Be Known, the Podcast

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Episode 71: Make Space for Interruptions

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(Intro)

This is Be Known, and I’m Kerrah Fabacher. You’re listening to episode \_\_\_72\_\_\_. 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. And let’s see what kind of healing happens here.

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One of the marks of getting older is how we begin to see things with greater awareness, greater attunement. It’s learning to pay closer attention and be willing to see things in and around us that aren’t healthy and areas that need growth. And learning uncomfortable things about ourselves comes with it.

Something I’ve noticed about myself over the last few years is that I don’t like being interrupted. If I’m reading, I don’t like when my kids or husband tries to talk to me or play with me or get me to come do something with them. I don’t like my routine and schedule to be interrupted, so I barely say “yes” to anything outside of my allotted things. My boundaries are almost too rigid at times. I don’t want to be inconvenienced. And sadly, I think I’ve treated people badly because of that. My kids get their feelings hurt when I won’t tune in to them in a moment they are looking for connection. People stop trying to hang out with me because I rarely say “yes.” People don’t stop me to have conversations as much because I don’t seem invested in the conversations. I seem distracted and not fully present.

And I know this podcast isn’t all about confessions of how sometimes I suck as a person because 1. I’m more gracious to myself than that 2. It’s not always necessary in this kind of space, and 3. It’s not all about me. But this is something I think we all probably need to consider and be aware of in our lives and interactions with others.

We must be more willing to be interrupted.

My pastor recently shared a story of how he was asked to go help someone move because he has a truck. He had plans to hang with his family that day, but he felt like he needed to go help. He allowed his day to be interrupted to meet a need for someone, and that really ministered to that person. I’m not saying we need to all drop all of our things to help others out or do what they need all the time. Nope. Not good boundaries with your time because you have responsibilities, too, and those need to be taken care of. But man, we move so quickly through life, often on a set schedule, and we miss out on connecting moments because we aren’t willing to slow down and see the people around us. Really see them. Hear them. Listen. Attune.

And when we don’t, we become busy, lonely people.

For years, people have known me as the busy one. “I know you’re so busy! No worries if you can’t make it.” Or they stop trying to interrupt me at all.

And I don’t want to be known this way anymore.

I want to be a person who is willing to stop what she’s doing, look someone in the eye, be fully present with them, and allow my life to pause sometimes.

I want people to know they matter when they are around me, and not just that I matter. My schedule. My feelings. My needs. My boundaries. No, I want others to know they matter around me, too.

The root of this issue could be so many different things, but one is self-centeredness: the belief and lifestyle that you are the most important thing in your own life. Some popular psychology will teach this today— If it doesn’t serve me, then I need to let it go. If it hurts me in any way, I need to let it go. But man, what about “considering others as more significant than yourselves” (Phil. 2:3, ESV)? Y’all know I preach self-love, too. Seriously, I’m a firm believer in loving people LIKE you love yourself, and y’all also know I love boundaries. But there comes a point when we swing too far into selfishness, into self-centeredness that we forget others around us have just as much value as we do.

So one huge way we show people this is to allow them to interrupt our lives sometimes. To interrupt our days, our rest time and maybe even our work time. Our agendas and routines. We make space for them. We turn toward them. We make eye contact if it’s in person. We respond to their texts. We make room in our week to spend time with them. We ask them questions and show genuine interest in who they are and what they need.

This is attunement.

Attunement describes how reactive a person is to another's emotional needs and moods. A person who is well attuned will respond with appropriate language and behaviors based on another person's emotional state. They are good at recognizing moods and emotions in another person and adapting their own response in accordance.[[1]](#footnote-1)

So to put into practice, if my kids come to me looking for my attention, if I am able, I turn my body toward them, my eye contact, smile if they’re telling me a funny story, cuddle with them if they’re wanting to cuddle, show empathy when they’re upset and help them problem-solve. It’s setting aside my agenda for just a moment and leaning in.

It’s me putting down my book if my husband wants to talk.

It’s me talking after church to someone who wants to talk.

It’s leaning in.

It’s paying attention.

It’s allowing myself to be interrupted.

And not to over-spiritualize this because the science behind attunement is also reason enough to practice it, but this is what Jesus embodied on this earth. The main story that always stands out to me is when he’s being rushed to heal a man’s little girl who’s on her death bed, and a woman who’d been very sick for many years touched him. She was desperate for his healing, and was brave enough to interrupt him. And his disciples wanted him to keep going, to ignore, to not lay aside his agenda (and it was an important agenda, I’ll give them that). But Jesus, in his love and kindness, allowed the interruption for just a moment. He knew this woman needed his full attention, and he gave it to her. And he healed her. He showed her, a woman who’d been considered unclean for many years, untouchable, an outcast. He stopped and showed her she mattered, too.

This is the power of making room for interruption: we show people who they are: they are loved, valued, worthy, and seen.

As we are all on our way to more whole relationships, let’s take a deep breath, stop what we’re doing, trust that it’ll be okay and the thing will eventually get done or whatever, and lean in to those around us. The most important being our kids or spouse if we have them, our closest friends, and those in our inner circles. But we can make space for others, too.

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Thanks for sitting a while with me. I trust that making space for interruptions will help you take a step toward wholeness so you can finally see what good relationships are made of.

If you’re looking for other practical exercises to help you get some of your own relationships back to a place of wholeness and health, check out this resource called “Eight Exercises to Get Your Relationships Back on Track.” I believe there are seven main signs of unhealthy relationships:

Selfishness

Manipulation/Control

Unresolved Wounds

Poor Boundaries

Unrealistic Expectations

Dishonesty

Poor Communication

I have seen these practical, stand-alone exercises work for many people, and I believe they will help you, too, on your journey to get your relationships back on track!

In this bundle, you will learn ways to:

adjust your expectations

set healthier boundaries

fight fair

release control

serve your people

be honest and authentic

forgive

You can find it at [www.kerrahfabacher.com/shop](http://www.kerrahfabacher.com/shop).

To finish up, the transcript for this episode is 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 fellow hope\*writer, Alana Dawson, for being a great editor.

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

1. https://www.alleydog.com/glossary/definition.php?term=Attunement#:~:text=Attunement%20describes%20how%20reactive%20a,on%20another%20person's%20emotional%20state. [↑](#footnote-ref-1)