This is Be Known, and I’m Kerrah Fabacher. You’re listening to episode \_\_\_18\_\_\_. 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.

If you do not get the Monday Minute, our weekly email where I take you deeper into the podcast episode content with more to read, reflect on, pray through, and apply to your life, you can sign up at the link in my instagram bio or under “monday minute” on my website.

Happy Thanksgiving week my friends! This is one of my favorite holidays because you are often surrounded by your favorite people (socially distanced, of course) and fill your tummy with all the amazing food. The sweet potato casserole and the cornbread dressing and the cranberry sauce. And you are thankful for all the things. And insert all the heart emojis and kumbayas.

Until your mom asks you if you’ve dated anyone lately. Oh, you’re still single?

And your uncle Joe makes a racist joke.

Or your cousin Dan says something derogatory about women.

Or your brother bosses you around.

Or your aunt sue asks too many personal questions.

Or your grandfather thinks that you are only a person if you voted for so-and-so.

Yuck.

I would share some personal stories here, but I’m not going to throw anyone under the bus. At least not today. :)

When they act this way, we bite our tongue and go on our merry way in light of showing kindness and just picking our battles during the holiday season, but inside we are feeling all the icky things.

Can I just give you permission to take a deep breath and still maintain good boundaries during the holidays?

Because mom does not need to push you to date and it’s not OK for uncle Joe to make racist comments and you don’t owe anyone an explanation about who you voted for.

In order to set good boundaries around extended family and coworkers and random neighbors at holiday events, you need to know your limits beforehand. If you don’t think about all of it until it’s too late, well, that’s just it.

It’s too late.

Spend some time before you see mom and uncle joe and cousin Dan. Think about what is OK for you and what is not. Decide what conversations are OK and what conversations are not.

Which comments will you let slide, and which are comments you won’t be able to ignore?

Make a list of these things. They could be something like:

I will not discuss my dating life.

I will say something if anyone makes a derogatory comment about people of color, people on the other side of the political divide, or someone of the opposite sex.

I will leave the room if conversations become too personal.

I will tell my brother “no” when he tells me what to do.

Think about the normal issues that you have during the holidays, the people you usually have issues with. Name the feeling that comes up with those issues happen, when those people say those things. What about that situation makes you feel the yuckiest? Don’t ignore that. Because it indicates something important to you.

Something like self-respect.

Like racial healing.

Like the value of women.

Like keeping your private life available to those in your inner circle.

Whatever it is. Pay attention to it.

And make a list of those limits, the things that you will and will not do.

Of course you may need to be flexible in those moments, but it is vital to have an idea before going in.

Because then you will know what you want to do if mom or uncle joe or grandpa says something hurtful to you or about another person. You will know what boundary needs to be set. You’ll be ready.

If something is said (and good grief it probably will be),

1. Notice the feeling that comes up in you.

2. Allow it to be there, and don’t push it down.

3. Acknowledge how you feel and the new boundary. Like in your actual out-loud voice.

Here are some examples:

Mom, I’m not talking about my dating life today. I appreciate you asking, but today I would like to focus on other things.

Uncle Joe or Uncle Dan, I do not appreciate those derogatory comments. Please don’t speak about others that way in front of me.

Grandpa, I don’t talk about who I voted for around big groups of people.

Brother, please stop bossing me around.

4. Take a moment to listen to their point of view if they have one.

5. Point out your gratitude if they stop and willingly work to respect your boundary.

That’s it. Keep it simple and don’t think about it too much. It does not have to be a big argument or whatever. Just state it clearly. Clarity is kindness, Emily P. Freeman says.

We can be loving and gentle and assertive at the same time. We can honor and respect others while all honoring ourselves.

Enter music—

To end our time today, I will read A Liturgy to Begin a Purposeful Gathering from Every Moment Holy. It goes like this:

And so are we gathered here, uniquely in all of history,

We particular people in this singular time and place.

Accomplish your purposes among us, O God.

Tune our hearts to the voice of your spirit.

Wake us to be present to you and to one another in these shared hours we are given.

For it is you, Or Lord, who have

Gathered us from our various place,

And you alone who know our hearts and our needs.

Among us are some who arrive anxious,

Some who are lonely, some who suffer pain or sorrow.

May we in our joys find grace to enter the

Sorrows of others.

Among us are some who arrive rejoicing,

Hearts made light by good news , good health, glad anticipation.

May we in our sorrows find grace to embrace the joys of others.

Let us prize these moments and care for one another deeply- for each of us, and our relationships to one another, are precious and fleeting.

Amen.

Thanks for sitting a while with me. I trust that \_maintaining your boundaries during the holidays 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 @kerrah fabacher or at my website, [www.kerrahfabacher.com](http://www.kerrahfabacher.com).

And BONUS, if you need help setting those boundaries and setting them FAST, check out my new course up in my shop called The Boundaries Bootcamp! In this course, I’ll teach you how to set good boundaries in a healthy and authentic way! Head over to [www.kerrahfabacher.com/shop](http://www.kerrahfabacher.com/shop) for all the info!

The transcript for this episode is on the podcast page on my website.

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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!