

How To Love Yourself No Matter What

Episode 306

Deciding you are relevant - How to stop feeling invisible in your life

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Hey, gorgeous. Okay. I am back from Hawaii and I am ready to go. Oh my gosh, I feel so inspired. I have so much to share with you. And it all basically came from having a kind of. Brutal trip as far as like weather and emergencies and everything that was going on there. Um, definitely, um, don't miss having emergency alerts coming up on my phone all the time.

Uh, that's just jarring, but. At the end of the day, it was, you know, it was the trip I needed. And now that I'm back, I just feel fired up. And I have so many things that we're gonna talk about, but today this is something that came up on a coaching session and I thought that it would be really beneficial to talk about it with you here.

And it's talking about becoming relevant. Um. I know that a lot of you might not say to me like, oh, Amanda, I feel like I'm irrelevant, and I don't think we walk around the earth going, I'm irrelevant. But what I will say is that I do notice that when we don't feel relevant, we. Have really interesting reactions.

Um, where I see it coming is, is when we feel like people aren't listening to us. When we feel like people aren't validating us. When we are moving through the world, having conversations with people, and we feel like we're not being noticed almost. Um, I almost labeled the episode feeling invisible. Um, because I do think that it's a very.

Common thing that most of my clients do end up struggling with, and I was just really considering, you know, what could be done, what we could do when we feel irrelevant, when somebody doesn't validate us, when we have something happen where we feel like we are, somehow our self worth is being challenged and.

This can happen in the smallest moment. You know, it can be that, um, I'll give you an example. Like, I was walking with my husband the other day and, and I said something to him and he just said something completely off topic and it was so obvious that he wasn't listening to what I was saying and. That's a very neutral circumstance, but in that moment it triggered this like deep anger and frustration and like I got very upset and I was thinking about it after and I was like, I wonder why that was so upsetting, because it's not the first time it's happened, it's not the last time it's gonna happen.

Like this is, you know, we spent a lot of time together when we were away, so we weren't always like dialed in and listening to each other. Um, but what I was really noticing was that I had this. Like deeper wound that lived under there where I felt irrelevant, where I felt like nobody cared what I had to say, that nobody was listening to me, that I somehow what I thought didn't matter.

And the only reason why I would believe that is if I said it to myself. You know what I'm saying? Because. I am irrelevant. Only if I treat myself like I'm irrelevant. And I was really like really hearing just certain messages, certain things that I was consuming while I was away. I'm reading this book by Rick Rubin and I'm really loving the book.

And if you don't know who Rick Rubin is, he's a very, very talented, very well-known music producer. He got his start in college and his really first big break for a band, he kind of is like attributed with, with really. Beginning the beginning to produce rap music in the mainstream. And who he produced to begin with was Run DMC.

And I mean, I wasn't a huge Run DMC fan. My husband loves rap. I do not love rap. Um, that being said, I loved listening to his story about how he created and how this all came to be. Um, but I guess the reason why this comes up for me in talking about him in this book. Is that he didn't. Worry about whether or not other people thought it was relevant for him to do rap music.

And in fact, so Run DMC did, uh, a cover of Walk This Way. So Walk This Way is an Aerosmith song, right? We all know the song. Um. Or at least I think we do, but very popular, very mainstream song. And so what he decided was that he was going to do a rap album with Run DMC, but he wanted them to do Walk This Way because he had a theory that if people heard the lyrics that they already knew, but it was in a new format, that it could become something that they really like.

And he wanted to test that theory out. And so that's how it all sort of began. So he really just led with his creativity and was like, I think this music is really cool and I wanna show other people how cool it is. How can I get them to listen to it? And I just think that what we do in our lives is the opposite in that we think something's really interesting or important or something that we wanna talk about.

And then when we talk to somebody, if they're not interested, we internalize that mean to mean we are not good enough. And then we have to be, um, fighting for our relevancy. Versus just deciding that it's relevant because we find it interesting and I just. Really loved how he approached his life and how he approached this art that he did.

And he considers it to be art. And this book is really great. I can, I can get you the title of it. If you're interested, just message me and I'll send it to you. I just can't think of it off the top of my head. It's on my Cobo. Um, and for those of you that are American, a Cobo, iss like a Kindle, but it's the Canadian version.

Um, that being said, I, I wanna leave you with the idea. With the understanding even that in order for anybody else to consider you to be relevant, you must believe it a hundred percent. That is on you to believe in your relevancy and it's the work that we do. We not, we're not always gonna feel it.

Sometimes self-doubt is going to be really running rampant, but I believe that it is a huge aha moment for. Anyone to realize I can give that back to myself. I don't need to wait. I don't need to ask permission. It will just be given to me because I already own it, because I'm already relevant. And so if I think something's interesting enough to be considered or important enough to be talked about, then.

I'm the one that gets curious about how do I ensure that other people hear this and understand this and can come at it from a different place. It just gives you more room to grow. You know, when I was speaking with this client, we were talking about a, a disagreement that she had had with her partner and.

What can be really interesting to notice is how we have the same fight over and over and over again with our partners. And so we get upset. We say we're upset. The partner hears the upset,

tone in our voice, sees that we're upset, immediately gets defensive, then we get more upset, then they become more defensive, and the pattern begins where we have some agency is how we approach this.

Because if we can approach it and not be reactive, but instead be curious about how can I get my partner to understand why this is so upsetting for me? Then we have somewhere to go. We have a place to grow because our relevancy is not in question. So we have to tell ourselves that like I, this is relevant, my needs are relevant.

What I believe is relevant, who I am is relevant. I don't need anybody else to give that to me. So I'm gonna give that to me right now, and I'm gonna get curious about how do I get my needs met inside of my relationship. And if I approach the problem super upset and they get defensive and then it escalates and we keep having that experience again and again, and again, and again.

That is the definition of, of insanity, right? Approaching the same program problem, approaching the same problem. The same way and expecting a different result, you are not gonna get a different result. Okay. That's why it's a pattern. That's why it keeps happening. So instead, what we can do is we can get better at confirming our own, um, relevance, and we can get better at.

Propping up our own self-worth and taking care of our own self-doubt. And then once we have done that, then we can come as this whole version of ourselves who is confident, who understands what she wants, who understands what she needs, and she can be curious and therefore not repeat the pattern. Okay?

This is why I've got, I hope you have a beautiful day. I hope you have a beautiful day. Can't talk today at all. I'll talk to you next time. Bye. I.

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