

Face It 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

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

Good morning.

00:00:43 Sharon

This is Sharon Sauga and this is pop coach life and welcome back.

00:00:48 Sharon

It's good to be here with y'all.

00:00:50 Sharon

I'm kind of running in last minute and setting up, so bear with me.

00:00:55 Sharon

I wasn't planning to record this morning.

00:00:57 Sharon

But I had an opportunity and wanted to get on and and present some content that's been really just to heavy on my mind, so.

00:01:06 Sharon

This is pop.

00:01:07 Sharon

Coach life again, where we are pursuing the art of purpose over for perfection.

00:01:12 Sharon

That's why I call it pub coach life and I wanted to talk to you all today a little bit about facing things.

00:01:20 Sharon

So I've titled this one face it, which almost sounds like to me.

00:01:26 Sharon

It almost feels like a curse word.

00:01:27 Sharon

One of the F words right face it.

00:01:29 Sharon

It's really hard.

00:01:30 Sharon

It's it's very hard to do.

00:01:32 Sharon

It takes a lot of courage to face things in our life.

00:01:36 Sharon

And it takes a willingness to engage in some level, often not always, but often of some conflict.

00:01:43 Sharon

Saying things we're afraid to say, asking hard questions, getting maybe that, you know, the pushback, anticipating pushback that makes us nervous that we're not comfortable with.

00:01:54 Sharon

Sometimes it means we.

00:01:56 Sharon

May have to make a decision.

00:01:58 Sharon

That we know in our intellect, we need to make, but emotionally we're really afraid.

00:02:03 Sharon

To face it.

00:02:04 Sharon

All of these things are are really normal.

00:02:07 Sharon

But what I want to propose to you all this morning is that you can't manage things that you're denying, minimizing, or ignoring what happens.

00:02:19 Sharon

That what's the cost and I would argue the cost of.

00:02:24 Sharon

Denying, minimizing or ignoring, I'm looking off some notes here.

00:02:27 Sharon

It is much more costly than to face it and face the conflict to face a hard decision to face.

00:02:35 Sharon

Maybe letting go of something or someone in your life that it's just time to let go of.

00:02:41 Sharon

And our tendency is we sort of.

00:02:44 Sharon

Act like it's not there.

00:02:45 Sharon

That's the denial.

00:02:46 Sharon

If I just ignore it, if I just keep going, maybe it'll kind of work itself out.

00:02:52 Sharon

And you know, I think in some situations in life maybe maybe every once in a while that can happen, it sort of works itself out if you'll give it some time, timings, everything and.

00:03:02 Sharon

I get that guys.

00:03:04 Sharon

And my husband, my late husband, was very good at sort of waiting things out at times in a way that I was not.

00:03:12 Sharon

And I learned from him.

00:03:14 Sharon

That there is an art to the timing.

00:03:17 Sharon

Sometimes it's about giving people space and room to breathe and a chance to figure things out on their own and come to you with that.

00:03:24 Sharon

So that can be held.

00:03:26 Sharon

But we're talking about situations where maybe that has not been the case.

00:03:30 Sharon

That has not worked, that has not been functional, but you're still kind of sitting in the if I hide and I just ignore it, deny it, maybe it'll go away if I ignoring, it's not the right word.

00:03:43 Sharon

If I deny it, if I kind of act like.

00:03:46 Sharon

It's just not there and so I want to encourage you.

00:03:52 Sharon

You know, if you've got usually in that those situations, I don't know about y'all.

00:03:55 Sharon

I've got friends that.

00:03:56 Sharon

Will kind of.

00:03:58 Sharon

Gently hint at first.

00:04:01 Sharon

Maybe start to get a little more direct overtime.

00:04:07 Sharon

I have people in my life that at some point, if they think I'm just letting it drag out, they just kind of lay it out there, which I it's a little out to you, but I've really come to appreciate.

00:04:18 Sharon

So if you're in denial, look, and you're wondering if you are.

00:04:22 Sharon

Look around at.

00:04:24 Sharon

What's the feedback you're getting from people that you trust?

00:04:29 Sharon

Whether it's indirect or very direct, or somewhere in between, and it's consistent from multiple people, you might really want to take a look at that.

00:04:38 Sharon

That might be an indicator you're sort of.

00:04:39 Sharon

In that denial spot.

00:04:42 Sharon

The other thing we tend to do is minimize.

00:04:44 Sharon

Right, I call it.

00:04:45 Sharon

The let's turn the mountain into a molehill and pretend everything's fine.

00:04:48 Sharon

Or let's take that red light in a relationship or a friendship and pretend that it's not a deal breaker.

00:04:55 Sharon

Let's let's minimize it to like a yellow light.

00:04:58 Sharon

Proceed with caution.

00:05:00 Sharon

And yes, there are lights and relationships.

00:05:02 Sharon

If you don't y'all don't know that we'll talk about that sometime.

00:05:05 Sharon

So minimizing is sort of taking the issue as is and and I'm not suggesting you take something small and maximize it either on the other end, we don't want to turn molehills into mountains either.

00:05:17 Sharon

Not healthy, not helpful, not functional.

00:05:20 Sharon

But when we minimize, it's when we're trying to sort of avoid facing the reality of something in our lives and we tend to make it less than what it is or we tend to.

00:05:35 Sharon

UM, sort of put ourselves down as if you know, I'm just overreacting. Their behavior is not that.

00:05:42 Sharon

Big a deal.

00:05:44 Sharon

That's another way we minimize we sort of put ourselves down or act like it's our problem or we take it on for someone else and and often in those relationships.

00:05:55 Sharon

I would say you know that that person may be helping with that process and encouraging us to do that, no doubt.

00:06:01 Sharon

So minimizing is taking something.

00:06:05 Sharon

We need to deal with and just shrinking it down to something and pretending it's not worth dealing with those things that you take and let build up over time.

00:06:16 Sharon

And minimize.

00:06:18 Sharon

It's only a matter of time down the road, and it may be a year down the road.

00:06:21 Sharon

It may be 12 years down the road, I don't know, but at some point that's all going to come to a head and sort of blow back and blow up on you anyway.

00:06:31 Sharon

So if you tend to minimize I I can't encourage you enough.

00:06:35 Sharon

You don't have to get dramatic.

00:06:38 Sharon

This isn't.

00:06:39 Sharon

We don't have to go Shakespearean on this, but it's OK to say.

00:06:45 Sharon

Maybe something as simple as somebody as I I don't feel like you intend or mean to be intrusive, but every time we get together or talk, I feel like you push into things in a way that's intrusive with your opinions about things, you don't have enough information about to have an opinion.

00:07:03 Sharon

That's not I actually had to say that to somebody.

00:07:07 Sharon

Sometime last year, I think I was having kind of an issue or a dynamic with somebody in the workplace and just kind of had to lay.

00:07:14 Sharon

That it it didn't go terrifically the way I'd hoped.

00:07:18 Sharon

I ran into this person the other day and they shunned me and acted like I didn't exist.

00:07:23 Sharon

And OK, you know that's not going to be a life breaking for me or life affirming in either direction.

00:07:31 Sharon

I just spoke my boundary.

00:07:32 Sharon

It didn't go as well as I'd hoped.

00:07:35 Sharon

But I would rather have that person.

00:07:38 Sharon

Honestly, ignoring me, then being intrusive in my life and constantly invading my boundaries.

00:07:45 Sharon

OK, so the other one is ignoring and the example I gave earlier when I was talking about my husband, that's probably a better example of not ignoring but sort of choosing to step back with some grace, right?

00:08:00 Sharon

But to simply ignore.

00:08:02 Sharon

To act like sort of like this person I just described it to me, just acted like it didn't exist.

00:08:08 Sharon

Right, so this isn't minimizing where we're trying to make it smaller or denying where we're just really not.

00:08:15 Sharon

Ready to deal with?

00:08:15 Sharon

It this is the point in my mind where we've maybe even gone through some denying and minimizing and now we're just flat out ignoring.

00:08:23 Sharon

We just don't want to deal with it.

00:08:26 Sharon

And and we think if we ignore it, maybe we'll just get lucky and it'll go away or sweeping under the carpet will be enough.

00:08:34 Sharon

I don't know.

00:08:36 Sharon

I know this about ignoring.

00:08:38 Sharon

The problems that we ignore in our relationships.

00:08:42 Sharon

Tend to be the ones that turn into cancer in the relationship.

00:08:46 Sharon

So the things that we ignore and won't deal with.

00:08:51 Sharon

Tend to be the things that ultimately that will kill it.

00:08:55 Sharon

Sometimes we're ignoring because we know to confront means we have to make a decision.

00:09:00 Sharon

I get that.

00:09:01 Sharon

But even in healthier relationships where that commitments there, there's not deal Breakers happening.

00:09:06 Sharon

We just are flat out ignoring.

00:09:09 Sharon

This is sometimes the couples you'll see that everybody thought they were.

00:09:14 Sharon

Fine, they were this happy little family.

00:09:16 Sharon

The kids graduated, go off to college or get married or whatever they're doing, and all of a sudden, a year later you find out this couples divorce.

00:09:24 Sharon

Seen maybe one of them's been having an affair already, and everybody's like.

00:09:29 Sharon

What happened I.

00:09:29 Sharon

Thought they were just the sweetest couple.

00:09:32 Sharon

I would argue that that's often a couple that has just been ignoring their problems, so just some ideas about, you know, I know it's hard to confront guys.

00:09:42 Sharon

It's it's an art to learn to confront.

00:09:45 Sharon

It takes a lot of courage.

00:09:47 Sharon

It takes willing to be honest.

00:09:48 Sharon

It takes, I think, the hardest part for me learning confrontation was if I'm going to confront someone else, I have to be willing to be confronted by them as well.

00:09:58 Sharon

That's hard.

00:10:00 Sharon

That's painful at times.

00:10:01 Sharon

That can be it can trigger shame.

00:10:05 Sharon

It can be embarrassing.

00:10:06 Sharon

Depending on the how the, when and the you know the where and the.

00:10:10 Sharon

Who's there when they do it, but.

00:10:13 Sharon

Ultimately, we don't really have anything to lose, but some pride.

00:10:18 Sharon

We have much to gain, which is a closer connection.

00:10:22 Sharon

More trust, greater intimacy.

00:10:26 Sharon

So facing it is scary.

00:10:30 Sharon

But it actually will get you more of what you want in your relationships.

00:10:35 Sharon

I'm not just talking marriage or and you know, I'm talking with your kids, even with your friendships, with your relationships at work or church or wherever you are facing, it is hard.

00:10:49 Sharon

It's scary.

00:10:50 Sharon

It's very doable, but it's very scary.

00:10:53 Sharon

But ignoring and minimizing and denying will ultimately take you down a harder Rd.

00:11:00 Sharon

than if you face these things in your life, so I hope.

00:11:03 Sharon

It gives you something to think about, encourages you to if, especially if you're sort of on the cusp of this.

00:11:09 Sharon

And no, I got to take care of some stuff in my life, but I'm really nervous to do it, so I am avoiding or minimizing, ignoring, denying.

00:11:21 Sharon

I hope this encourages you.

00:11:23 Sharon

Maybe this is this idea that kind of can pop you over that threshold and give you that last little bit of courage you need to go after what you need to do in those relationships.

00:11:34 Sharon

Relationship does not come easy.

00:11:38 Sharon

We can talk about things all day long.

00:11:40 Sharon

Relationship that sound simple, but they're very challenging and very difficult.

00:11:46 Sharon

But the reward of doing the work will always outweigh what you get out of avoiding and not doing the work and help.

00:11:56 Sharon

Just kind of sort of crossing your fingers and diving in, so I encourage you to go for it.

00:12:03 Sharon

Face it, no more denying no more, minimizing, no more ignoring, no more, avoiding.

00:12:09 Sharon

You can do this.

00:12:11 Sharon

I'm working on stuff in my own life, and it's really, really hard sometimes and very.

00:12:16 Sharon

Very uncomfortable.

00:12:17 Sharon

And that's OK, because in discomfort, we are actually stepping in to change.

00:12:23 Sharon

And when we are willing to step in to change, we begin to make ourselves available emotionally and mentally to getting more of what we want out of our lives.

00:12:33 Sharon

So go for it.

00:12:35 Sharon

Let me know how it goes.

00:12:36 Sharon

For you, I love you guys.

00:12:38 Sharon

Keep pursuing purpose over perfection.

00:12:41 Sharon

Take care and I'll talk to you again soon.

00:12:43 Sharon

Bye bye.

00:12:48 Announcer

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