This is Be Known, and I’m Kerrah Fabacher. You’re listening to episode \_\_21\_\_\_\_. 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, where you feel truly known.

So come on in and sit a while. Let’s exchange fear for love and finally see what good relationships are made of.

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Since I was a little kid, I’ve always been afraid of strangers. I never ever ever spoke to any grownups I didn’t know in public. If my mom told me I had to go ask the lady in the shoe department for my size, I would feel like I was dying inside. I’m serious. I was scared to death! If there was a conversation that needed to be had with a stranger, I was not having it. Nope. Not me.

I didn’t see that as fear then because all I could feel was that paralyzing weight in my legs and the lump in my throat. I was a cheerleader for a while in my teen years, and for our football program every year, we had to sell ads. We had to sell a certain amount to pay for all of our cheer clothes and supplies for the year. My mom knew I was deathly afraid of talking to any strange adults, but she would make me call all these businesses to sell ads to them. And even worse, she would make me go into these businesses BY MYSELF and try to sell ads in person. Mom, if you are hearing this… this was the WORST.

As I got older, the fear shifted a bit. I stopped feeling so afraid of adult strangers BUT only if I had at least one safe person with me— a friend, a family member. Something like a buffer. But even today, I don’t answer phone calls from numbers I don’t recognize. Like ever. Reaching out to random strangers for anything — networking, endorsements, or collaboration makes me feel like I’m going to vomit.

Now before you diagnose me with some social anxiety, the point of this is not to show you how nervous I feel around strangers. The point is to show you how fear paralyzes us from having deep, intimate, and authentic connections with others. My fears go beyond just strangers. My fears extend to close interpersonal relationships, too. I used to be an open book, easy to get to know, open, and honest.

After I walked through some painful friendship experiences in college and when I moved to New Orleans, my fear shut the door on new friendships. I was scared (and still am) to invest myself and my time and share the deep intimate things because I am scared the friendship won’t last. Many of my dearest friends have come and gone in New Orleans. Making new ones just feels exhausting. I don’t know how much more I can give.

It’s fear.

My fear.

Because I fear any new interpersonal connections, I have been more isolated and withdrawn than is healthy. And because of that, I am often lonely.

Fear is one of the biggest things that holds us back from having authentic relationships with others.

It tells us that no one wants to get to know us. That we aren’t worth their time.

It tells us that if we give, we will only lose them anyway.

It tells us that we will be forgotten by others, so why bother?

It tells us that we don’t have anything valuable to add to the relationship.

Fear lies to us and keeps us chained up in a corner, alone. It is the thing that keeps us from setting healthy boundaries, loving wholeheartedly, taking risks, and being vulnerable.

What will happen if I?

How do I know if?

What if?

When we choose to invest ourselves into cultivating closer relationships with others, there is always a risk. Of course there is a risk for rejection and abandonment and hurt. But here is what I know.

The relationships in my life that are the most life-giving and soul-filling are the ones where I was able to lay aside my fear and let them see me, the real me.

When I was able to share my story, my heartaches and failures and fears and pain. When I could share my real dreams and gifts. When I let my hair down and laughed with my loud belly laughter. When I let them see me.

Being authentic and vulnerable with others is the bravest thing we could ever do.

Was there still some pain in those relationships? Yes. Is there still? Yes. Have I felt forgotten and unseen and left behind? At times, yes. But the cost has not outweighed the reward of knowing others deeply and being truly known by others, too.

Fear does not have to boss us around anymore. I know it’s scary.. Not just the adult strangers kind of scary, but the put-your-heart-out-there kind of scary. But we need others. We need God. We can’t let our fear hold us back from the beauty of experiencing love.

It’s what I am so passionate about. Helping you exchange fear for love and finally see what good relationships are made of. I’m passionate about it because I’ve lived it. I still live it. I know how fear is bondage. And I know the freedom and healing that comes when we break the chains and walk into a room like we belong. When we allow others to know us.

Enter Music-

How has your fear held you back from having meaningful relationships with God and with others?

What are you afraid of?

 Rejection

 Abandonment

 Hurt

 Being known

 Disappointment

What is the cost of letting this fear win?

What will you miss if you keep letting it win?

Let me share a verse with you:

“For I, the Lord your God, hold your right hand; it is I who say to you, ‘Fear not, I am the one who helps you’.” - Isaiah 41:13

The great thing about the God we serve is that he is not asking us to go into relationships naked and exposed, too vulnerable to be hurt. No, he goes before us. With us. Beside us. Behind us. He made us for relationship. For connection. With him and others. He knows the risks with others. And so He promises to help.

We may not be able to completely shake our fear of vulnerability and authentic connection. But we have a God who will be with us and give us what we need. He will help.

May we lean on him for bravery and courage to step out and live authentically so that we can finally see what good relationships are made of.

Thanks for sitting a while with me. I trust that \_\_exchanging fear for love\_\_ will help you make one more step toward wholeness so that you can finally see what good relationships are made of.

You can find me on instagram @kerrahfabacher or at my website, [www.kerrahfabacher.com](http://www.kerrahfabacher.com).

Don’t forget that for the month of January ONLY, I am offering my coaching services at a discounted rate! Book your sessions while it lasts! In coaching, we often discuss the various forms of fear that hold us back, and it would be my joy to help you overcome yours. Check out all of the details at [www.kerrahfabacher.com/book-online](http://www.kerrahfabacher.com/book-online).

The transcript for this episode is 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!