8.10.20

Be Known, The Podcast

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Episode 3: A Path to Authentic Connection

This is Be Known, and I’m Kerrah Fabacher, your host. You’re listening to episode 3. I’m so glad you are here. We were made for relationship, but so often our relationships are broken. And when our relationships are broken, *we* are broken. One of our deepest human desires is to be known, but we often have lost ourselves along the way. This is a podcast to help you get your relationships back to a place of wholeness. A place of authentic connection. A place where you feel truly known.

So come on in and sit a while. Let’s get real and see what kind of healing happens here.

A friend of mine recently was talking with me about the new (ish) movie *Little Women*, which was perfection, by the way. I know some of you loved it, and some of you hated the new take on the classic story. But it really was perfection to me. No spoilers here. No worries. The gist of the new movie follows the original story very closely. My friend Courtney was saying how women for so long were silenced. They were not allowed to share opinions or feelings about important things. They were in the background with a voice that did not matter.

*Little Women* is a beautiful picture of women learning to use their voices when it mattered. From Marmee’s constant spoken words of wisdom to Jo’s boldness in her writing work to Amy’s ability to know what she wants, the story was and is incredibly empowering. But our sweet Meg was more of a people-pleaser and Beth struggled to use her voice because she was so shy. The two of them seemed to want to keep the peace, to not stir the pot, to keep their family together. Their voices were not as loud as the others.

But I think it is important to remember that the story of the March women was rare. For the most part, women had voices that were not as often heard or honored.

The culture that silenced women trickled down. And we are living in the aftermath. We are living in an era of feminism where women have been (a bit obnoxiously so at times, if I may say) fed up with "the man" silencing them. And they will be heard.

I wonder if women today struggle to know and share their feelings and thoughts, though, because of this cultural silencing of women that lasted for generations.

But we also live in a time when people are sick of pretenses. We want people to be their genuine selves because we just don't have time to invest in fake relationships with fake people. Sometimes people display what they think to be their genuine selves, but it is not the truest form of self.

So how can we know who we really are? How can we show that to the world in a genuine way, even if that is hard and requires us to share hard truths? How can we use our voice and our words to communicate who we are?

There is a five-step process that helps us understand who we are in deeper ways and share that person with the world. These steps are fluid and interchangeable. They are not linear and rigid. I came up with these steps through the course of studying authentic moments in the Psalms that led to beautiful connecting moments with God and sweet experiences of growth and healing.

Let me share about them briefly.

Step One: Aware. This is an awareness of your body, mind, and soul. An awareness of your thoughts, feelings, struggles and of the why behind them. It is an awareness of your strengths and weaknesses. Awareness of your personality, temptations, past history, and future dreams. Awareness of your stage in life and your experiences. Awareness of what is right and wrong. Awareness of these things about others and an awareness of God and the truth about Him. This requires listening and learning, paying close attention, stopping to reflect and naming what these things actually are.

Awareness is realizing that you feel afraid or sad or lonely. It is understanding that you are thinking this person is the worst or asking “what if” too much. It is knowing that you need alone time or just a nap. It is being willing to see, to really see. Many people stop here, but if we stop here there is no change where change is needed or healing where there is brokenness.

Step Two: Accept. This an acceptance of those pieces of you without shaming yourself. It could be accepting another in the same way. This idea is to give ourselves and others grace as Jesus gives us grace. This requires a nonjudgmental stance toward yourself and others. It is accepting a situation or a person for what it is (or what they are) without the “shoulds” and shame. For example, It is not allowing yourself to say “I should not feel angry. Anger is wrong.” It is instead saying, “It is ok that I feel angry. Anger is a normal human emotion.” It could also look like “My emotions are my strength” instead of saying “I’m way too sensitive. I should lighten up.” This is not a blind acceptance, an “Oh Well, I am who I am, so everyone should just accept it” kind of stance. It is not a blind acceptance of the hurtful behavior of others, either. It is more of a decision to see the situation through gracious eyes.

I love the Serenity Prayer for growing in acceptance. It goes like this: “God, grant me the serenity to accept the things I cannot change, the courage to change the things that I can, and the wisdom to know the difference. Living one day at a time; enjoying one moment at a time; accepting hardship as a pathway to peace; taking, as Jesus did, the sinful world as it is, not as I would have it; trusting that You will make all things right if I surrender to your will; so that I may be reasonably happy in this life and supremely happy with you forever in the next. Amen.”

Step Three: Acknowledge. This is a verbal or nonverbal acknowledgement of some or all of those pieces to yourself, God, and/or others. Depending on depth of the information, not all others are safe others, except God, of course. However, this acknowledgment is so important because you are inviting another into your feelings, your thoughts, your needs, and your experiences. This is super scary sometimes, and it can be risky because you never know what someone else will do with your information. However, without this, intimacy and healthy connection are not possible, so I would say it is worth the risk. This could look like telling someone, “I felt hurt when you lied to me,” or telling God what you are thinking in your prayers.

Step Four: Admit. To admit is to let someone or God speak into your situation. This is an admittance of truth that may contradict something of which you have become aware, something you may think or feel. This requires listening for truth. It demands a humble posture, one that is willing to grow at any cost. One that is willing to admit that you could be wrong, or that you need help. This could be admitting that even though you feel unloved, that you are indeed loved. Or after becoming aware of feeling like God has abandoned you and then remembering that “He will never leave you or forsake you.”

Step Five: Admire. This is an admiration of the truth that you have learned, an admiration (love) of self, or God, or others. It is finding gratitude in the moment or in the situation. It is pointing out the good in self, the good in Others, and praise for who God is and what He has done. It is affirming the truth. This could be praising Him even though you are feeling down or making it a point to tell yourself that you are beautiful when you feel quite the opposite.

Again, these steps do not follow a linear pattern, and not all are present at one time. I could become aware of something new in a prayer of admiration to God. I could acknowledge my thoughts about something to a friend and then become aware of my feelings, too. But these steps, practiced regularly (and in turn, becoming very natural to you), will help you discover you, be you, and carry that over to all your relationships.

I will share one last important thing to also consider in this journey toward knowing and sharing ourselves: we will not be able to know the truth about ourselves without knowing the truth of scripture, the written word of the One who created us. There may be some thoughts and feelings that we realize we are having along this journey. That's good. That's awareness. But if those thoughts or feelings somehow tell us something that is not in line with scripture, I pray that through the process of admittance, we would be able to recognize that and learn what is truth. The truth that sets us free. Because if not, we will only live out an inauthentic version of ourselves, and our relationships with suffer.

—Music starts—

To End our time today, I will read a mediative prayer.

Lord,

I am tired of the masks.

I want to know myself.

I want to know you.

I want to live out who I am,

Who you made me to be.

I want to share the truth of who I am with the world.

Will you help me become aware

And not shame myself?

Will you help me acknowledge what needs to be acknowledged?

Will you help me listen for truth and admit when it does not line up with

My thoughts and feelings and experiences?

Will you help me see you, praise you, love you?

Will you help me love others and love myself?

In Jesus' Name,

Amen

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Friends, I am so excited to share with you today that this week only I am opening up enrollment for a 6 week group coaching program called **The Boundaries Bootcamp** that will walk you through each of these five steps in more detail with a chance for Q and A to answer any personal questions you have. The cool part is that this program is going to narrow in on using these steps specifically to set better boundaries and communicate more effectively in your relationships. If this sounds like something you need, and hello! I do!, sign up today. I can’t wait to work with you on a more personal basis! For all the details and to reserve your spot, you can visit www.kerrahfabacher.com/book-online. Registration ends on Saturday, so don’t miss this chance! If you have any questions before you take the plunge, shoot me an email at [info@kerrahfabacher.com](mailto:info@kerrahfabacher.com).

Thanks for sitting a while with me. You can find me on Instagram @kerrahfabacher or at my website, [www.kerrahfabacher.com](http://www.kerrahfabacher.com).

If you do not get the monday minute, our weekly email with practical next steps that I teach my counseling and coaching clients, you can sign up at the link in my instagram bio or under “monday minute” on my website. And P.S. You can take our quiz that will show you your personality style in relationships and where you can grow! You can find it at the link in my instagram bio or in the pop-up on my website.

The transcript and show notes for this episode are on the podcast page on my website.

Don’t forget to subscribe so that you never miss an episode! I would also be so grateful if you would rate and review the podcast so that more can listen in.

And a big thanks to my friend, Robert Hargrove, for creating the music for our podcast, and fellow hope\*writer, Alana Dawson for editing the show.

Until next time, friend.

I’ll see you soon!

Movie- *Little Women*, 2019.

Serenity Prayer: Reinhold Nieburh, 1951.

\*\* Note: since this episode aired, I have changed the final step to “Affirm.”

\*\* The steps are now called The Foundational Framework for Healthy Communication.