



YOUR PERMISSION PRESCRIPTION

with Nancy Levin



How to Cozy Up to Conflict

EPISODE 76

Nancy: Harmony at all cost comes at a very high cost to us, and by continuing to avoid conflict, we are actually suppressing our own truth. When we are living in such fear of conflict, we're actually in fear of something far deeper. If you are a people pleaser, a peacekeeper, if you are someone who doesn't like to rock the boat, this episode is for you.

Hi, and welcome to Your Permission Prescription. The podcast that teaches you how to confidently say “yes” to you and consciously create the life you desire. I'm Nancy, best-selling author, master life coach, and founder of Levin Life Coach Academy. But it wasn't too long ago that I was a burnt-out people-pleaser.

Living my life for everyone around me and ignoring my own needs. Fast forward to today, and I've successfully coached thousands of recovering people-pleasers to set boundaries with themselves and the people around them. So they can live a more fulfilling life on their own terms. I created Your Permission Prescription to help you do the same.

Be sure to tune in for actionable coaching methods, from me. Interviews with other incredible coaches, speakers and authors, plus one-on-one live coaching calls and so much more. If you're ready to start saying yes to you, then you're in the right place.

Welcome back to another episode of your Permission Prescription. If you are a people pleaser, a peacekeeper, a conflict avoider. If you are someone who doesn't like to rock the boat, this episode is for you. I wanna support you in reframing conflict, and in fact, I like to call it cozying up to conflict because conflict doesn't mean that we have to fear the worst happening.

We tend to avoid conflict. So that we don't have to feel discomfort, but often more so, we are trying to save someone else from discomfort, from being angry, from being disappointed because we think it's our responsibility to handle someone else's feelings. So at the outset here, I will remind you it is not your responsibility to manage someone else's response to your truth and should conflict arise as a result of you sharing your truth.

There are a few different ways to engage with it. First, I will share that I believe conflict is simply an illumination of our differences. And in any relationship, we should be able to know and trust that the relationship itself is solid enough to hold both of our truths.

So, the bigger question here becomes, do you trust your relationships to hold the truth of who you are? What boundaries of your own are you crossing in order to stay in this relationship? How are you packaging yourself to be digestible to the other person? How are you showing up as a chameleon? As someone who is constantly acquiescing and accommodating, how often are you tamping down your own desires in order to be in this relationship?

And I'm not only speaking about romantic partnership, I'm also talking about. Any relationship with your family, with your mother, with a sibling, with a coworker, in business, in personal life, all relationships, we are taught that the goal of relationship, the goal of relating, is harmony at all costs.

However, harmony at all costs comes at a very high cost to us. And by continuing to avoid conflict, we are actually suppressing our own truth. Conflict does not need to deteriorate into an all-out brawl. There can be an element of we agree to disagree. There can be an element of I'm here sharing my truth with you, and you're here sharing your truth with me.

And while we may not see eye to eye, we don't need to feel the threat of bringing someone else over to our side, or the threat of being pulled over to someone else's side in order to stay connected. So, in other words, we can disagree, we can have differences and still stay in connection. One of the pieces here that I really wanna point out is when we are living in such fear of conflict, we're actually in fear of something far deeper.

If we are looking at the situation as all or nothing, if we have a conflict, we'll get divorced. Or if we have a conflict, I'll get fired, or whatever it is. If we're looking at it all or nothing, we are gonna be in that loop in our head of what do I need to do or say to make everything be okay?

And when we're in that loop, we are. Being authentic. We are not being true. We're not being present. We're simply trying to fix, save, rescue, and I got news that doesn't work. And when we're in that mode, what we really need to begin to look at is if this relationship is on such a fine line that at any moment it could end.

The relationship itself doesn't hold water. True connection, true intimacy, true relationship can hold differences. So, the bigger question here is, if I'm so afraid of conflict arising in this relationship because I fear something extreme to happen, how am I sacrificing myself in order to save a relationship that doesn't honor me?

I thought I would close this podcast with the poem I wrote that ends my book, *The New Relationship Blueprint*, also titled *Permission to Put Yourself First*, depending on which addition of the book you have. The poem is called *Loving and Being Loved*.

Sometimes I still find it so confronting to listen closely for my desire as it rises. Still so easy for it to be blocked out by what someone else needs. We

who are used to abandoning ourselves for the sake of another or avoiding feeling by any sort of sublimation. It takes longer to listen to the voice inside. Reminding us it's only when we finally honor all parts of ourselves with permission to attend to our fullness, that we will be available for mindful union.

I know we all want to be heard, seen, felt met, yet in conflict, may we remember that staying in connection is most important. Sometimes I believe loving and disconnection is truly the most sacred practice. As myth moves out of us, we have truly underestimated who we are. Lifetimes return, passion engages, heartbeats between blooms in the shadows of caress, while the mountains whisper while embracing another year.

And all the time, I am certain that self-love is at the root, nourishing my heart to meet yours. I am being called to stand my ground while loving and being loved. Relationship is a recurring rhythm, sovereign inside another. Intimacy, inscribed on the heart. I belong.

Thanks so much for joining me today, and I look forward to being with you again next time.

Thanks so much for listening to today's episode. If you loved what you heard, I'd be so grateful if you'd leave a review and share your experience. Even better follow this podcast so you never miss a new episode. And if you'd like some extra support or guidance, head over to my Transform Together Facebook group for an engaged community.

Where you can speak your truth, receive inspiration and ask for help as you navigate life's journey, or visit my website, Nancylevin.com, where you can find resources to help guide your path to reclaiming what's truly important to you. Thanks again for joining me.