

Have you ever listened to a talk that everybody seems to love and you are left with feeling less hope and more fear?

Allison and Jenie recently experienced this and they discuss in this episode how to process and find peace.

If you are looking to learn the tools and to get the coaching that will help your LGBTQ family thrive while gaining access to other families on this journey than the Lifted Together Community is the place for you. For details on how to join go to www.liftandlove.org/community

Join us for any of our free monthly Lift+Love Support Groups - link sign up at Lift+Love Support .

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“When a Talk Feels Hurtful”

The Lift+Love Podcast

Jenie Hunter & Allison Dayton

Episode #49 transcript

Hello hello welcome we're so glad you're here with us today and we are excited to be with you as always and if you live in a place not Florida that has fall happy fall yes it's still 90 degrees here oh it's beautiful and chilly here and the leaves are turning red so I'm so Jelly the earth changes so much all the time I do too I that's always such a testimony building or seeing the different seasons and I have to just have faith about it in Florida because everything's green all year I know you definitely you you get the beach you get the sun but you don't I missed the changes and you would do yeah we're gonna talk about a little bit of changing today we are and and how you handle change when you are growing and changing and evolving as a person

yeah so Jenny and I have spent the last four days building calls and jenny's coaching and my DM's and calls and texts and conversations and drop eyes of people who ended up feeling really hurt after conference yeah it was common denominator yeah that was a common denominator and that's the change that's a change from most people's conference experiences and it's funny like I was saying to my husband you know like you know I work with a lot of LGBTQ families and there's usually some gearing up or some different practices they do around conference which actually has a lot of grief associated for them because conference used to be this amazing time for their family at tradition time and to have it now be where they feel on guard and that they have to be protective of people and their family it feels so painful it is yeah it's painful and and I've experienced the pain and and do continue to experience the pain

so we Jenny and I have been just talking about what that means and it's we've had really an interesting conversation beforehand about how what to do with the pain and how to be with the pain and I was telling her that I had a really it felt like a really important conversation in the temple this morning with a woman who was just in so much pain and and didn't feel like she could express the pain anywhere not with her husband she was struggling to be in the temple that day and she didn't feel like she could tell the people there or people at church so yeah and I want you to know she's not alone that that is a things I've talked about a lot this week with my clients and that is a dangerous place to be where you feel like you have to be unaffected and

pretending and that will damage your relationships but it's real i get it i mean i've been there before this is work i've had to do place is not good for anybody no and we need to be able to show up in our marriage and that church in release society and gospel doctrine as whole honest human beings and so we're going to talk about like what does that look like and how can we do that and because one of the overall and arching themes is um that I can't do that and the trouble with that is if you are not allowed to be yourself in the gospel and I mean not in the gospel but in the church community most likely you won't be able to stay you will you will become more and more uncomfortable and eventually that will lead you to leaving and that's not good because we need people who believe you know who have all different opinions and and perspectives on this on everything on everything and I think that's so true and I think it's one of satan's biggest tools he's using in our church right now to divide us you know I had this conversation with this gentleman who was just he would think he was Peter priesthood right had all the check boxes everything and he said to me like Jenny like sometimes when things are said from the pulpit I don't agree with I then wonder like if I don't agree with what was just said is there a place for me in this church and that's such a good question because I think we've all felt that where am I being apostasy if I'm thinking I see it differently or if those words don't resonate with me that is something I think we have all felt as you as evolve in your faith and you get your own perspective and your life experiences and then the flip side is am I being deceived if I think this right and that's I think a good question to constantly ask yourself but the biggest take away from that conversation I was this like we have not created a space for different opinions without labeling it apostasy oftentimes people will say and at me Oh well that doesn't bring the spirit into this meeting I mean we call Sunday school it's it's a place of learning and it's a place of growth so it's not a place of agreement it's not a place of everybody is lockstep with one another it's a place of like education and learning and and we're not all going to come along at the same place and we're not all going to feel the same way when we've heard a talk and I think Christ saw our day like let's go into what is it 35 by 18 let's start with well so 3518 is when the saviors amongst the new fights and he first thing he does is he takes the community he does the sacrament with his apostles and then he he does this with them to the community the entire community as one and he's telling them we're we're all one you are of me you are one and me and then he goes in and and so here's all these people and he says to them behold Satan desires to sift you desire to have you that he may sift you as we and what that means is he's trying to divide you because that's exactly what sifting does it divides the two parts right now can we we often use that the you know people are being sifted for people that are saying things that we don't agree with which isn't fair yeah we say things like guilt guilty takes the truth to be hard or you know it's the tears of the weeds and and I think we are in more danger and when we label each other that way way more than the person saying something the sin of this and the the entire message of Jesus Christ is we're all one if you are dividing anybody out from you it's so to describe it more he says behold so here you are he says in one one pray in your families that the father is under the father always in my name that you're wise and your children may be blessed and then he says and behold she'll meet together all often right and he says right in 22 and you shall not forbid any man from coming unto you when you shall meet together hey that's the first time #2 but suffer them that they may not they come unto you and forbid them not OK that's twice and then three but you shall pray for them and shall not pass them out OK three times yeah this one's on 25 verse 25 and you shall see that I have

commanded that none of you both should go away that was four or five nevertheless this is in verse 30 nevertheless you shall not cast them out from among you but you shall minister unto them and she'll pray for that for him unto the father in my name OK that's five and six you shall not cast them out of your synagogues or your places of worship for unto such shall you continue to minister OK so we get these warnings 6 times and there's four more if you want to look at doctrine and come in at 9:42 26 I guess Christ thought this was a Boardman this yeah and he says in 34 why why is this important and he says I give you these commandments because of the disputations or arguments or disagreements which you have been among you and blessed are ye if you have no disturbance disputations among you so he's saying I'm giving you these you have to stay together and work these issues out work these things out yeah and then when you work them out and that doesn't mean total agreement for every single thing but it means be blessed for you when you work through them and you can be together in your disagreement yeah and it's it's making room for seeing things differently and like that looks like to me you know being comfortable raising my hand and saying oh like like if we're discussing a talk that I had a different thought than other people in the room that I could share parts of that talk that spoke differently to my heart than they did theirs and we know that this is not easy to do though because we are wired for groupthink right we are wired we want to think like everybody else and so this is a very uncomfortable space when you like I just had it where one of my sisters there was a talk that didn't resonate with me and my sister's group chat like she was like Oh my gosh what's that the most uplifting talk and I felt so alone like I was like no it was not for me right like I I and then I felt guilty for filling that and then I felt shame and you know I went through that whole thing right right there Yep feeling you're being sifted I mean that's satan's work is to divide us I think Satan actually the word Satan means the divider and that's his work is to divide us to single us out to make us feel like we're the only one so so this is hard work and Jenny and I know that this is hard work it's hard for us and you need to go through the feelings of being unhappy or sad or angry or fully raging ticked off and you have to allow yourself to feel the feels you do like and and this that this part is probably the most important Allison of when we feel hurt over something is to allow that negative emotion in to make room for it in your room in your in your life which looks like just feeling it I know it sounds so simple and I often liken it to looking at the golden staff right where like if people had just looked at it they would have been healed that is really it's just like being OK of like I feel discontent or I feel sadness or I feel hurt it's literally just naming it feeling it and letting it just sit there with you not not ignoring it because that if you don't it becomes the beach ball and it gets bigger and it shows up in other places right and it blows up think it down and it will come out and it will come out with huge force yes and we have to be full grown adults showing up for church and and that doesn't always look easy I mean that's not always easy but that's the hard work and there are other people I promise there are other people who are feeling something similar to you and if they're not in the moment they might come to you when they are feeling something because they know that you've had those feelings and we don't have I mean some wards are really blessed with a great space or and tolerance for people who believe differently and some of our wards are not not tolerant and people will shut it down as soon as it starts so it's kind of a matter of kind of knowing what's going on and and knowing what's in your ward I think before you take it to a church community I think you need to make sure that you have a good safe place to let out feelings if it's not home or it's with girlfriend or on a text or whatever and that's what I'm going

to say like this week has all been about seeking support right like people as I've seek support you've seek support we've given support to others so when there is a place of hurt that you're feeling about something that you know other people don't feel the first thing is allowing that negative emotion like not shaming it but just allowing that negative emotion in and then the second part is seeking support because you need a process you need to have conversations that's going to be very healing that's going to get it out of your mind you're going to stop ruminating over it you're going to get a different perspective so literally finding that and I did that myself like I sent a couple Marco polos they sent it back and you know and I have conversations with you and like literally sending texts doing those things that will make a difference about your emotional regulation and the feelings of hurt so I think Brené Brown does this really well she has a saying when she get really vulnerable she says when I get really vulnerable she has a saying that she says to herself a little mantra don't shrink don't puff up stand your sacred ground umm wait let's just stop stay on your sacred ground like that is the goal for all of us how do we do that though right like how do we not shrink and not puff up So what does shrinking look like it looks like not being authentic not being honest with your real feelings in a church community or with your husband or with your sister or right right it's shrinking and so that that they're not uncomfortable or the situation's not uncomfortable don't which means don't one down up down right like like I didn't go over the top of people and lose your mind and make everybody uncomfortable in the room because you're so curious right stand your sacred ground no the that is sacred ground and if you're in the battle if it's in your head if it's you know if it's with a tot if you're in the battle you are on sacred ground the Lord wants us to go to him with questions and he says don't you know James one don't don't uh you lack wisdom yeah lack wisdom but he says first don't like count it all joy when you're in these really hard situation when you're in these diverse situations because this is the time that that works for patients and this is the time that works your knowledge so so it is sacred ground you're standing on sacred ground and then it's how do you how do you in a gospel doctrine class or release society class or at your family dinner or with your husband stand your sacred ground yeah and I love how you broke because we were talking about how like sometimes I show up and I was telling Alison she goes well you realize that's passive and I'm like oh OK that's probably true I was but I was like saying there are some weeks and some moments that I can't stand and be but sometimes I can't be passive sometimes assertive and I love where you know we looked at the definition of assertive and I think this is like such a beautiful way of how we want to show up where it says assertive is appropriately honest expressive self confident empathetic to emotions of all around it's I clearly expressed that we both have rights and need like if that if we could just be a room of assertive Saints ministering to each other like Christ asked us to and not still including and including isn't just inviting to church including is I really appreciate your comment I I know that was really brave for you to say and I disagree with what you said but I could really see like how you could think that way right it's like it's it's that how we talk to each other right or or just you know even like that really I'm going to think about that some more yeah like because when we people will sometimes say well we shouldn't be talking about that that the spirit's not in that conversation and I totally disagree I mean right here it says you should not leave you should stay together in your disputations in your disagreement yeah like that's that's where we should if we can't bring our questions to relief society to the other women in our faith in the covenant with us then there is no say sacred ground no say

Amen 100% agree you know I recently had a lunch with somebody who wanted to know more about LGBTQ issues because they were feeling bothered that LGBTQ people she felt were getting so much attention like she was just really vulnerable with me about it and she's like and here my child's left the church and it is getting no attention and you know so we had a really open honest discussion about it and I was like so impressed with her that like she saw it differently than me but approached me in such a assertive loving way and it was a beautiful conversation I learned from her perspective and she learned from mine and that I was so demonstrated like in a in the way I think Christ wants us to do it you know and I think you've had this over and over again where people think see things differently than you and they still approach you and so I think our work is also being approachable is what I'm saying we have rather than passive aggressive or aggressive yes because if you're passive aggressive aggressive you're one up or winding down or you're assuming you're coming off as like there's no room for anybody else's opinion in this or you're kind of hitting them from the side because you're so upset about that whatever the situation is that's passive aggressive right so you're pretending to be passive but you're really you're really hurting them in other ways yes and if you're and and this is normal to do we all are sometimes passive aggressive aggressive but just know if you're finding yourself showing up that way you need to go back to our tips of seeking support processing that emotion raising your self compassion because that's how your heart is thrill your heart is valid but you got to process it through yourself so you can be the person you to end this situation so you can be the palm best self of you but if you are feeling that hurt on a really still really visceral level then there's just work you got to do and it's not that we all can process our bodies are made to actually process hurt your hurts real but like you got to take some action around it don't just ruminate in it because it will get bigger it will get bigger and and we are we are meant to eat find answers through the spirit ourselves and I just believe in a in a society like relief society we are better for listening to other people's opinions and their thoughts or their testimonies about something that we don't agree with like we're better for that and and we don't naturally create that space but we we have to stop saying there's no space or this is just how it is or I'm there's nothing I can do about it or I'm too afraid like we have to stop saying that that is super passive we have to start saying everybody that comes to relief society should be able to stand their sacred ground that is what the Lord's asking us to do is stand our sacred ground and we we just have to be OK with differences and if we find that it's a threat then we've got to then we've got some work to do we've got to figure out why is that threatening me yes because of your threat to by what people are saying in class that is your work to do right like if you are feeling triggered you know I was just teaching institute this week and this was modeled really beautifully where somebody made a comment that they disagreed with kind of what I was saying that I was teaching and she saw it differently and what it did is it created this like beautiful place where this vulnerability like she was kind of emotional saying this because it was a really personal topic for her and then because of her comment so many other people felt safe to also comment so how many times have we been we've been in Sunday school really study where it's gone badly right where we don't feel seen but when we are willing to be the first one showing the vulnerability we let other people be seen in that room too yeah and I I'm I would admit I'm a little more outspoken than most people but yesterday I was in an event and two people from my ward came up two women and said Oh my gosh I'm feeling hurt and the reason they did is because they knew that I was the kind of person that they could

share a vulnerability with yes and and we had a really good conversation and they work you know they they want to know what how to process and what to do with their own kids and the kids and the and the church and so it's an important thing that we do but we have to be we have to know that we're standing on sacred grounds when we're wrestling with these issues whether it's something in the scriptures something in the history of the church something because you know the woman's women's roles in church whether it's tithing and were there it's our LGBTQ children we have to be able to be fully there and by being fully there sometimes we're going to be fully different yes and when Christ said you know in 1832 goes nevertheless you should not pass him out of your synagogues I think we always should visualize like physically casting them out right but I think today we're talking about emotionally casting people with right like emotionally discounting each others experience and where they're at in their faith journey and not making room if not everybody is seeing it the same way and that is a real danger in A to our culture and it's going to inhibit our growth of us coming to Christ that is what we're talking about today other people and we're supposed to come to Christ together we are in the body of Christ So what that looks like is if somebody says something vulnerable even if I don't agree with it at church I can be the first to say off to them hey thanks for sharing that I don't have to agree or disagree or comment on it or anything but hey thanks for sharing I appreciate that you felt you could share that here yes and that is the pattern right that's what Christ says he goes don't cast him out of your places and you shall continue to minister ministering to each other is seeing each other right and and articulating that and saying I see you I love you we don't think the same we don't have to but I still see you as a valuable body of this of Christ that we are in together and actually you seeing it differently I want us to all start looking at difference of opinions not as terrorism weeds not as guilt to take the truth be hard not as being deceived but like the Lord is teaching us all differently and how do we show up and minister to each other sacred it's a sacred think tank sacred place yeah just think tanks people don't always think the same otherwise there's no thinking happening there's just agreement no there's no creativity happening right no so OK so I go and I say gosh I had a really hard time you know the talk it's the talk of the week the the week and really society or whatever or someone brings something up and gospel doctor and I say you know that was really hard for me to hear I I'm not sure I am fully comfortable with that with the way that that was stated I like that that's what I felt so non threatening that felt assertive well and So what if somebody says well that was the you know that was the servant of the Lord saying that and and and I don't understand why you would ever disagree with the servant of the Lord or how could you disagree with the prophets voice or that's yeah you know I think that that is terrible what now what do we say yeah and I think I would how I would respond is yeah it's a hard place to be yeah it doesn't feel good yeah you don't have to defend yourself Nope you just say you just validate your emotion of like yeah it's hard and like and and I'm praying about it and I'm trying to find the light of Christ in this talk because it does not bill I do not feel the fruits of the spirit when I listen to it when I heard it and I and I know there's goodness here but that's work I'm doing right now but it's a hard place to be and I appreciate your concern yeah I love that I mean that is standing your sacred ground yeah and showing up authentically it's how Christ wants us to show up right to grow authentically if we shove it down then the next time we are less able to show up authentically that is true this is a really good point you're bringing up anything shut down feels resentment right it's that straight that's that's why we blow up at our husbands like when they

snore through the 50th time you know or or or our kids forget a birthday kids leave their stuff all over the kitchen table they're like zero to 60 mom and are you kidding me you've been like while but nobody ever knew like yeah zero to 600 times yes and and but we like we are if you're listening to this podcast you're in a hard space. We are going to be buffeted around by sayings and comments and talks we just are but the only way to stay on sacred ground with God is to be authentic to be to say this is how I'm feeling I know it doesn't make sense I don't I know I I wish I was in a place where this just all worked yeah but but it doesn't and so we're giving you permission to drop the guilt and the shame to not make it mean that you are being deceived and that which is a good question to ask I ask myself that every day of my being because I don't want you to not ask that question I think that's important question ask the Lord but but but to not label it as apostasy and that something is wrong with you um and so but from that kind of inclusion seek your support process the emotions and then decide like reframe it in a way where you can decide how you're going to show up in these talks and in these when we're discussing them so you know already how you're preparing yourself so you're not triggered so harshly right and your body's like you you're kind of preparing your nervous system so you're not over the top aggressive or passive aggressive or just passive but but being the sort of person because that's what we need in our community we need each of you to be assertive of I need to hear your opinions I need to hear your viewpoint because the Lord's teaching you things that he hasn't taught me and your experience is valuable and it is valid and it is important and don't forget that and there's people in your release societies and gospel doctrines and Sunday school that need to learn your your teachings and your experience because there's goodness there and that goodness will connect them back to Jesus Christ right and it's it's a cop it's a skill to learn like being able to stand your sacred ground is usable in many ways and not just for families with LGBTQ people but people in mixed faith marriages single people divorced people you know people coming back to the gospel like yeah it's a skill and and just because it may not exist now in your community in your ward doesn't mean that it can't it just means the text I love that you be the one like I was in one word that one lady was the one and she created a domino effect of how our release society changed I wasn't brave enough at that point in my life and I learned from her and so you could be the one and I guarantee you there's going to be people when you say when you show authentic what you're doing is you're creating a safer place or people who are sitting there questioning like the man I talked to is there a place for me if I think differently and there is there is a place for all of us the Lord saw it the Lord saw that we would have disputations and his is not to leave each other because that's what Satan wants us to do is to find a way to be in our differences in love and assertiveness and compassion for each other yeah go out and as Gandhi says be the change you change if the space isn't there you're going to have to create it best view will be for that I totally agree and I know it's it is is is takes court courage but like Alice has said first time you do it's hard but every single time you do it it gets easier and easier and some weeks are easier than others right our emotional energy kind of changes so be protective of that but I have grown my muscle if this has grown I know Allison process too and we know that you could do this too we love you love you bye good luck peace in your hearts