Be Known, the Podcast

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Episode 75: Be Intentional (Original Script)

Originally published on September 26, 2022

This is Be Known, and I’m Kerrah Fabacher. You’re listening to episode \_\_\_75\_\_\_. 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 and where your people do, too.

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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How are we doing this morning? We okay? It’s been a very full, fun few weeks for me and my family, and I’m thankful for that. But last week I got to take a little break from work and spend some time with my little girl who was recovering from surgery. It’s in the moments of peace and stillness and silence that I’m able to think and reflect most.

And something I’ve been thinking about in my rare stillness recently is the concept of being intentional with others. I’ve heard this language thrown around Christian circles since I was in college, I think, but it always seems kind of vague to me. What is everyone talking about when they say this:“She’s so intentional” or “I need to be more intentional”? What does this even mean?

It seems like it’s important for us as we work toward having more whole, healthy relationships because intentional people help others feel loved and cared for.

For a while, I though being intentional just meant asking good questions and initiating with people. The people who text first or call first or ask you to hangout— those are the intentional ones. The people who ask you questions about your life, your feelings, your thoughts, your struggles, your passions and beliefs— those are the intentional ones.

And sometimes I’ve felt a bit subpar in this department. Even my closest friends know I’m not great at initiating. So, I’ve watched those who are the “intentional” ones to see if I can learn from them over the years, and I want to share with you what I’ve seen. That intentionality means more than initiating and asking the right questions.

And I also want you to know that it’s okay if you’re like me, if you need to keep growing in this. And I also know there may be other factors at play— maybe some social anxiety, maybe you are shy. Maybe you’ve never been taught what a good question is or how to act thoughtfully. I’m about to share what intentionality looks like, but if these feel hard for you, maybe you can discuss it more with a counselor.

## **So, what does it look like to be intentional in our relationships? Being intentional means doing things with thoughtfulness.**

1. Initiate conversations and hangouts.

 Yep. This is still an important piece. Again, I totally get how this may come easier for people who are outgoing or seem to be more social. But even those of us who are more introverted or socially anxious (eh hem. Me), we can still initiate. It may not look like initiating with people you don’t know all the time, but try to start with your own people. Text your best friend first and see how her week is going and make plans to hang out. Ask a friend in your small group to hang out this week. Start small if it feels overwhelming, but start somewhere. Also, initiate with people you connect with— not with everyone. Like, if I talk with someone and we click, I can say, “hey, let’s hang out sometime. I like you.” People feel so cared about and seen when you start the conversation. When you want to spend time with them. The other day, a girl I’ve wanted to hang out with for a while asked me to get lunch one day, and I felt so loved in that moment. And better? She followed up with a text with some dates and we set a date. Be intentional and initiate.

2. Ask good questions.

 Yep. This is still one, too. When you talk with someone, be the one to approach the conversation with curiosity. Turn toward someone if in person. If it’s one of your first interactions with them, keep the questions more on the surface to help build safety. Things like, “Tell me a little about you. What are you into? Some of your favorite things and interests? Where do you work or what do you study? Tell me more about your work? What do you like/ dislike about it?” I had a friend in college who would ask too many deep questions when she’d first meet someone, and it made some people feel uncomfortable, I think. Ha. But as you get to know a person and more safety is established, be the one who asks good questions— “How are you feeling about? What have you been thinking? Help me understand what you mean when you say….or What about it bothers you the most? What’s hardest about this?” You’re digging deeper. Good questions are there for the purpose of knowing a person and helping them know themselves better, too. Don’t just ask, “how are you?” Keep leaning in. I can’t tell you how much it means to me to be asked intentional questions. If people don’t ask any, I assume they don’t care to know me. And they may assume the same about you if you aren’t asking good questions, too.

3. Remember.

 This one is huge. Seriously. When someone remembers something I’ve said and then comments about it later or asks about it again, goodness. Talk about feeling seen. Like, even down the silly things. When people remember my favorite things or a show I like or my favorite coffee shop drink or something like that. Or when they remember an important date I told them, like the day my little girl recently had surgery, for example, and check-in about that. Or one of my best friends remembered I was going somewhere the other day and knew I was anxious about it and checked in throughout the day to see how I was doing. You won’t be able to remember everything about everyone, and goodness knows I can’t remember names to save my life. But try to remember some things and show the person you remember. Tell me them Happy Birthday. Do something thoughtful on the anniversary of their loved one’s death. Ask them how their doctor’s appt. went. Bring up a fun memory you have of them. Remember what they tell you. And then show them you remember.

4. Pay attention and get to know.

 This is similar to remembering, but be a good pay attentioner. Is that a word? We’re going to make it a word. Notice. Notice what they order when you guys get coffee or dinner. Listen when they talk. People will talk about things they are interested in, so pay attention. They’ll also talk about other things if you pay attention — you can learn about their allergies, their likes/ dislikes, their favorite things. You can get to know them by noticing them. And what feels even better, show them you’ve noticed. “Hey, you’d be so proud of me! I set a boundary and I know how much you love boundaries!” “I’m on season 4 of Gilmore Girls, Kerrah!” “I ordered you a chai.” “I saw some graffiti the other day and thought of you.” “Girl, I think you’d like this book!” Y’all. Talk about drool. I mean. This is a sure way to show someone you care about them.

5. Follow up and flow through.

 And finally, maybe the most important thing here in being more intentional— follow up and follow through. A person can tell me ten times she wants to hang out with me, but unless she actually sets a date and time with me, I’m not going to think she really means it. Follow through with people, and follow up on previous conversations. This is the remembering and noticing and showing them you remember. “Hey, how’d that conversation with \_\_\_ go?” “How’d you feel about your interview? Was your trip home like you thought it’d be? Did you ever hear back about…?” Follow up. Show people you care about them by knowing them.

This is intentionality— it’s doing what’s in your power to show a person you see them. You want to know them. That they matter to you. You don’t need to be intentional with everyone, p.s. So let’s be better at showing up with those around us, initiating, asking good questions and paying attention. Let’s remember people and what they tell us and follow up.

Thoughtless actions in relationships are a sure way to eventually break the relationship. Let’s do relationships thoughtfully. Because intentionality is simply knowing. And knowing is what this podcast is all about.

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

So, if you’re ever wanting to dig deeper into the podcast content, every Monday I send out the Monday Minute where we reflect more about what we’ve talked about in the episode that week. I give you reflection questions and action steps, as well as a prayer you can steal to help you process further. If you’re interested in being a part of that, check out [www.kerrahfabacher.com/mondayminute](http://www.kerrahfabacher.com/mondayminute).

You can always follow along on Instagram @kerrahfabacher and find other goods on my website.

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.