Be Known, the Podcast

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Episode 84: Date Yourself

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This is Be Known, and I’m Kerrah Fabacher. Welcome Back and Happy New Year! You’re listening to episode \_\_\_84\_\_\_. 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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So if you’re listening in real time, tomorrow is Valentine’s Day. And as this podcast is about relationships, I was playing around with some things to talk about for Valentine’s Day. I don’t love zooming in on romantic relationships specifically here in this space because many of you aren’t in one, and I always want to make sure all types of relationships are explored. And so Valentine’s Day is a tough one because it’s so culturally focused on romance.

I think that’s awesome, P.S. If you’re celebrating tomorrow with romance, cheers to you. I hope you feel loved and your partner does, too.

But I also think there’s something else important to talk about. Because this day can be painful for many people, a day people dread, a day people avoid. A day where tears are shed.

I’m inspired by something my friend Kendall wrote recently.

She says,

 Sometimes it seems like everyone is just waiting for their life to start when they have a ring on their finger, but friend, please hear me say that is WRONG. That thinking is flawed.

 Sam Allberry, in his book *7 Myths about Singleness*, highlights the common beliefs that singleness means no intimacy and no family. Allberry speaks from his personal experience of deep, intimate connections and family ties that contradict this myth. But how many times do we force ourselves into living these myths? I know I have found myself there… believing that I am alone because I am not married. And, that I have no relationships worth celebrating on February 14th.

 I don’t know about you, but I want to redeem my relationship with Valentine’s Day. I want to celebrate. Because there are so many people I love–who love me SO well. So, what if we reframed the way we think about love? What if we challenged the narrative that we can only celebrate romantic love? What if we pushed back and dared to celebrate?

I love this. I love that she’s stepping back and seeing the relationships worth celebrating. The love already present in her life. Why not, right? Why not celebrate the people in your life you love and who love you? Even if those relationships aren’t romantic. This is such a great way to relaim a day that may bring up so much pain and anger in you. It’s saying, “romantic relationships aren’t the only ones that matter.” Because they aren’t.

But here’s another side of this coin.

I think in us all there is a longing to be seen, to be known and loved intimately. I think we all at times desire a partner (if we don’t have one), and if we’re honest, really we want our partner to do things for us so that we feel loved and chosen and seen and known.

On one hand, I think it’s great practice to name how people in your life already see you, know you, choose you. (Romantic partners or not). And even better? To recognize there is a God who sees you.

But on the other hand, I think we allow ourselves to desire these things, but what if we approached the meeting of those desires from a different angle?

Author and Poet Rupi Kaur, gives this example:

 I have a friend who’s always wanted a dude to buy her a diamond ring. After her last boyfriend cheated on her, she realized waiting for a man to buy her a ring was pointless. She could very well get one for herself, so she got herself a diamond… Some of my other friends have bought their first homes on their own. Others buy themselves flowers and take themselves out for dinner once a week.

 What are some things you’ve always wanted a partner to do for you, that you could do for yourself?

She writes this is a section of her new guided journaling book called “Healing Through Words,” which I HIGHLY recommend, by the way. (p. 183) The section is called “Date Yourself.”

This is so powerful right here. If you do or don’t have a partner this Valentine’s Day, I think this is powerful. If you don’t, why not buy yourself flowers like our girl Miley sings or take yourself (and maybe a friend) out to dinner? Why not celebrate Galentine’s? Why not do something for yourself you’ve always wanted a partner to do for you, with you?

But man, let me speak to those with a partner today, too. So many times I hear people in my counseling office talk about the loneliness they feel in their romantic relationships. The things they want their partner to do for them, the ways they feel loved and chosen and celebrated. The things their partner’s not doing. And there’s so much grief in that.

I think if you’re sifting through unmet longings this week (whether single or in a relationship), it’s okay to grieve that. That pain is so real.

But for those in relationships, too, why not do some of the things for yourself that you’ve longed for your partner to do? Why not take yourself on a trip? Or buy something nice for yourself or whatever it is.

 Now, hear me. I’m not saying you can meet all your own needs. That’s impossible. Because your needs for connection can’t be fully met on your own. We aren’t islands. We need people. And if your partner isn’t loving you how you need, it’s time to communicate that. But you can consider what it’d look like to show up for yourself in the ways you’ve longed for a partner to do. How to honor your needs and do something kind for yourself.

So today, we’re allowed to celebrate romance, sure. But we’re also allowed to celebrate the other loving relationships in our lives. And we’re allowed to love and date ourselves well, too.

Cool?

\*\*\*\*\* ENTER MUSIC\*\*\*\*\*

I want you to know, if you’re in pain due to a romantic relationship (or lack thereof), your pain matters. You are allowed to feel what you feel and name what you feel and long for more. But I also hope that you’ll lean more into the relationships you have with others and with yourself (and God) in that pain, too. To see that some of that connection you’re longing for is right in front of you.

Thanks for sitting a while with me. I trust that celebrating the love you already have and learning to love and date yourself will help you take a step toward wholeness so you can finally see what good relationships are made of.

Just a quick heads up, I have for a while sent out the Monday Minute as a companion to each podcast episode, but due to shrinking time margins in my life, I’m having to pause that for a while. Boundaries with our time are some of the most important boundaries of all, and this is one I need to have for a bit. I’ll still send out monthly newsletters, but for now, we’re saying goodbye to the Monday Minute. There is a season for everything, right? And who knows, maybe I’ll bring it back one day. :)

To finish up, the transcript for this episode will be on the podcast page on my website, kerrahfabacher.com.

A big thanks to my friend Robert Hargrove for creating the music for the show, and Tammy and her team at Wildfire Creative Company for editing.

Until next time friend, I’ll see you soon.