 Sharon

I'm not going to pick up my sword.

00:12:52 Sharon

I've I've just learned that in years of working in my field that it's of no value meeting your energy at that level.

00:13:00 Sharon

Is not going to help, but if I can calmly.

00:13:05 Sharon

Here, try to hear through even that attack and hear if there's something legitimate that I can connect with, but also at the same time to.

00:13:15 Sharon

Wow, sounds like you're really angry with me.

00:13:19 Sharon

Or feel hurt by me and I am trying to understand.

00:13:23 Sharon

But it's really hard because I feel like you're verbally just being so abusive right now or attacking me like to sit in that space is hard.

00:13:33 Sharon

But it's also really powerful.

00:13:37 Sue

And I I think exactly you know how you're talking about that approach and having the humility and and vulnerability to go and try and resolve it.

00:13:49 Sue

You know, that's the growth that you're looking for as just being a healthier human, healthier with your emotions to know that when.

00:14:03 Sue

There's, you know, there's this thing that has floated around.

00:14:08 Sue

About like what?

00:14:08 Sue

Is in your control and what's out of your control.

00:14:11 Sue

And so I think that that when you're looking at only shame and blame that that line is very blurred because it has to be.

00:14:20 Sue

You're trying to get control over something that isn't within your control, so you're blaming and trying to say like.

00:14:27 Sue

I'll feel better if I make.

00:14:28 Sue

It This person.

00:14:29 Sue

Fault or, you know, shaming yourself internally by not recognizing that something was out of your control.

00:14:37 Sue

And so by taking that healthier approach of saying, you know, I'm going to have the humility to try to boil this down.

00:14:44 Sue

You're saying you have a what is in your control, is how you respond to something.

00:14:51 Sharon

And I want to react that guys, I think that our humanity is we want to react like I'm I'm a little.

00:14:56 Sharon

I'm a little half pint kind of chick.

00:14:58 Sharon

I'm not very big and everybody likes to tell me how cute.

00:15:01 Sharon

I am and bubbly and I.

00:15:03 Sharon

Like I can kill you with my.

00:15:05 Sharon

Eyes. You know what?

00:15:06 Sharon

I mean, like, I'm really spunky.

00:15:09 Sharon

I'm a fighter.

00:15:10 Sharon

I I will stand in the gap to defend somebody I love, but I don't want to live my life fighting, so it takes a lot of self-discipline. Self reflection.

00:15:23 Sharon

To really engage at that level with people, because I'm not, I could be pretty bold.

00:15:32 Sharon

Old I'm a fighter and that's not a bad thing, but if it doesn't have healthy boundaries, it becomes a tool that destroys instead of protects and builds up.

00:15:44 Sharon

So we we kind of have to fight against our natural instincts to get to this place, which I think also comes with recognizing.

00:15:52 Sharon

What we have control of what we don't.

00:15:56 Sue

And just repeating that to ourselves of like is this really because I do think that that tendency?

00:16:03 Sue

The reaction tendency and the blame and shame is something that is just like a a path of least resistance.

00:16:10 Sue

It's an easy thing for us to fall into, and it does take.

00:16:14 Sue

Stepping out of that into sort of a more awkward place of.

00:16:19 Sue

It's very awkward, you know.

00:16:21 Sue

Oh, for like you, you just.

00:16:22 Sharon

Yeah, we, we cannot.

00:16:24 Sharon

Not that that was double negative that cannot be highlighted enough how awkward.

00:16:31 Sharon

I actually recently had somebody come and tell me that you know you said.

00:16:35 Sharon

This to me.

00:16:36 Sharon

And whether you know true or not and and it was truth, I was speaking truth but and and I'll man this will stick with me forever moving forward.

00:16:46 Sharon

And I pray that it will shape me and I learn from it they.

00:16:48 Sharon

Just very gently said.

00:16:51 Sharon

It felt almost cruel the way that you said it, and I was just like, I felt like somebody taking a teeny tiny sword and just stabbed it in my gut 100 times. Like it was that painful for me.

00:17:03 Sharon

It hurt to think that I had hurt that person that way.

00:17:07 Sharon

And then I'm sitting with.

00:17:08 Sharon

I'm so glad they felt like they could speak up.

00:17:11 Sharon

I'm so glad they did speak up because that person could have gone to five other people and said, Oh my gosh, let me tell you what Sharon did.

00:17:19 Sharon

And she says, horrible friend.

00:17:21 Sharon

And they had the grace and the presence.

00:17:24 Sharon

To just say.

00:17:27 Sharon

I'm not going to say you're wrong or that I didn't need to hear it, but the way you did it felt almost cruel and I just had to.

00:17:33 Sharon

Sit with that.

00:17:34 Sharon

You would have that awkward right?

00:17:37 Sharon

And then I had to make a decision.

00:17:38 Sharon

Do I let that shame me and I turn tail and run and disconnect from the person?

00:17:45 Sharon

Do I try to find a way to defend it?

00:17:48 Sharon

It's subtle, but manipulative, like what am I going to do with this?

00:17:51 Sharon

And I just thought.

00:17:55 Sharon

They just came to me.

00:17:56 Sharon

And said it.

00:17:58 Sharon

I have so much respect and admiration for that and we were able to talk it through and talk about, you know.

00:18:07 Sharon

And she was so gracious about it that it just about broke me emotionally in a good way.

00:18:12 Sharon

When I say that guys like like in a good way, it was just like because then you know, she brought the grace into it.

00:18:17 Sharon

And I think you were struggling with this and that affected it. And I'm like, you know, and I tend to be, this person's like well it.

00:18:24 Sharon

Shouldn't have, you know.

00:18:25 Sharon

But I sat with that and.

00:18:27 Sharon

She's been gracious.

00:18:28 Sharon

Will you deny the grace?

00:18:31 Sharon

So everything about it was awkward.

00:18:34 Sharon

It was awkward.

00:18:35 Sharon

It was scary.

00:18:36 Sharon

It's what I call emotionally just bare naked.

00:18:40 Sharon

And but what made it powerful, and what made it work and what allowed us to to work it through and stay connected and reconnect and actually have?

00:18:51 Sharon

Potentially deeper relationship as a result is that we both were willing to be that vulnerable.

00:18:57 Sharon

And just talk it out, yeah.

00:19:01 Sharon

Instead of going to the blame and shame, right?

00:19:04 Sharon

But it's awkwardness.

00:19:05 Sharon

I'll get out.

00:19:09 Sharon

I could do it 100 more times and.

00:19:12 Sharon

Like maybe it would feel more normative, but I think it would.

00:19:15 Sharon

Also, I think it's always going to feel awkward because we are being so vulnerable and that's kind of scary.

00:19:22 Sharon

And when we do that, when we're being that open with each other, we're really putting ourselves on the line in the relationship.

00:19:30 Sharon

Right.

00:19:33 Sharon

But what that also makes us?

00:19:36 Sharon

Is that well, that also makes us very courageous.

00:19:40 Sharon

And that's the kind of thing I want to fight for.

00:19:43 Sharon

I don't want to pick up my sword against other people.

00:19:46 Sharon

I want to lay it down.

00:19:48 Sharon

What I want to fight for is the vulnerability, the courage it takes to be who we are, to be seen and known fully, the good, the bad and the ugly about us, and to still know we can be loved and accepted and wanted that.

00:20:00 Sharon

OK.

00:20:01 Sue

Yeah, because the end result is.

00:20:05 Sue

Health of relationship and of self.

00:20:09 Sue

And you know, that's what, you know the.

00:20:14 Sharon

Yeah, because we can be around people and still feel lonely and alone, right?

00:20:21 Sharon

So until we take the risk of being vulnerable, of letting it be awkward to sort stuff out, you and I have done it in more minor ways than the example I just gave, and it felt awkward to me.

00:20:36 Sharon

It just felt.

00:20:42 Sharon

It's a simple concept, but it can't be really difficult to do because really what I'm doing is saying I need to speak into this.

00:20:52 Sharon

And are you still going to like me?

00:20:55 Sharon

It's sort of right back to grade school, right?

00:20:58 Sharon

Are you still going to like me?

00:20:59 Sharon

Are you still going to want to be my friend?

00:21:01 Sharon

Are you still going to want to help me out with the project or be around me?

00:21:04 Sharon

Like if I say the things or ask the things or.

00:21:09 Sharon

So that's what makes vulnerabilities so doggone hard is because instead of manipulating to get what I want from somebody, I'm being open to, I want to be around you.

00:21:20 Sharon

I want to spend time together.

00:21:21 Sharon

I want to share a part of my life with you and.

00:21:23 Sharon

Have you share with me?

00:21:26 Sharon

And that means we have to risk the number.

00:21:30 Sharon

We have to risk the ASK and we might get a yes and we might get a no and I think that's.

00:21:34 Sue

Because that's well, because that is, you know, we want to step forward and things that we can control.

00:21:34 Sharon

Why we avoid it?

00:21:41 Sue

I think that's a normal, you know feeling and we can't control how somebody is going to respond.

00:21:47 Sue

Yeah, but we can't control our behavior and our our choice on humility and how we're going to approach that.

00:21:54 Sue

And having the then you know, like you said you had.

00:21:58 Sue

You were receiving feedback, but knowing that you had a choice of saying, OK, do I let negative self talk take over and manipulate this within my own brain or do I say OK, I'm taking that as feedback.

00:22:14 Sue

And I'm going to hear what she's saying.

00:22:15 Sharon

And I had to sit with that and and I'll be the first to tell you that if I'm going to be.

00:22:21 Sharon

My goal on all of these is to really be honest and open with people, so I'm going to be the first to say, record it on a podcast that I have the ability to almost be a surgeon with truth, and as long as I've got enough grace in that moment, it's really effective.

00:22:37 Sharon

But it was clear to me by her feedback that I had not exercised.

00:22:41 Sharon

Grace and he will measure with the.

00:22:42 Sharon

Truth and that is cruel.

00:22:45 Sharon

I didn't intend to.

00:22:46

Right.

00:22:47 Sharon

But that does mean not mean.

00:22:50 Sharon

And and I really appreciated that she was willing to consider my intention.

00:22:55 Sharon

Versus the delivery in that moment because I can't live up.

00:23:00 Sharon

To the standard I want for myself all the time, let alone that anybody.

00:23:02 Sue

Yeah, right, I mean.

00:23:03 Sharon

Else wants me to.

00:23:06 Sue

You know, welcome to human life.

00:23:08 Sharon

That's too messy for that, so it's really kind of an amazing thing that.

00:23:17 Sharon

And if we're, and if we can get there, if we can walk that in those moments together, we we can.

00:23:24 Sharon

All grow from it.

00:23:26 Sharon

And I think that's pretty exciting, but I have to be willing to quit trying to control the narrative because that's another thing we like to control.

00:23:33 Sharon

The story, the narrative, and in that moment I have to sit with that and go, am I going to try to control this narrative?

00:23:40 Sharon

Or can I just hear what this person is saying and let it penetrate and and let my heart feel the hurt that I unintentionally, absolutely, unintentionally, but nevertheless caused her?

00:23:53 Sharon

In a moment.

00:23:56 Sharon

But then see the thing about that is suddenly in that we are connected, aren't we?

00:24:02 Sharon

You know, and while I try to control the narrative, even with her or will I just go?

00:24:08 Sharon

I am like and I think I said something like I was.

00:24:11 Sharon

Just like and I I was.

00:24:12 Sharon

Just kind of like I am so sorry because that's never I don't.

00:24:16 Sharon

Want to hurt?

00:24:16 Sharon

You I don't ever want you to walk away from a conversation with me.

00:24:21 Sharon

Wounded by me because we all have enough wounds for walking with, like.

00:24:28 Sharon

And I'm sorry and I know that things I said were accurate and true.

00:24:34 Sharon

But I don't.

00:24:35 Sharon

Want to hurt?

00:24:36 Sharon

I'm not out to hurt you like truths.

00:24:38 Sharon

Should be encouraging.

00:24:40 Sharon

Like when we speak truths into each other's lives.

00:24:43 Sharon

I'm not saying you could.

00:24:45 Sharon

You're you're going to speak.

00:24:46 Sharon

Truth in my life and.

00:24:47 Sharon

I'm gonna be like, oh, that's wonderful.

00:24:49 Sharon

And you know, some theme song will play in the background and we'll hug and I'll thank you.

00:24:53 Sharon

Sometimes when you go.

00:24:56 Sharon

I know you're right, and I hate you right now for saying that to me, but that's that's on my end.

00:25:02 Sharon

Maybe going out that truth hurt.

00:25:05 Sharon

What this person was saying was you hurt.

00:25:09 Sharon

And that broke my heart in the moment.

00:25:11 Sharon

A little like I don't want.

00:25:12 Sharon

To be somebody.

00:25:14 Sharon

I want to be somebody who helps exhort with truth.

00:25:20 Sharon

But we've got to.

00:25:23 Sharon

Like I can't even imagine if she had just carried that and never come to me with it.

00:25:28 Sharon

The amount of damage that would have done to her to us like.

00:25:38 Sharon

So this is really important stuff.

00:25:42 Sharon

And I guess it does really kind of sit with what are you going to let go of that you can't control?

00:25:47 Sharon

What can you control?

00:25:51 Sharon

And I can control my willingness to be humble enough in a moment to say I am.

00:25:56 Sharon

So sorry, you're right.

00:25:57 Sharon

I hurt you.

00:25:59 Sharon

Or to be vulnerable enough to say.

00:26:03 Sharon

I hear that you're angry at me.

00:26:06 Sharon

But I need to set this boundary for the conversation about it or for me to go to somebody and say.

00:26:12 Sharon

Hey I'm struggling with this.

00:26:15 Sharon

Can we talk about it like it takes a lot of courage to go to somebody and say you hurt me.

00:26:21 Sharon

You wounded me.

00:26:22 Sharon

Not to just go on this attack or public offensive.

00:26:27 Sharon

Right?

00:26:28 Sharon

Like we're so quick now to.

00:26:31 Sharon

I mean, it's popular right now to shame people.

00:26:34 Sharon

If you think about it culturally.

00:26:37 Sharon

It's very popular and I can only say to anybody who's listening to me, I can't encourage you enough to not participate in the shaming culture, to step back and examine.

00:26:48 Sharon

Would you want that?

00:26:49 Sharon

I wouldn't want that done to me, so I'm not going to do that to somebody else.

00:26:53 Sharon

I mean, we're we're going to the extent of deep platforming.

00:26:58 Sharon

Because I don't like something you said.

00:27:03 Sharon

And that's kind of sad to me because I think that.

00:27:07 Sharon

We ought to be willing to be challenged.

00:27:10 Sharon

We ought to be.

00:27:11 Sharon

Humble enough to be willing to be challenged in what we think and believe.

00:27:18 Sharon

Then maybe we got to change.

00:27:20 Sharon

But I think we ought to be willing.

00:27:21 Sharon

To hear it out.

00:27:23 Sharon

So did I answer the question.

00:27:26 Sue

I think so.

00:27:27 Sharon

Sometimes I wonder that we get in so.

00:27:28 Sue

I don't know.

00:27:28 Sharon

Far into it.

00:27:29 Sue

I will have to go back and listen.

00:27:29 Sharon

I'm like, did I answer the questions you asked me for this podcast?

00:27:35 Sharon

Well, y'all, thanks for listening.

00:27:38 Sharon

I hope that the the honest conversations that Sue and.

00:27:41 Sharon

I have together.

00:27:43 Sharon

Sitting on this little couch of mine, you know.

00:27:47 Sharon

My hope and prayer is that it's helpful to anybody who's listening that whether it frustrates you.

00:27:54 Sharon

Gives you a sense of calm.

00:27:57 Sharon

You know that in whatever way you receive it, that you let it challenge you and question your own beliefs and wonder things for yourself and that you let it help you grow.

00:28:09 Sharon

I think that the minute we stop trying to grow is we stopped.

00:28:14 Sharon

And so I hope this is helpful.

00:28:17 Sharon

I hope it challenges you.

00:28:18 Sharon

I hope it encourages you that it's always my goal at the end of the day that you are both encouraged and challenged.

00:28:23 Sharon

Thank you for listening.

00:28:24 Sharon

Please hop on if you enjoying the podcast, please leave a review.

00:28:31 Sharon

Hit me on social media.

00:28:32 Sharon

I'm still trying to build.

00:28:34 Sharon

Again, my Instagram following my Facebook seems to just have a life of its own at this.

00:28:39 Sharon

Point, but I really would like to beef up the Instagram account and follow her.

00:28:43 Sharon

So please if if you could take a moment, if you haven't, go on and like and follow.

00:28:47 Sharon

And if you if you listen on YouTube, bring the bell or all the things that I can never keep up with, I am not just on Facebook, Instagram.

00:29:00 Sharon

And Twitter and YouTube.

00:29:02 Sharon

Now I'm also doing getting rolling on some other social media, so I'll keep you all posted on that where you can also follow in other areas that maybe you're doing more of your social media.

00:29:14 Sharon

But again, thank you for listening.

00:29:16 Sharon

I hope it's been helpful.

00:29:18 Sharon

I love you guys.

00:29:19 Sharon

Keep pursuing your purpose.

00:29:20 Sharon

Over your perfection, and I wish you well in that venture.

00:29:24 Sharon

Take care and we'll see you next time.

00:29:31 Announcer

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