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CULTIVATING COURAGE WITH CHAILLE

Choosing Me. Not Who You Think I Should Be

By Chaille DeFaria MCC, CDWF

"We are all just walking each other home."
– Rumi,13th-century Persian poet.

Do you wish you could change the people you love? You try every angle to make them see you, but you are only met with criticism or resistance?

I tried hard to make my father see that I would never be him. I just wanted him to accept me, but I was only met with more judgment and disappointment. I was exhausted from the years of pain and anxiety of searching for approval. I walked away and didn't turn back for five years.

Trying to change the ones we love doesn't work.

Whether it's family, a conflict with a colleague or friend, trying to fix someone else's behavior is likely to fall on deaf ears.

What can you do instead of fighting, being defensive, or compromising who you are? I found this extremely challenging when feeling attacked. I would lose my train of thought and my words would strangle my every sentence till I was defeated. I shut down and returned to the familiar dark anxious place in my gut. When those you love can't accept you for who you are, you learn to believe the rest of the world feels exactly the same.

In order to thrive and feel joy we must remember to exercise one of the most important muscles: boundaries. Boundaries will set you free from compromising your well-being for the sake of others. We can't change someone else, but we can change ourselves.

So, instead of blaming and judging the person you want to change, tell them, with compassion, what you are experiencing from where you are standing. No one can take your experience away from you. What is happening, what you are hearing, what you are feeling, what your body is telling you from where you stand. They can disagree but they can't argue with your experience. This opens up the space for you to be seen, providing an opportunity for both parties to get present and listen with fresh ears.

Stand in your truth and live into your values. Be brave in the relationships that count and matter. Being clear is being kind, not weak. My dad witnessed me walking out of his life. He didn't have the courage to come back. I did. I had the brave to own who I am and not who he thought I should be. I live into that wholeheartedly. Creating the boundaries that serve me has allowed me to thrive in relationship with my dad. For this I am deeply grateful.

It's not what we say, it is what we do.

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Chaille DeFaria is a MCC (Master Certified Coach), and CDWF (Certified Daring Way Facilitator for Brené Brown).



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