Becky L McCoy: [00:00](https://www.temi.com/editor/t/eWOM2qyGrENfowtv2dwNvRnSmG6buZ3WD_v0rJ075G0-4kdsSjI-EgOnZepiQ6ETr_xaJVmlT8DsxZAnhMcbkt9Mbw4?loadFrom=DocumentDeeplink&ts=0) Hey friends, it's Becky L McCoy and this is Sucker Punched.

Becky L McCoy: [00:14](https://www.temi.com/editor/t/eWOM2qyGrENfowtv2dwNvRnSmG6buZ3WD_v0rJ075G0-4kdsSjI-EgOnZepiQ6ETr_xaJVmlT8DsxZAnhMcbkt9Mbw4?loadFrom=DocumentDeeplink&ts=14.7) Welcome to the disappointment series of Sucker Punched. Maybe you're thinking like, this is weird. She kinda sounds kind of excited to be talking about disappointment like, Yup, I am, but I'm really excited because this new format of focusing on a grouping episodes together by common emotion is kind of why I started the podcast so that we could stop comparing our situations and say like, oh well I shouldn't complain because that person has it way worse than me. Um, but instead recognize that, that all of life is hard and we're all dealing with our different hard things and that's okay. And, and we do have a lot of things in common when it comes to suffering. So I use this term common emotion. And the idea is that like one person could lose their home, another could lose their job, another could lose their husband and another could lose their dog. Another could lose a scholarship to college, but all five of those people are grieving, right? So the, the loss, does it have to be the same. The experience doesn't have to be the same, but the emotion, the emotional part of the experience can be very similar. Um, so in this series, the disappointment series, these stories aren't really about struggling with a chronic pain issue or I'm not getting a job that you really wanted or your vocational dreams kind of turning out differently or plans to move across the world or any of these specific stories that we're talking about over the next, um, this episode in five others, they're really about that common emotion of disappointment. And when you're just really disappointed by something, how does that affect you? What does it look like? What does it feel like and how, what's so hard about being disappointed and what does the resolution of the disappointment look like?

Becky L McCoy: [02:40](https://www.temi.com/editor/t/eWOM2qyGrENfowtv2dwNvRnSmG6buZ3WD_v0rJ075G0-4kdsSjI-EgOnZepiQ6ETr_xaJVmlT8DsxZAnhMcbkt9Mbw4?loadFrom=DocumentDeeplink&ts=160.56) Or did you decide to just stay disappointed forever? Um, so it's just been really neat to, to talk with these different friends about disappointment and the experiences in their life and, and, and just why it's so hard. Like why is it so hard to feel disappointed? Why can't we just let things roll off our back really easily? Um, it's like, really, that's not an easy question to answer. Um, so I, I kind of polled the BRAVEtogether facebook group and if you're not part of it, we'd love to have you join us. It's just a really safe place to talk about hard things to laugh about, fun things to just encourage each other through life when you know, whether that celebrating or um, or just linking arms and getting through the hard stuff together. And the consensus there was that we, we experienced disappointment when something hasn't met our expectations when, when our expectations are for things to turn out one way and they turn out another way and the gap between that is our disappointment. Um, someone else said that disappointment is data for the future and I thought that was so cool. Right. It's um,

Becky L McCoy: [04:14](https://www.temi.com/editor/t/eWOM2qyGrENfowtv2dwNvRnSmG6buZ3WD_v0rJ075G0-4kdsSjI-EgOnZepiQ6ETr_xaJVmlT8DsxZAnhMcbkt9Mbw4?loadFrom=DocumentDeeplink&ts=254.86) it's just something to learn from that because those expectations didn't line up. Okay, well why was that? How should we adjust our expectations for next time? And I, I think personally disappointment is something I am very quick to dismiss that instead of saying, Oh, you know what, that's really disappointing. I am very quick to say like, oh no, it's okay, it's okay, but you know what, sometimes it's not okay and it is disappointing and it's okay to feel disappointed. Right. There is absolutely nothing wrong with being disappointed by something. Um, and, and I have been so encouraged by the conversations coming up in, um, in this series that, that really wonderful things can happen even after really big or even not all the disappointments we're talking about are like life shattering, right? Even little disappointments can we be a real challenge to deal with.

New Speaker: [05:30](https://www.temi.com/editor/t/eWOM2qyGrENfowtv2dwNvRnSmG6buZ3WD_v0rJ075G0-4kdsSjI-EgOnZepiQ6ETr_xaJVmlT8DsxZAnhMcbkt9Mbw4?loadFrom=DocumentDeeplink&ts=330.62) Um, because I love etymology, like the study of the roots of words and origin of words. Um, I didn't do like a full, you know, full on nerd attack on the word disappointment, but even just going to the dictionary, um, it says that disappointment is a failure to fulfill expectations or wishes. A disappointment can also, um, be thwarted, frustrated or defeated fulfillment of hopes or plans. And I think, um, that's just so hard, you know, like how do you know how to have hope when, what you're hoping for might not be the thing that happens and that you might be disappointed. Is it worth hoping even when disappointment is, isn't an option? I Dunno. I Dunno. It's really hard and not straightforward and it's Yucky and it's okay for it to feel Yucky, right? Just because it feels Yucky doesn't mean it's necessarily bad because like the one person in BRAVEtogether said like it can be data. Oh, I'm really disappointed in this. Didn't turn out how I thought it was going to, uh, let's see, oh, I had this expectation that it was going to happen this way, but in reality that's not an option. So let me readjust and try again. Um, and I think maybe if the scientist in me, since I have a background in science that if I look at life like the scientific method, like, oh, my original plan didn't work. Let's go back and restructure this experiment and try again. Like, that makes disappointment much less discouraging.

New Speaker: [07:30](https://www.temi.com/editor/t/eWOM2qyGrENfowtv2dwNvRnSmG6buZ3WD_v0rJ075G0-4kdsSjI-EgOnZepiQ6ETr_xaJVmlT8DsxZAnhMcbkt9Mbw4?loadFrom=DocumentDeeplink&ts=450.89) I don't know if that's helpful for you, but it's definitely helpful for me in, in framing disappointment in a constructive way. Um, so I thought about a few ways that disappointment shows up in my life. Um, I am often disappointed with myself. I still make mistakes. I have really high expectations for myself. Um, but as is becoming my mantra, I can't be awesome at everything, so I'm bound to disappoint myself at some point. Um, and I don't think that's pessimistic. I think that's just real, right? We can't, we can't be perfect to absolutely everything. That's just a, that's a totally unreasonable expectation. So adjusting my expectations to know, you know, I'm, I'm really good at these things. These are where my strengths lie and I'm still gonna make mistakes. Um, and to have a different set of expectations for the things that were my, the areas where my strengths are. Then for the things that I'm weak at.

New Speaker: [08:45](https://www.temi.com/editor/t/eWOM2qyGrENfowtv2dwNvRnSmG6buZ3WD_v0rJ075G0-4kdsSjI-EgOnZepiQ6ETr_xaJVmlT8DsxZAnhMcbkt9Mbw4?loadFrom=DocumentDeeplink&ts=525.17) Um, and I really like in Jonathan Merritt's, new book, Learning To Speak God From Scratch, he talks about the difference between disappointment and disillusionment and how is really just kind of, um, clearing the fog or the cobwebs from our eyes to be able to see how life really is. And, and that's a really great thing that's a gift to be able to, um, to have a healthier perspective and not be stuck living in unrealistic expectations and being disappointed over and over and over and over and over again. Um, you know, and like the definition of insanity being, doing the same thing over and over again and expecting different results that has, that's like my relationship with myself. I'm in a try to do this again or you know, learn this skill or a break this habit or get in this routine and I fail at it, but I'm not ever adjusting my expectations for myself. Um, and, and I think when you're unwilling to adjust your expectations, that's when disappointment kind of moves into resentment and anger and, and you let all the disappointments all pile up and you start to feel like maybe your, just a disappointment in general.

Becky L McCoy: [10:22](https://www.temi.com/editor/t/eWOM2qyGrENfowtv2dwNvRnSmG6buZ3WD_v0rJ075G0-4kdsSjI-EgOnZepiQ6ETr_xaJVmlT8DsxZAnhMcbkt9Mbw4?loadFrom=DocumentDeeplink&ts=622.3) Then there's disappointment with others. There are those friendships that you really thought like this is going to be that friend that sticks with me, um, until the end of time and you end up having a falling out or just just, you just never really clicked. Um, people don't follow up on their promises or responsibilities. That can be really disappointing, right? Whether it's that they honestly really do want to help and now it's just not a good time for them to help or that maybe it was kind of an empty promise in the beginning. It's disappointing when, when you choose to trust someone and they don't follow through on that. Um, and then I think another way that sometimes we get disappointed with other people is we have this image of like this vision of who they are when in reality there's someone different and sometimes that's our own fault, you know, because we aren't paying attention to what they're saying and doing.

Becky L McCoy: [11:34](https://www.temi.com/editor/t/eWOM2qyGrENfowtv2dwNvRnSmG6buZ3WD_v0rJ075G0-4kdsSjI-EgOnZepiQ6ETr_xaJVmlT8DsxZAnhMcbkt9Mbw4?loadFrom=DocumentDeeplink&ts=694.83) Sometimes they're not showing us their true self right away, but either way, if the difference is negative, uh, that's really disappointing to be let down or realize that someone isn't who you thought they were. And the last one, and this is one that we're tackling a lot in this series, is disappointment, disappointment with God. Um, a lot of people have grown up in church thinking that is sinful, to be disappointed with God. And I hope that by the end of these episodes, you will realize that that is not the case at all. That if God could not handle our disappointment, then he wouldn't be a very powerful God. Right? I don't, I don't want to follow someone whose skin is that thin, um, or who doesn't value my honesty and authenticity and vulnerability. And so some of those disappointments include waiting for fulfilled promises, um, both, but sometimes I think it's disappointing that we're not in heaven yet, but also like the promises that God has promised you something here and it just hasn't worked out yet, or you felt like God was leading you down a certain path and it's just not panning out the way you thought it would. Um, we get disappointed with God when he doesn't do the things we want him to do, when he never really promises to give us everything we want. But he will always give us everything we need and I, I, I know that I am prone to forget that and when I started thinking that I need all the things that I want, that leads to disappointment real fast, right?

New Speaker: [13:44](https://www.temi.com/editor/t/eWOM2qyGrENfowtv2dwNvRnSmG6buZ3WD_v0rJ075G0-4kdsSjI-EgOnZepiQ6ETr_xaJVmlT8DsxZAnhMcbkt9Mbw4?loadFrom=DocumentDeeplink&ts=824.92) Um, yeah. I mean, like looking at my own life, I didn't get married and say, you know, say wedding vows till death do us part to live that out less than seven years later, right? You don't get married to be widowed or she'd be divorced and you don't. Um, you know, both times I've birthed children, a really significant person in my life has passed away. Um, I've struggled with PTSD and anxiety and depression and like every day waking up like, okay, maybe my brain will function correctly today. Like maybe today is the day and so far that day hasn't really happened. Right? And that's disappointing because I want my brain to be healed now. Um, but God just has such a different perspective on what our needs are. And if you're wrestling through disappointment with God, like you're not alone, there are literally books called disappointment with God, right? It's, it's okay to be disappointed, but as we're talking through this series like, okay, but now what are you going to do? Because if you just sit in that disappointment forever and ever and ever, I'm healing will not come. Growth will not happen and it will only turn into bigger, uglier, Yuckier, emotional monsters. Um, so I just really encourage you to really think things through that.

New Speaker: [15:35](https://www.temi.com/editor/t/eWOM2qyGrENfowtv2dwNvRnSmG6buZ3WD_v0rJ075G0-4kdsSjI-EgOnZepiQ6ETr_xaJVmlT8DsxZAnhMcbkt9Mbw4?loadFrom=DocumentDeeplink&ts=935.19) Um, before we finish up this episode, I wanted to let you know about our sponsors for this podcast episode. And the first sponsor is beauty counter. My friend Teresa. Idoux. That's I, d o u x. uh, she is one of the representatives for beauty counter and they create safe and effective skincare and cosmetics for women and families. They meticulously screen their ingredients for safety, so use of their products can come with peace of mind. Please reach out to independent consultant Theresa Idoux directly and you can find her at beautycounter.com/TeresaIdoux. This episode is also brought to you by resonate recordings. They are responsible for the editor editing and mastering. And making this podcast sound great. So if you have a podcast or you're interested in starting a podcast, definitely check them out@resinaterecordings.com. Um, you really, I mean, it's just such a pleasure working with them. Um, uh, last but not least, this episode is sponsored by resiliency coaching. It is where you and me and a few of our other new best friends are getting together and we are just intentionally figuring out who we are, what our passions are, what our priorities are, and how all of those things along with our strengths and our dreams, um, fit together and what they actually look like in our life. Because sometimes that's just really hard. Do you feel like you're just kind of trudging along and um, and, and you've kind of lost maybe a sense of purpose or excitement or you just feel so stressed out and you know, that there's gotta be a better way to live. Or maybe you've lived through hard things and you know that next time a hard thing comes along, you want to deal with it differently. You are welcome to come join us. You can find out more information about resiliency coaching at BeckyLMcCoy.com/coaching.

Becky L McCoy: [18:12](https://www.temi.com/editor/t/eWOM2qyGrENfowtv2dwNvRnSmG6buZ3WD_v0rJ075G0-4kdsSjI-EgOnZepiQ6ETr_xaJVmlT8DsxZAnhMcbkt9Mbw4?loadFrom=DocumentDeeplink&ts=1092.67) Uh, I also wanted to point you back towards a previous episode of Sucker Punced. It was called BIG BRAVE & little brave. And I think that the same concept applies here. We, we've talked before about, and I go into deeper in that episode, but there are different kinds of brave, right? They're like the big crazy, scary, brave things, but then they're also like little brave choices that you have to make all along the way. And it's exactly the same. I'm with disappointment there. There are, Um, there are little disappointments in life and there are big disappointments in life. And, and it's okay, right? Like we can stop, like trying to compare everything. I was telling someone the other day, um, about how I think I even compare in my own mind like, oh, you shouldn't be so disappointed by this because you've had much worse disappointments in your life and this just shouldn't be a big deal at all. So, um, if you're interested in learning more about that idea of like there being big things to you brave about, but you have to be brave and all the little things you can go ahead and check out episode 18 of soccer punched. It's called big brave and little brave and I think it'll be really encouraging to you and I'm just realizing that it's okay and you can do it and you don't have to be awesome at everything all the time. Right? Yeah.

Becky L McCoy: [20:13](https://www.temi.com/editor/t/eWOM2qyGrENfowtv2dwNvRnSmG6buZ3WD_v0rJ075G0-4kdsSjI-EgOnZepiQ6ETr_xaJVmlT8DsxZAnhMcbkt9Mbw4?loadFrom=DocumentDeeplink&ts=1213.29) So, um, I want to encourage you not to let all the disappointments pile up. Don't brush them off and say it's okay when it's not okay, because then everything is going to feel like one giant disappointment even though it's not.

Becky L McCoy: [20:37](https://www.temi.com/editor/t/eWOM2qyGrENfowtv2dwNvRnSmG6buZ3WD_v0rJ075G0-4kdsSjI-EgOnZepiQ6ETr_xaJVmlT8DsxZAnhMcbkt9Mbw4?loadFrom=DocumentDeeplink&ts=1237.66) Um, and I also encourage you to kind of meditate on the idea that disappointments can be a positive thing. That disappointment is just the gap between your expectations and reality and it helps you to learn if there was something messed up about your expectations will, what can you adjust for next time? It's just data to help you redirect your expectations. And, and so it's not really all that bad. Um, so I'm just so excited about sharing this, the series with you, um, we just have some really wise and thoughtful guests coming on and every single conversation has just been a gift. I'm not just for you, but for me too because I can be selfish that the, these guests are just really wonderful. So the first episode of the disappointment series, the first conversation will be next week and I am talking with writer Jonathon Merritt about his new book, Learning to Speak God From Scratch and some of the disappointments that led towards him even writing this book, write the book, came out of some of those myths, missed expectations for him. And so we're gonna talk about that a lot more. Um, so until next week, I hope that you don't experience any disappointment this week, but if you do, don't let those disappointments pile up, acknowledge them when they happen and just use them as data to redirect your expectations for next time. All right, friends, I'll talk to you next week.