



Episode 33: Dealing With Disappointment (& Uncomfortable Shoes)

Christy Keating 00:08

Hi friends and welcome to The Heartful Parent Podcast. I'm your host, Christy Keating. In this podcast, we talk about it all, our parenting, our partnering, and our professional lives, because they are all a part of us. And we were never meant to do this alone

Christy Keating 00:39

Hello, hello, hello Heartful Parents, Podcast Listeners.

It is your host, Christy Keating and I am back with another week of The Heartful Parent Podcast.

And full disclosure, this is another week where you get to spend some time one on one with yours truly. And this isn't really what I expected to be doing this week. I hadn't planned on recording a podcast episode today. But here we are. And the reason that I'm doing this is because I had something happen over the weekend. And I really wanted to share it with you.

So today we're going to be talking about emotions, yes, emotions, feelings, all those things that we don't know what to do with that we're scared of that we don't know how to handle when they come up with our kids. We're gonna dig into that and talk about it a little bit. Because like I said, it's something happened this weekend. And I, you know, once it was over, I kind of thought, oh, this might be helpful to people.

So, before we dig in, I want to mention a couple of things. I want to thank you. Yes, you listener for tuning in to The Heartful Parent Podcast, for being a loyal follower of this show. Or if it's your first time, for joining us for the first time. If you enjoy what you're hearing here, if it is helpful to you, in any way, personally, as a parent, as a professional, as a partner. If you are getting something out of this podcast, I would be so so grateful, if you would take a moment when this episode is over, and share a five star review wherever it is that you listen to podcasts.

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Speaking of which, I would also so so greatly appreciate it, if however you heard about this, whether you found it on my website, or on one of your platforms, podcast platforms, or if you get my weekly email, if you would be willing to share today's episode or any other episode that has been impactful with two friends. I want to get the word out there, I want to grow this podcast. I don't make any money producing this podcast, and so it's just important to me that we grow, that we get the word out there and that more parents have the opportunity to share in what I call Heartful Parenting. And so the more of us can learn together, I'd be so so grateful.

Okay, now back to the issue at hand—emotions. I want to preface this with two important comments. First, I want you to know that I am a big believer in self-reflection. In fact, one of my three core values is growth. My other two are connection and integrity. Those three values are sort of how I run my life, how I filter my decisions. What I filter my decisions about parenting through, partnering my professional life. I keep those three values in the back, in the front of my mind, on a regular basis, and they really guide my decisions on a daily basis.

So growth is a really big one for me. And self-reflection is a really big part of growth. I asked my clients to do it when I asked them questions like, you know, *How have you contributed to this problem? Or What are you doing to maintain this problem? Or What do you need to do to change this situation? Not what does your kid need to do? What do you need to do?* And I ask myself those same exact questions.

Second thing I want to share or that I think is important to note is that I don't always get it right. You've probably heard me say that before, if you follow this podcast for any amount of time, I really don't always get it right. Even when I know what, quote unquote, right is, even when I know better, the doing does not always follow, which really brings us back to the number one, which is the need for self-reflection.

So this episode is going to dig into that a little bit because the story I'm going to tell you really did bring about some self-reflection. So here's the story. Okay. Here's what happened.

I love Ed Sheeran, Ed Sheeran is an artist, if you're not familiar with him, he is a singer songwriter who hails from the UK. He's this kind of quirky looking goofy guy with ginger hair. I love me some ginger hair, by the way. But he is a phenomenal singer songwriter, I think. I love his music. I love his vibe. He's very eclectic. And I just really enjoy him.

I found out early on this year in 2023, that he was going to be coming to Seattle, to play at Lumen Field, which is where the Seahawks play. It is an enormous stadium. And I mentioned to my husband several times that that would be a great gift, birthday gift, Mother's Day gift. You know, whatever, whatever reason to buy it, it would be a great gift. I also know my husband well enough to know that he doesn't always pick up on those little cues. And so I also floated the idea by some friends and was like, Hey,

would anyone be interested in going? And it was like, the concert was in August? I was asking this question probably back in February. And I think everyone was kind of like, I don't know what I'm going to be doing in August. Not, you know, not ready to sign up for that just yet.

So one thing led to another. I never bought tickets. I kind of was like, Okay, I'll be okay with it. And then I honestly I kind of forgot that he was coming. Well, fast forward to August. And the day after the concert. I'm seeing friends post on Facebook. And I'm reading an article in The Seattle Times about what an incredible concert it was. There were over 80,000 people there for the concert, he smashed Taylor Swift's attendance record at Lumen Field. And it was apparently by all accounts phenomenal.

He had Macklemore, who was a local Seattle artist, but internationally known. join him on stage. And it sounded like an incredible evening, and I'm not gonna lie, I was feeling some like, deep green, red hot, jealousy, whatever color you want to put on it. I was super jealous and really sad that I had not just bought myself the tickets or, you know, pushed the issue a bit more with my husband or a friend. I was feeling really bummed.

And I was sharing this over a glass of wine with a friend of mine who happened to go to the concert. And she was like, it was amazing. She'd gotten kind of a last minute chance to go. And I said, you know, I looked his schedule up, and he's playing in Vancouver this weekend. It was over Labor Day weekend. And then he's playing in Vegas in September. And I couldn't I could not go even though Vancouver is only a few hours away. I couldn't do it. We already had plans for Labor Day weekend, so couldn't make that happen.

And I was like, I totally want to go to Vegas and see him play. And my friend sort of jokingly said, yeah, yeah, we should totally do it. I'd go. But you know, I've also got a kid's birthday party that weekend. And I wouldn't be able to go till later. And we kind of had to fly in last minute.

So I got home and I jokingly said to my husband, Hey, my friend and I are gonna go see Ed Sheeran in Vegas. And he was like, Okay. And then the reality sort of set in and my friend wasn't able to go with me, you know, her son's birthday was that day. And so I said to Jonas, my husband, I think we should go like what do you think about going? And we're not frankly, we're not terribly spontaneous people. And in a really uncharacteristic move. He was like, okay, like, let's go.

We were able to find tickets. We looked at all the prices, we were able to find plane tickets that were not exorbitantly expensive. We were able to get resale tickets to Ed Sheeran that were great seats, but Again, not exorbitantly expensive. And we were able to find a hotel in Vegas. And I was like, let's do it. So we did it, we signed up, we paid the money, and my parents said that they would watch the kids for the weekend, so grateful to have them.

And so this last weekend, this last Friday, we hopped on a plane, flew to Vegas, we arrived, not like not until 6:30 at night on Friday night, and we like made some plans for the weekend. And then Saturday night was the show.

Alright, so I want to paint this picture for you. And I want to as I'm painting this, I own the immense amount of privilege that I have to be able to fly away for the weekend. Like there's so much privilege to be able to plan this last minute to have someone who could watch my kids too. You know that my husband was able to do this, like immense.

Okay. I also want to paint the picture for you that I'm old. I'm 50 years old. And there are aspects of Vegas that I love. And there are aspects of Vegas that I have way outgrown. So I had asked in a Facebook group that I'm a part of, of lawyers for a recommendation for a restaurant. And I've gotten this recommendation for this sort of Mexican inspired, upscale restaurant for Friday night.

We went to the restaurant, we went in, I'm wearing heels, which okay, I'm also now I'm 50 I'm realizing the value and importance of comfortable shoes. Good god, I had heels on. I don't know what I was thinking. We'd walked all around the Bellagio and then we'd gone over to this restaurant at a different hotel. But suffice it to say my feet were killing me. And we get into this restaurant. And we're there about 15 minutes before our reservation, a 10 o'clock pm reservation.

And we go to the bar and we get a drink and my drink sucks. And my husband is like you don't have to drink a drink that sucks. And I went I reverted into my old like, you know, 20-something elsewhere. I didn't want to make a scene and I was like, It's fine. I'll just drink it. He's like, No, don't drink that drink. So I got myself a better drink.

And then we waited. And we waited. And we waited and we saw other people who came in after us getting seated before us. And my husband went up to the front desk and I went up to the front desk and they were like, yeah, we're just waiting for someone to vacate your table. We were about ready to walk out when they finally got us seated.

And during this whole time, the volume, not of the talking, not of people having a good time, but of the music in this restaurant was so loud that I don't know how people that work there aren't suffering daily hearing loss. So food was great. I got to own that the food was great. We did not stay very long because we were tired. It was late, you know the reservation was late.

So that was kind of like disappointment number one, and then I'm going to fast forward through some other kind of minor disappointments that came about on Saturday. Again, one of them related to comfortable shoes. I cannot promote comfortable shoes highly enough. But we were like it's okay. It's okay like these disappointments are no big deal. Because we are seeing Ed Sheeran.

We're super excited for this concert. We like having you know, a drink at the Bellagio. We go back to our hotel room. We get ready. We shower like I get my makeup all done. You know I get on a cute little like black jumpsuit. Super excited to go to this concert. We call for an Uber. We go down we get in the Uber and the Uber driver says so we see the air going to Allegiant stadium. Is that for the concert? And we're like, yeah, yeah, totally. And he's like, did you know that it's been canceled? And I was like, what?

And I, no joke, you guys. I thought he was kidding. I thought he was trying to play like an April Fool's joke in the middle of September. I really thought he was joking and trying to be funny. And I was like, okay, for real, like, it's not funny. Take us to the concert. He's like, No, really, I believe that it's been canceled. I just picked up a number of women in the middle of the road, who were trying to get back from Allegiant stadium back to the strip. He's like, I'm gonna pull over and let you look it up, because he's like, I don't want to tell you something. That's not true. But I'm pretty sure it's been canceled.

And I look it up on my phone and I damn near nearly burst into tears. Like, I'm so bummed. Like, even as I recount the story right now, I was so bummed. And I didn't know what to do. We kind of took a moment. And then we're like, okay, take us, you know, to this hotel on the Strip. We're gonna go try to find a show to see at this point. We had found an article about it, but we had seen Ed Sheeran posted on Instagram but like we hadn't gotten an email at all from Ticketmaster anything about this.

So we had no idea if our tickets were going to be refunded if we could get them like what we were going to do. But now we had a whole night in Vegas. And we also knew that there were 65,000 people because again, highest attendance record ever for Allegiant stadium. And we knew that the strip was about to be inundated with 65,000 people.

Okay, I'm telling more of the story than you really need. But so I'm going to shorten it up a little. Suffice it to say, I'm super disappointed at this point. I'm on the edge of tears. And yes, I know, it's just a concert. I know. It's just music. I know, this is a first world problem and that no crisis was happening. But I was super, super bummed. And so we are trying to figure something else out.

And, you know, my husband, who is like, desperate to have me not so upset and not feeling. So sad is like trying to make it okay. And he's trying to fix it. And he's trying to tell me all the good things about our weekend. And in this moment of clarity, I looked at him and I said, I need you to not try to make it okay, right now, I need a minute to feel my feelings. I need a minute to work through this.

And we kind of stepped aside in the busy lobby of this hotel that we were in. And I said, I really need a minute. And he looked at me and he said, Oh my God, of course you do. Okay. And he sort of stood there. We found a kind of private little spot. And he rubbed my back while I was kind of processing and breathing and tearing up and frankly, trying not to cry.

And the only reason I was trying not to cry is because I'm in the middle of this lobby and I didn't want to smear my makeup, where I really would have liked to have had a good cry at that moment. I did have some tears and I went into the bathroom and I kind of cleaned myself up. And then we came back and we regrouped, we found a show to see.

We thought we were buying tickets to one show. The website somehow redirected without us realizing it, so we accidentally bought tickets to this other show. Like it was really kind of a weekend of I don't want to say disasters, because none of this was a disaster. But like a weekend of oh my god, one thing after the other. And so anyway, we ended up seeing a show. After the show, we were not able, we had a dinner reservation at a place I was very excited to eat dinner at and couldn't get a cab, couldn't get an Uber, like Uber driver picked someone else up on our tab and drove them.

And anyway, long story short, at the end of the evening, my husband and I just felt totally defeated. And I was really disappointed and really sad.

Now, there was an interesting tension going on. And I'm describing this for you because this tension is present in our kids. And that's all going to come back to parenting. So the tension was this, I recognized that nothing that was happening to me was a crisis, right? Going to a dinner that, you know that you don't enjoy the restaurant, missing another dinner reservation, missing a concert, etc, etc, having uncomfortable shoes.

None of these are a crisis, right? I was spending a weekend without my children with just my husband in Vegas. And doing some like really fun things like this was truly the issues that we were having are truly a, quote unquote, first world problem, right? No one was sick, no one was dying. No one was divorcing. No one was fighting. Again, I want to recognize that privilege.

And also, I think so often, we are uncomfortable with emotions that we're like, we convince people that their feelings aren't legitimate. And that's the tension here is that yes, there was no crisis. And also my feelings of sadness and disappointment. were legitimate. Those ongoing feelings of sadness and disappointment that I still have, on this Monday morning that I'm recording this are still legitimate. And I needed to give myself permission to feel.

The fact that it wasn't a crisis didn't mean my feelings weren't real or valid. And I knew there were a lot of good things. And also I didn't need to have those laid out for me. And it was interesting, like I shared this story with a few people.

And it really made me realize how uncomfortable we are with emotions, when we are uncomfortable with children's emotions. And that stems because we're also uncomfortable with our own emotions, and the emotions of other adults. Right?

We have this narrative in our culture, that we have to keep it together that you're not supposed to cry. You're not supposed to show your feelings. We ask people out all the time, like how are you doing? And we don't really want to know. All right, we don't really want to know. We want to hear that they're fine. They're good. They're busy. They're whatever. We're happy to talk about the weather, but God forbid you actually tell me that you're having a shitty day. Right?

And so I found that a lot of people wanted to remind me of Oh, but you got a weekend in Vegas with your husband? Yes, I did. And that was great. And it wasn't the weekend that we had hoped for or planned. And the disappointment was real. And so there's a tension there.

And the reason I'm talking about this, the reason I'm sharing with you this, you know, pretty minor story about a disappointment in Vegas, is because it translates right back to parenting. And it translates back to the idea that we are often fundamentally uncomfortable with our children's emotions. And we find every which way we can to try to convince them that their emotions aren't legitimate, to try to talk them out of their emotions, or try to get them to cover up their emotions so that we don't have to deal with them.

And this brings me back to what I talked about at the beginning, which is the need for self-reflection. And as I was sitting there telling my husband, and frankly, feeling fairly proud of myself for saying, Look, I need a minute to feel my feelings. My feelings are legitimate about this. Even if it's not a crisis, I'm still allowed to be disappointed.

It brought me back to this moment that happened last week with my younger daughter, who, you know, was moving through her first week of first grade, and was adjusting to the new schedule and having to get to bed earlier. And she wanted to have a playdate with her friends outside, like pretty late at night. When we were eating dinner and getting her to bed. And I said, No, honey, you know, you can't you can't go right now like we're about to have dinner, and then we got to get you to bed.

And her tears came fast and furious. And she said to me, everything feels like it's just been so hard. Since we got back from our vacation. You know, we had a summer vacation. Okay, mind you at this point. It's been three weeks since our vacation. And we've done a lot of great things in that time. My aunts were here visiting, we celebrated my older daughter's birthday, we celebrated my mom's birthday, we she had many playdates lots of riding her bike outside, lots of playing with kids in the neighborhood, we, you know, spent some time up in the mountains, like, lots of good things have happened to her.

And so she said, I just feel like everything's been hard and nothing good has happened since our vacation. And I gotta tell you, my initial reaction was not a good one. Because in my head, I'm thinking, How dare you say that, right? Like you've had a great summer, you've, you know, gotten to play with your friends a lot. Like not only did we get a great vacation, but you've also gotten to play with your

friends, you've gotten to see family like you've gotten to play in the mountains. Kid, you have nothing to complain about really like, and you're sitting here telling me that nothing is good.

Okay, that's, I didn't say all those things out loud. I just want to be really clear. That was my inside inner voice. But my outside voice did say, you know, I tried, sort of my tool bag, I'm really sorry. I know, it's really disappointing. And then she kind of continued on this track. And rather than just giving her space for her feelings, I legit tried to talk her out of them. And I started recounting that list of things that I just did. And the things that would have been good.

And I realized now, what I was doing, and what I was feeling. I was uncomfortable with her emotions, because for whatever reason, they didn't feel legitimate to me. Right, in the same way that somebody could say, you know, like, chill out, lady, you got a weekend away in Vegas with your husband. Like your feelings of disappointment about not getting to see the one show you wanted to see are not legitimate. To which I am here to tell you, my feelings are legitimate. Right?

So again, translating that into parenting, my child's feelings, that things weren't good or that she'd had a rough time because she didn't get this playdate are also legitimate. They may not make sense to me. They don't feel rational to me. And I would love for that to have not been how she was feeling. But it was how she was feeling. And I realized now that I needed to give her space for those feelings. I needed to give her space to process those feelings and that they were okay.

And so it makes me wonder or it leads me to pose the question and I want to be clear in the spirit of self reflection, I am posing this question to myself as well. But listener, I want you to ask yourself right now, how do you regularly handle your child's emotions? Now I know we're all gonna have off days, like that might have been an awful moment for me. I'd like to think that it was, but it might have also not been as off as I would wish.

So how do you regularly handle your child's emotions? Do you give them permission to feel? Do you give them space to have emotions, even when you don't understand them? Even when you don't think they're legitimate? Do you give them space for those? And coupled with that, have you inadvertently sent the message that their feelings are not okay? Have you inadvertently taken away permission for your child to feel their feelings? Which really leads us to the bigger question where we turn the lens on ourselves? Do you give yourself permission to feel? Does your partner give you permission to feel to have your feelings to feel your feelings?

Now I want to be really clear that having our feelings and giving ourselves and our children's space to have the feelings that we need does not mean that any and all behavior is okay. Right? It doesn't legitimize yelling, it doesn't legitimize rudeness or disrespect in any direction. It doesn't, you know, make it okay to throw things or to behave badly. Behavior and feelings are different. But have you given

yourself and your child permission to feel as your partner and give yourself and your child permission to feel?

And then if we zoom out, it begs the question, did your caregivers when you were growing up, give you permission to feel? Or were you sent the message that your feelings didn't matter? That they weren't okay or that they weren't legitimate? Did people say to you first world problem, get over it. Because if they did, or if that's something that you've said to yourself or to someone else, it's really not helpful. And it's really not healthy.

There's a fabulous book out by Dr. Mark Brackett who's the Director at the Yale Center for Emotional Intelligence, and a professor at the Yale Child Study Center. And it's called [Permission to Feel](#). And it really does dig into this idea that we all need that permission.

So I want to invite you to think about that to reparent yourself, to maybe shift up how you're parenting your kiddo around feelings and emotions. And I also want to mention that if you need support around this, which many of us do, because many of us were not parented in this way.

I'm here, I offer one-on-one coaching. I also have The Heartful Parent Academy where we dig into this. I'm here to support you. And I hope you'll reach out and get that support. Because I'm a really strong believer that we were never meant to parent alone. That is one of the biggest reasons why I started this podcast. Because I don't think we were ever meant to parent alone.

So I'm going to end there. I intend to dig into emotions more in the future. We'll talk about emotion coaching. I may even invite Dr. Brackett to be on the podcast, I don't know if he will be willing but doesn't hurt to reach out and try.

In the meantime, here's my invitation to you. Think about what permissions you give yourself and need to give yourself and how that translates into the permission that you give to your kiddo. And with that, I'm going to leave you to sort of ponder, to think and look forward to joining me again next week on The Heartful Parent Podcast.

As I said at the beginning, if you have a moment if this has been helpful, so grateful for those five star reviews wherever you listen to podcasts. If you listen directly from my website, please feel free to email me your review. Let me know how many stars you would give it. Share your thoughts about the podcast. You can find me at christy@theheartfulparent.com.

And I'd also be so grateful if you would share this episode or another one that has been impactful with two people. I'd love to grow the number of people you get access to Heartful Parenting.

Thanks so much for listening.

Thanks so much for considering my invitations.

I look forward to seeing you again next week. Cheers

