**LWQA episode 123**

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I'm your host. Dr. Katie lender. On this episode. I want to talk about burdens and in particular the burden that you might not even have kind of acknowledge to yourself that you need to let go of or that it's even a burden at all and I've been thinking about this because recently I had one of these burdens and I was able to kind of let go of it and it made such a difference.

I didn't even realize how big of a deal it was until I wasn't dealing with it anymore and. Wow, so I thought I would talk a little bit about it. I am going to talk about it in the abstract because it is kind of a difficult professional situation that I found myself in and I just don't like throwing people under the bus about stuff like this, but I'll talk about it in enough detail hopefully to get the point across so.

I had a situation that for probably the last six months or so of 2018 was incredibly challenging and the probably the most challenging part about it was my communication with a couple different people where I just felt like every time we communicated. Like I leave the conversation feeling. Okay, but like the conversation itself was a real challenge.

Like I always felt like we were missing the boat with each other. We weren't fully understanding what the other person was saying or you know, the other person would say, I do understand what you're saying, but maybe not really I mean it was just like one of the hardest communication challenges I've had.

Probably in my entire professional career. I don't usually have this issue where I am like just continually missing the boat when it comes to communicating with other people and as you might be able to tell from my projects from this podcast from anything you've learned about me over a period of time.

I really want to make this kind of stuff work. I really want to be in really positive professional relationships. I want to make sure that I'm doing my part and that there isn't miscommunication. And so I had this situation we're kind of continually it was this miscommunication and it got to the point where I was really dreading having conversations.

I was also. You know really fighting myself challenged in my conversations with a particular individual to not be like you could hear in the tone of my voice like how frustrated I was and I just don't find that professional. I have never had a situation where I feel like professionally I kind of lost my cool as much as I was doing with this particular professional relationship, and it was just really challenging.

Now part of the issue was that we were kind of coming back around to the same problem over and over again, and I was trying all these different solutions and none of them were working. And so every time I would try one and it didn't work and like the same problem kind of cropped up I would get more and more frustrated.

And so finally I got to the point and I talked about this a lot with my partner where I just said, you know, I think I need to walk away from this project. Like I don't think I can do this and it's stressing me out. It feels really negative. You know, like I don't feel like I'm able to contribute what I want to and I'm to the point where I'm so frustrated that I feel like I need to just kind of like remove myself from this situation.

And as soon as I had that thought it was kind of like a little bit of a burden was already lifted because I think part of what happens in these situations when you do have a burden whether or not you realize it or not is you don't think you can let it go like you don't think that you can just walk away and once I realized I could walk away like it wouldn't be the ideal.

It was certainly not what I wanted to do, but it was such a situation of kind of Challenge and difficulty for me that I was like, you know what I think I. Just kind of say that I don't want to do this anymore. So this is what happens I went to this person and I basically was just completely honest and I said it makes me so uncomfortable to have these conversations to have the same problem over and over again to you know, feel like I'm not being as professional as I want to be to constantly be frustrated like this is just not the relationship.

I want I don't want to have this professional relationship with you and I feel like it's, you know, it's causing problems in other areas and we need to. This and in order to do that. I'm ready to kind of walk away from this project. Now as soon as I said that and kind of it was definitely an ultimatum and this is not always something that I think everyone can do depending on what the situation is and I want to be clear that this was a project that I definitely had.

Investment and especially in terms of my time and in terms of kind of my creative input, but it was also something where I got to the kind of breaking point and I just didn't even care and I wasn't really willing to keep doing kind of this difficult situation just for the sake of like the investment that I'd already made.

But I do recognize that not everyone can just walk away. So once I had this conversation with this person, it kind of triggered all these other things and involve some other people and they basically were like no we don't want you to walk away and. Let's figure this out and they kind of came at it from another angle.

I think because I was coming at it from another angle. And so when we kind of opened up the perspective to say like should this thing just no longer exists because it's been really hard and. I'm not someone to give up on things lately, but I also want to hear you know, if I'm seeing a pattern of like really difficult things and I'm like constantly banging my head against a wall.

I listen to that and I will say maybe the timing is not right for this or maybe I'm not the right person for this or you have to kind of be willing to acknowledge. You know, what is your role in this situation? That's kind of causing the difficulty. And that was really what I was trying to do was to say if this is me, let's remove me from the equation because I seem to be the one who's really struggling here with communication.

So once I did that and kind of acknowledge that I got some more information from various sources, the basically confirmed for me that it wasn't me that was causing some of these issues there were some kind of extenuating circumstances that were causing some of the challenges that I was dealing with and once I learned that it was hugely affirming because like I said, this was a situation that was so different than every other aspect of my professional life.

I was really starting to doubt myself in a lot of ways because of the challenges that I was having and once I got some more information I thought okay. This makes way more sense, you know, like I'm not questioning myself as much I feel like I do have a lot more control over the situation but the amazing thing that happened through this process of kind of confronting the situation was that I got this.

Burden just completely lifted off my shoulders and even though I'm still in it. I'm still kind of working toward this project. I'm still in these relationships knowing that I could kind of make that move to walk away. If I really needed to was huge and I do feel like it really did improve the communication channels because.

It finally kind of communicated in a way that I think the other people could understand just how much of a challenge I was having and that I really did want to make it work, but it wasn't that worth it to me. Like I was willing to walk away to preserve some relationships to preserve my own kind of emotional and mental health in this situation.

And I guess the thing that I didn't realize over that kind of six-month period of this challenge. I knew it was bad, but I didn't realize just how much it was affecting me until it went away. And once it was kind of somewhat resolved. I had it was like a fog lifted and I could really see how challenged I had been and how much emotional energy I have been spending on this problem.

How many conversations I had with my partner to try to talk through it and kind of trouble shoot and brainstorm ways to solve it. You know, I had spent so much energy and all of a sudden, you know, like the fog lifted and it was just this huge burden that had been released. So what I want to ask you is, is there something in your life right now that feels like that that it's a burden for you and you'd read it and you don't like it.

You're really struggling with it. You might not see a solution to get out of it, and I'm certainly not saying. Walk away that's not the kind of moral of the story. It's more about acknowledging that the burden is real and that it's there and it's something that really needs to be addressed now.

However, you choose to address it is up to you. But for me, I'm someone who typically avoids conflict. You know, I don't want to do these confrontations. I don't want to do kind of a Line in the Sand you know, where I say. I'm going to walk away from something. But in this case, I think what was so burdensome for me is I felt that level of conflict every time we had a conversation and so to kind of take it up a level and and like fully confront.

It was what the situation needed and that's really unusual for me to have that experience in my professional life. And so I had to kind of take that step and do that work. So I wanted to offer this however abstract as a kind of prompt for you to be thinking about. Is there an area burden in your own life that really needs to be addressed and that would be a huge weight off your shoulders if you were able to do that.

So I would love to hear about this. You can always email me at contact acadie litter dot work. You can tweet to me at Katie double underscore Linder. You can connect with me on Instagram @ KD underscore lender or as you heard last week. Can write me a letter at Katie lender PO Box? 1621 Albany, Oregon nine seven three two one.

I'd love to hear from you there as well. Thanks so much for listening to this episode life word QA is part of the radical self dress podcast Channel a collection of content dedicated to helping you seek self-knowledge nurture your superpowers playfully experiment live your core values with intention practice loving kindness towards yourself and others and settle into your life's purpose.

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