New Speaker: [00:00](https://www.temi.com/editor/t/QuxT9XRJ8mcZoAAFdcuDU-XkzWjS2NzqBVwQMzTcN2J82OYLEtLwt921hivizOhUXDBB8d9snDRs0AxmlUYKNjYSvSU?loadFrom=SharedLink&ts=0) Hey friends, it's Becky L McCoy and this is Sucker Punched

New Speaker: [00:14](https://www.temi.com/editor/t/QuxT9XRJ8mcZoAAFdcuDU-XkzWjS2NzqBVwQMzTcN2J82OYLEtLwt921hivizOhUXDBB8d9snDRs0AxmlUYKNjYSvSU?loadFrom=SharedLink&ts=14.13) Hey friends! It has been an entire eight months since we've hung out here on the podcast and I really missed you. I'm really excited to be doing this again and hanging out with you guys via this podcast. So if you are a new listener, welcome here. If you have been listening for awhile, thank you so much. There are going to be a few changes from here on out and I also have some stories to share with you today. I started Sucker Punched at the beginning of 2016 because I wanted a way to help share stories and stories that illustrate the fact that even if our suffering or our struggles are similar emotionally, the experiences can be very much the same. And so I spent the first two seasons, the first 49 episodes sharing stories. But I, as I have been reflecting over the last eight months, I didn't feel like maybe individual stories - where you were able to connect with them and say, "Hey, I felt that even though I didn't experience that same loss" - but I wanted this to be a resource that people can come to when they're feeling angry or when they're feeling disappointed or burned out or frustrated or sad and be able to find the other episodes where people were feeling that same way and just be inspired and encouraged that life doesn't have to be that way forever. From here on out in order to kind of make the emotional experience more accessible, the series will be based on the common emotion instead of the common experience. Uh, so first step after this episode, because this is special episode number 50 (!!) will be a series on disappointment. And I'm really excited about it. The guests that are sharing stories have really experienced profound disappointment. And I know that I am encouraged by their stories and that you will be too. Uh, so as we kind of move forward with this new way of approaching the podcast, I really hope that we can continue to build a community. I invite you to join us in the BRAVEtogether community on facebook. No one should feel like they're going through a hard thing or feeling deep emotions by themselves. So we talk about those things. I hope that this podcast will help in the normalization of suffering, right? We all go through hard things. It's not just a few unfortunate people. So let's talk about it more because we're all dealing with our own heart stuff.

New Speaker: [03:21](https://www.temi.com/editor/t/QuxT9XRJ8mcZoAAFdcuDU-XkzWjS2NzqBVwQMzTcN2J82OYLEtLwt921hivizOhUXDBB8d9snDRs0AxmlUYKNjYSvSU?loadFrom=SharedLink&ts=201.88) So in, in the last probably about nine months, I have totally disappeared from life. There are a few reasons why, and it's been really hard. So usually October through about February are the most difficult months for me. October is the month where Keith, my husband, started feeling ill. It's the same month that my dad passed away after my son was born. So it's also my son's birthday, October, November and December were the months were. Keith was really sick. January was the month that he died. And it's also his birthday. And it's the month where I was still pregnant for another month before my daughter was born in February. And so those are usually months where I pull back and I'm not as involved in things and I'm not producing, they're creating quite so much and that's kind of become the new normal. It's just part of our annual calendar. But this year, February came and went and I was still really struggling and I didn't realize it. So I realized probably in around May that Keith in my 10th anniversary was going to be in July and I realized that the grief do really let up and it's usual time in February because I was already anticipating that anniversary date. And really struggling with that, you know, how do you celebrate our mark, the passage of time when, when the person that you're supposed to mark the passage of time with isn't there anymore. You know? And so I, as I've been reflecting on the last nine months of kind of disappearing, I've really come to terms with the fact that it's okay if you need to put some stuff down if you need to disappear from life a little bit, especially with grief because you have to sit with the grief and it takes a lot of space and a lot of energy and you get to pick those things back up again. Right?

New Speaker: [05:45](https://www.temi.com/editor/t/QuxT9XRJ8mcZoAAFdcuDU-XkzWjS2NzqBVwQMzTcN2J82OYLEtLwt921hivizOhUXDBB8d9snDRs0AxmlUYKNjYSvSU?loadFrom=SharedLink&ts=345.97) But you can't carry it all at once. You can't, you can't carry the grief and really work through it. And also live life at full speed. You have to, you have to pick one or just a few things. I wrote about a lot about that in a recent blog post that you can find the link in the show notes, but it was called disappearing act and just what it meant for me to let my grief breathe, to give it that space, to sit in it, to feel all the Yucky feelings that I really hate feeling and avoid at all costs. But with that diminished capacity, because of grief, I have really worked hard to pursue more healing. I've learned more about myself. I have began to gain kind of a healthier perspective on the last three years and how stressful life really has been.

Becky L McCoy: [06:48](https://www.temi.com/editor/t/QuxT9XRJ8mcZoAAFdcuDU-XkzWjS2NzqBVwQMzTcN2J82OYLEtLwt921hivizOhUXDBB8d9snDRs0AxmlUYKNjYSvSU?loadFrom=SharedLink&ts=408.71) You know, that I'm not making up how stressful. It was to be widowed and have a two year old and still be pregnant and then give birth and raise two babies and I do it on my own. But I also haven't been on my own because the community of people both locally and further away and that includes so many of, of you that are listening has been totally indispensable and irreplaceable. And I really mean that. Like I have people that, on a hard day, I can text and just say it's a hard day. And they started sending me funny GIFs, memes, and verses, and pray for us. And I know that there are people that pray for us every day and just sitting with the grief and putting a lot of life responsibilities down is how I've really been able to observe that and notice that.

Becky L McCoy: [07:48](https://www.temi.com/editor/t/QuxT9XRJ8mcZoAAFdcuDU-XkzWjS2NzqBVwQMzTcN2J82OYLEtLwt921hivizOhUXDBB8d9snDRs0AxmlUYKNjYSvSU?loadFrom=SharedLink&ts=468.17) And, and I'm just so grateful. The one other thing that I really learned is how much grace I have learned and learned to give myself because of grief, because grief really, like I said before, it, it diminishes your capacity so extremely. And there's so much grace in that, right? Like if we allow there to be. I remember a couple of months, I think it was a couple months after Keith had died and Caleb basically just ate chicken nuggets and green beans for every lunch and dinner for like weeks. And it's not because he's a picky eater, but because that's all I had the capacity to kind of put together for him. And he'd sit down and put a blanket and the living room and he would watch TV. Well, he ate and I remember texting a friend saying, I just feel so guilty. Like, am I teaching my son bad habits or am I, you know, not caring for him?

Becky L McCoy: [08:57](https://www.temi.com/editor/t/QuxT9XRJ8mcZoAAFdcuDU-XkzWjS2NzqBVwQMzTcN2J82OYLEtLwt921hivizOhUXDBB8d9snDRs0AxmlUYKNjYSvSU?loadFrom=SharedLink&ts=537.06) Well, his mom because I have this diminished capacity because I'm grieving. And I really struggled with that. And finally she kind of put me in my place, which is great. And I think we all need some of that on a regular basis and just said, you know, he's already eating better than most two year olds. Like, Oh yeah, okay. Right. He loves vegetables. Like he's healthy, he's growing, he's learning, he's well adjusted, considering all of the stress and his little two year old life. And so it's, it's been realizing those things about myself too. I can't be awesome at everything all the time, in general. And then you add your grief on top of that and you have to let other things go to. Um, there are no perfect decisions. Most things don't have a right answer. It's just a, a series of choices and all the choices are good.

Becky L McCoy: [09:58](https://www.temi.com/editor/t/QuxT9XRJ8mcZoAAFdcuDU-XkzWjS2NzqBVwQMzTcN2J82OYLEtLwt921hivizOhUXDBB8d9snDRs0AxmlUYKNjYSvSU?loadFrom=SharedLink&ts=598.11) And so really just learning to loosen up on myself a little bit. So that's a little bit of an insight into why the break between season two and season three has been a lot longer because if I'm going to speak and write and encourage all of you to be brave and competent when life is really hard. I have to do those things too. And I'm, I'm just learning so much as I continue to do that. Today I'm gonna share with you. I had the opportunity to share part of our story at our church several weeks ago and I just wanted to share that with you. I don't often just kind of hyperfocus on my own story, but in sharing, I really took time to kind of condense all the things that I have learned about suffering and about me and about God. Yeah. And so I just think it's important to share those thoughts with you as well. Um, it's such a huge part in my own journey, learning how, how to grieve and live and walk with God through it all and none of it is easy or simple, but that doesn't mean it can't be good.

New Speaker: [11:33](https://www.temi.com/editor/t/QuxT9XRJ8mcZoAAFdcuDU-XkzWjS2NzqBVwQMzTcN2J82OYLEtLwt921hivizOhUXDBB8d9snDRs0AxmlUYKNjYSvSU?loadFrom=SharedLink&ts=693.11) My name is Becky. I am a mom to Caleb and Libby. You probably have seen them running around and Caleb usually as a train shirt on and Libby's hair is usually going like this. My story starts in about 2007. My husband Keith and I got engaged and two days later he was diagnosed with. And so we spent our entire year of engagement, he was going through Chemo and radiation and med school all at the same time and I was several hundred miles away finishing my senior year of college and applying to Grad School and writing a thesis and planning a wedding. So, you know, it was like a really fun year, not so, um, by the time he was in remission and, and our wedding came around it, we knew that it had to be a celebration because so many things had to happen for us to get to that day. And so we not only more celebrating that he was in remission, but just that whole year had ended and now we'd be married and would be able to be together because our entire relationship had been long distance.

New Speaker: [12:37](https://www.temi.com/editor/t/QuxT9XRJ8mcZoAAFdcuDU-XkzWjS2NzqBVwQMzTcN2J82OYLEtLwt921hivizOhUXDBB8d9snDRs0AxmlUYKNjYSvSU?loadFrom=SharedLink&ts=757.87) But we were also grieving the loss of that year of engagement. Most people really look forward to that and anticipating their wedding and, and building a life together. And we were just barely surviving. So when it came to our wedding, we knew that we wanted to have some kind of a verse that just brought all that celebrating together and really, like, we literally just randomly opened the Bible one day and this verse, it was Kinda like, Oh, came out. And that's like really, it was crazy and it was Psalm 126:3 and it said the Lord had done, has done great things for us and we are filled with joy and that was totally like, people even still, um, will come up to me and say I have never been to a wedding that had that much joy in it. And it was like, because we kind of earned it, it was a really hard year.

New Speaker: [13:27](https://www.temi.com/editor/t/QuxT9XRJ8mcZoAAFdcuDU-XkzWjS2NzqBVwQMzTcN2J82OYLEtLwt921hivizOhUXDBB8d9snDRs0AxmlUYKNjYSvSU?loadFrom=SharedLink&ts=807.58) Um, so we got married and um, Keith had two more years in med school. I had two years of Grad school ahead of us. We were super excited. Like, let's just get it done. We're type a people. So we committed to way too many things and wanting to be awesome at all of them. And uh, Keith ended up in the Er several times for appendicitis. He had meningitis at some point I got rear ended and we have to take the other driver to court because she ran away. We had, we were victims of an apartment scam in New York City, which unfortunately happens a lot. So we sued that lady too. We won both of them, which was kind of exciting. We felt like we should have like honorary JDs. Um, I moved out to vegas where Keith was doing his residency and within the next year and a half I was diagnosed with anxiety and depression almost had to quit my job. It was so debilitating and my grandfather passed away and so it was kind of like, wow, we thought we were doing okay, but maybe we're not.

New Speaker: [14:27](https://www.temi.com/editor/t/QuxT9XRJ8mcZoAAFdcuDU-XkzWjS2NzqBVwQMzTcN2J82OYLEtLwt921hivizOhUXDBB8d9snDRs0AxmlUYKNjYSvSU?loadFrom=SharedLink&ts=867.16) And then eight hours after Caleb was born, my dad passed away and he had been terminally ill, but we didn't realize it was kind of that terminal like that quickly. And I knew what it meant to grieve because I had lost two other grandparents at the ages of four and nine. So I kind of always grown up in a house where grief was present. But having to juggle being a new mom and celebrating that and also dealing with the hard parts of that with having lost my dad and him having been thousands of miles away. So my son and my dad never got to meet. What did that look like? Well, I didn't do it well. Like I am really open to admitting that I really, really stunk at grieving the loss of my dad and I just, I'm fine.

New Speaker: [15:19](https://www.temi.com/editor/t/QuxT9XRJ8mcZoAAFdcuDU-XkzWjS2NzqBVwQMzTcN2J82OYLEtLwt921hivizOhUXDBB8d9snDRs0AxmlUYKNjYSvSU?loadFrom=SharedLink&ts=919.03) It's good. I can handle a lot of things. I'm really good at multitasking. I've handled a lot of stress the last couple of years. I'm all good, but I really wasn't all good. And in that season I learned that if you try and avoid the grief or run away with from it or pretend that it's okay, it just kind of gets bigger and angrier and will chase you down until you deal with it. And that's kind of what it felt like. So eventually we moved to Maryland, Keith got stationed at Andrews Air Force Base just outside of DC and like, okay, I'm going to deal with all this. I dealt with all of it, it was, I had a Steven's Minister, which if you haven't heard is kind of a para church organization that trains like counselors and this woman just walked with me through all of that really hard stuff.

New Speaker: [16:02](https://www.temi.com/editor/t/QuxT9XRJ8mcZoAAFdcuDU-XkzWjS2NzqBVwQMzTcN2J82OYLEtLwt921hivizOhUXDBB8d9snDRs0AxmlUYKNjYSvSU?loadFrom=SharedLink&ts=962.85) And it was really a blessing because I was able to sit with those hard feelings and deal with it and kind of move on. So then we're like, okay, now is the year that we're going to have peace and rest and it's going to be easy. Like maybe we'll have a second kid. We bought our first house, it's all good. And then Keith started waking up every single night with night sweats, like not just sweaty, but like if you just got out of the shower or got out of a pool, like if you're thinking, Ooh, gross. Yes, very disgusting, right? So much laundry. And I knew right away that something was wrong. And him being a physician, if you don't know a physician personally, they are the worst patients. He's like, no, I'm fine. I'm fine. It's good. It's just a virus. I'm like, it's been two and a half weeks, it's not just a virus.

New Speaker: [16:56](https://www.temi.com/editor/t/QuxT9XRJ8mcZoAAFdcuDU-XkzWjS2NzqBVwQMzTcN2J82OYLEtLwt921hivizOhUXDBB8d9snDRs0AxmlUYKNjYSvSU?loadFrom=SharedLink&ts=1016.51) So finally I convinced him to go see his doctor. It takes a couple months. And finally, the week before Christmas he's diagnosed with a terminal cancer and I was seven months pregnant, so it was kind of like all of life came crashing in again because I had some pretty severe PTSD that anytime I got pregnant someone would die, which of course is totally irrational, but that's. PTSD is not a rational thing. And, and so I remember saying when I got pregnant, I'm just so afraid that someone is going to get sick and die again. And Keith of course looked at me and said, well, it's not. I'm not going anywhere. So then he felt terrible, but it wasn't his fault. So anyways, different conversation. So that year for Christmas, I love sending out Christmas cards. It's like my absolute favorite tradition. We wanted to acknowledge in our Christmas card that life was really hard, but just because life was really hard and we didn't feel good about it doesn't mean that anything about God had changed, right?

New Speaker: [17:58](https://www.temi.com/editor/t/QuxT9XRJ8mcZoAAFdcuDU-XkzWjS2NzqBVwQMzTcN2J82OYLEtLwt921hivizOhUXDBB8d9snDRs0AxmlUYKNjYSvSU?loadFrom=SharedLink&ts=1078.8) Even if I feel like God is absent or has it been to me, doesn't mean he's any less faithful. And so we pitcKED lamentations 3, 22 and 23 and it says, because of the Lord is faithful LOVE, we do not perish, for his mercies never end. They are new every morning. Great is your faithfulness. And I just love how all through Lamentations in the Psalms life is really messy and it's really hard and there is nothing sanitized about the Bible. And, and I think sometimes we get the wrong message that, that if we're Christians, because the Bible has answers and because Jesus saved the world, that it should be easy and there should be an answer and it should be fixed and we should be able to tie it all up in a nice little boat and explain it all away and say everything has a purpose.

New Speaker: [18:53](https://www.temi.com/editor/t/QuxT9XRJ8mcZoAAFdcuDU-XkzWjS2NzqBVwQMzTcN2J82OYLEtLwt921hivizOhUXDBB8d9snDRs0AxmlUYKNjYSvSU?loadFrom=SharedLink&ts=1133.01) Well, my husband died a month before my daughter was born. That does not have purpose. God does not delight and give purpose to terrible things. Right? And that month was a really dark month. It was me laying in my bed staring at the ceiling saying, God, I know you created the universe and you keep everything in motion, but you dropped the ball. I don't know if you're paying attention, but you messed up like this is wrong and I don't want to have to be the one to call you out, but nobody else is. So I'm happy to take one for the team here. Um, and so that was three years, almost four years ago now. And, um, and I have learned so much, I, I am not thankful that my husband passed away when I was still pregnant and had a two year old. But I am thankful for the things that God has done in the last three and a half years.

New Speaker: [19:53](https://www.temi.com/editor/t/QuxT9XRJ8mcZoAAFdcuDU-XkzWjS2NzqBVwQMzTcN2J82OYLEtLwt921hivizOhUXDBB8d9snDRs0AxmlUYKNjYSvSU?loadFrom=SharedLink&ts=1193.16) I am thankful that God is not afraid of messiness and that like other verses in Lamentations, just say, when I was in the pit, I cried. I cried out to you and you reach down with your mighty right hand, right. God's not saying we'll just go figure it out and then we'll talk or you know, he's not saying you didn't find the magic words or he's just saying I'll be with you even when life is really messy and that it's okay that God gave us emotions and it's okay to sit and to feel them and it doesn't. I hate it. Like I've told friends before, like today's one of those days when I just have to be sad and I don't like being sad. Right? I don't know many people that do, but, but really just to say that out loud was so much permission for myself that it's okay, grief and loss and suffering brings so many feelings and they're really big feelings and I want to avoid them and still get better and still heal.

New Speaker: [20:54](https://www.temi.com/editor/t/QuxT9XRJ8mcZoAAFdcuDU-XkzWjS2NzqBVwQMzTcN2J82OYLEtLwt921hivizOhUXDBB8d9snDRs0AxmlUYKNjYSvSU?loadFrom=SharedLink&ts=1254.36) But you can't. You have to really sit in it in order to heal. So actually a two and a half weeks ago would have been our 10th wedding anniversary. And actually this entire year has been really hard. Probably the hardest because there have been so many reminders of who's missing. My son started kindergarten without his dad. He finished kindergarten without his dad. He did all the preschool without his dad. He turned another year older without his dad and and all those, what are called secondary losses, are almost harder than the first one because you can learn to live without someone. But when all these triggers and reminders keep popping up, just when you think you've figured it out, it kinda sucker punches you for lack of a better word. So when I knew that I needed to just be away and by myself for our anniversary and, and I just went back to our wedding verse.

New Speaker: [21:59](https://www.temi.com/editor/t/QuxT9XRJ8mcZoAAFdcuDU-XkzWjS2NzqBVwQMzTcN2J82OYLEtLwt921hivizOhUXDBB8d9snDRs0AxmlUYKNjYSvSU?loadFrom=SharedLink&ts=1319.41) The Lord has done great things for us and we are filled with joy. And I was like, yeah, but sometimes not like not feeling it today. And so I read all of Psalm 126, all of chapter 126 and I got to verses five and six. And golly, if my jaw did not hit the floor, it says, those who sow in tears will reap in shouts of joy. Though one goes along weeping, carrying the bag of seed. He will surely come back with shouts of joy carrying his sheaves and all of a sudden God was like, remember 10 years ago when that first like out of the page, like I'm doing it again and thousands of years ago I inspired someone to put these words on the page that you were going to need in 2008 and in 2018 and I don't know what is being sown in our life, right?

New Speaker: [22:51](https://www.temi.com/editor/t/QuxT9XRJ8mcZoAAFdcuDU-XkzWjS2NzqBVwQMzTcN2J82OYLEtLwt921hivizOhUXDBB8d9snDRs0AxmlUYKNjYSvSU?loadFrom=SharedLink&ts=1371.97) There is no label on my little packet of seeds. I'm just planting them. You know, and I don't know how long it's gonna take before they're ready to be harvested and I don't know what's gonna come up the ground and I don't know how much, but if God has taught me anything in the last three and a half years, it's been that. That's the essence of faith. That you don't get it and you don't understand and you don't have answers, but you choose to believe that even if you don't understand, God is still good and God is still faithful and that was a really hard one for me because I'm a physicist by training, so I want a formula for everything, right? God does not work that way and I just really challenge you if you're in a season of grief or suffering, to allow God to be big and mysterious because he will surprise you.

Becky L McCoy: [23:50](https://www.temi.com/editor/t/QuxT9XRJ8mcZoAAFdcuDU-XkzWjS2NzqBVwQMzTcN2J82OYLEtLwt921hivizOhUXDBB8d9snDRs0AxmlUYKNjYSvSU?loadFrom=SharedLink&ts=1430.09) I hope this part of my story has been encouraging to you. I know that sometimes stories are just the best medicine for our heart, aren't they? So I really look forward to starting the series on disappointment. Next, I'll be opening the series with just defining the word disappointment. What does disappointment look like? Sharing some stories from my own life. While you're waiting, till next week's episode, I encourage you to check out the blog post Disappearing Act. You can find the link in the show notes or you can just head to my blog, BeckyLMcCoy.com.

New Speaker: [24:33](https://www.temi.com/editor/t/QuxT9XRJ8mcZoAAFdcuDU-XkzWjS2NzqBVwQMzTcN2J82OYLEtLwt921hivizOhUXDBB8d9snDRs0AxmlUYKNjYSvSU?loadFrom=SharedLink&ts=1473.5) This episode was edited and mastered and all that great stuff by resonate recordings, they are just excellent at what they do. If you host a podcast or starting a podcast, definitely check them out resinaterecordings.com to learn more. They have just been so wonderful to work with.

New Speaker: [25:00](https://www.temi.com/editor/t/QuxT9XRJ8mcZoAAFdcuDU-XkzWjS2NzqBVwQMzTcN2J82OYLEtLwt921hivizOhUXDBB8d9snDRs0AxmlUYKNjYSvSU?loadFrom=SharedLink&ts=1500.681) This podcast is also brought to you by Beauty Counter. My Friend Teresa Idoux sells Beauty Counter. They create safer and effective skincare and cosmetics for women and families. They screen all of their ingredients for safety so you can use their products with peace of mind and she encourages you to reach out to her directly. Again, her name is Teresa Idoux (i d o u x) at Beauty Counter and she would love to share more. I'm, she is so generous with her knowledge and is really, really passionate. So if you're interested in learning more about Beauty Counter, disconnect with her directly.

New Speaker: [25:49](https://www.temi.com/editor/t/QuxT9XRJ8mcZoAAFdcuDU-XkzWjS2NzqBVwQMzTcN2J82OYLEtLwt921hivizOhUXDBB8d9snDRs0AxmlUYKNjYSvSU?loadFrom=SharedLink&ts=1549.07) Lastly, I wanted to send you a couple resources straight from me. The first is that I started doing resiliency coaching and that means, you know, we talk about living briefly, what does that mean? But, but what if you want to live freely and you're not sure where to start? That's, that's where we're headed.

Becky L McCoy: [26:09](https://www.temi.com/editor/t/QuxT9XRJ8mcZoAAFdcuDU-XkzWjS2NzqBVwQMzTcN2J82OYLEtLwt921hivizOhUXDBB8d9snDRs0AxmlUYKNjYSvSU?loadFrom=SharedLink&ts=1569.65) So, in the shownotes there are links to that, or you can find me on Patreon at BeckyLMcCoy - all the information on how to sign up is there. Lastly, the very next, a BRAVEtogether virtual retreat is coming up really soon. It's on September 29th. You can find all the details that you need at BeckyLMcCoy.com/September29virtualretreat. I really hope I get to see you there. It is just such a fun event to be part of. And so encouraging. The speakers are amazing. Yeah. You can check out who the speakers are right on that page.

New Speaker: [26:59](https://www.temi.com/editor/t/QuxT9XRJ8mcZoAAFdcuDU-XkzWjS2NzqBVwQMzTcN2J82OYLEtLwt921hivizOhUXDBB8d9snDRs0AxmlUYKNjYSvSU?loadFrom=SharedLink&ts=1619.371) So that's it for the very special 50th episode of Sucker Punched. I'm really excited to be back on the proverbial horse and sharing stories with you and I will see you next week for the beginning of the disappointment series.

New Speaker: [27:18](https://www.temi.com/editor/t/QuxT9XRJ8mcZoAAFdcuDU-XkzWjS2NzqBVwQMzTcN2J82OYLEtLwt921hivizOhUXDBB8d9snDRs0AxmlUYKNjYSvSU?loadFrom=SharedLink&ts=1638.75) Feel free to get in touch with me on my website, BeckyLMcCoy.com or anywhere on social media at BeckyLMcCoy. I would love to hear your story. how these stories that I'm helping to share are encouraging to you, what's going on in your life, and the best way to stay in touch really is email. So, if you want to sign up for my email list, you can head to BeckyLMcCoy.com/3truths. You will get a free copy of the really cool. Oh, what's the word? A printable. There we go. You'll get a free copy of the printable three truths and a lie for when life is ridiculously hard. And you'll get on my email list. I just like to share more in depth thoughts with the people in my email list. I'm just kind of like, here's what I'm thinking about. Here's what I'm wrestling through and I would love for you to be part of that. All right? Until next time, friends.