Becky L McCoy: [00:00](https://www.temi.com/editor/t/tQ9HNAMy3lnAf-abSul7BP-rK3q_VajxeetjLQsNfC8pgdfylvoV4pYntOskni6bl2dOH4GFwbfj_sTHxKhnbrupRjY?loadFrom=DocumentDeeplink&ts=0.03) Hey friends, it's Becky L McCoy and this is Sucker Punched.

Becky L McCoy: [00:13](https://www.temi.com/editor/t/tQ9HNAMy3lnAf-abSul7BP-rK3q_VajxeetjLQsNfC8pgdfylvoV4pYntOskni6bl2dOH4GFwbfj_sTHxKhnbrupRjY?loadFrom=DocumentDeeplink&ts=13.94) Hi Friends. Welcome to episode 55. I have been reflecting on these last handful of episodes in this disappointment series and how I have been so grateful for kind of the, the slight a switch to focusing on these common emotional experiences that tire stories together and maybe not the actual, like shared experience of losing a loved one or a mental health or the topic kind of thing. Um, I have been able to really reflect on how I handle disappointment. Uh, sometimes I handle it really well and other times I do not to to put it to understate. Um, but it's been a real gift and opportunity to just kind of focus on this one aspect of life and how does it impact me and, and how do I want to handle disappointment in the future because I know that it will happen. And so I've been thinking about some of the books that have helped to shape my view of disappointment, my, um, understanding of the role that disappointment plays in my life and how much weight I should give it. Because, you know, emotions are not bad or good, they're, they're a neutral thing. They're part of who we are, part of our human experience and sometimes we pay too much attention to the emotion and, and make all of our decisions based on the emotion, uh, without kind of stepping back and getting perspective. And sometimes we ignore our emotions and assume that they are distracting us when in fact sometimes our emotions can be really helpful in figuring out what we think about something.

Becky L McCoy: [02:50](https://www.temi.com/editor/t/tQ9HNAMy3lnAf-abSul7BP-rK3q_VajxeetjLQsNfC8pgdfylvoV4pYntOskni6bl2dOH4GFwbfj_sTHxKhnbrupRjY?loadFrom=DocumentDeeplink&ts=170.46) So, uh, there are two books specifically that I want to share with you. The first one is called Bittersweet and it's written by Shauna Niequist. Uh, it's a set of essays just on different bittersweet moments in her life. And I, I love tying the word bittersweet with disappointment. I think that's. So I, I never would have really, maybe used bittersweet as a synonym for disappointment before, but after really reflecting on it, um, that book, it, it really walks with her through several major disappointments in her life. And, and some smaller ones too, but a disappointment doesn't just have to be like, oh, I was really hoping to go to that restaurant, but it's closed on Monday. That's disappointing. Disappointing can, can be very.

Becky L McCoy: [03:58](https://www.temi.com/editor/t/tQ9HNAMy3lnAf-abSul7BP-rK3q_VajxeetjLQsNfC8pgdfylvoV4pYntOskni6bl2dOH4GFwbfj_sTHxKhnbrupRjY?loadFrom=DocumentDeeplink&ts=238.04) Oh, what is the word I'm thinking of? Don't you hate When that happens? Doesn't disappointment can really wreck you? And it can be things that really break your heart. I'm like miscarriage or losing your home, whether that be for financial reasons or fire or you know, those are profoundly disappointing things that, that really happened to people. Um, maybe they've happened to you. Uh, and, and so her book, bittersweet was kind of one of the first books I remember reading is an adult that just really laid it all out and said, you know, what, life is, it can be really disappointing, but that doesn't mean that life can be good. So, uh, there's a link to that book in the show notes. And then the other book is actually a brand new book and it just came out, it's called Remember God by Annie F Downs. And I gave Annie a shout out last episode, so she gets a double shout out, which is Super Fun.

Becky L McCoy: [05:07](https://www.temi.com/editor/t/tQ9HNAMy3lnAf-abSul7BP-rK3q_VajxeetjLQsNfC8pgdfylvoV4pYntOskni6bl2dOH4GFwbfj_sTHxKhnbrupRjY?loadFrom=DocumentDeeplink&ts=307.24) Um, but she kind of wrote this book almost in real time, which is crazy. Like she says she was kind of writing, she was reflecting six months later and what was happening in her life, but like when she started writing this book, when she wrote Chapter One, she didn't know how it was going to end and she didn't know what was gonna happen in her life and, and it, so it's kind of this real time telling of some massive disappointments in her life and things that she thought was gonna happen and work out and they didn't. Um, but the ways that she was truly surprised by good things even with that disappointment, uh, the audio is fantastic. I have an imprint and then the audio as well and Annie reads it, which is fun because she kind of throws in little random improvisational off the cuff comments. Um, but it is definitely my favorite book that she's ever written, um, because she's not afraid to really explore the pain of disappointment. Um, so that book is, Remember God by Annie F Downs and that is in the show notes as well.

Becky L McCoy: [06:30](https://www.temi.com/editor/t/tQ9HNAMy3lnAf-abSul7BP-rK3q_VajxeetjLQsNfC8pgdfylvoV4pYntOskni6bl2dOH4GFwbfj_sTHxKhnbrupRjY?loadFrom=DocumentDeeplink&ts=390.5) If you, uh, I just want to give you a few resources, uh, on kind of these topics. One is a, if you missed the BRAVEtogether virtual retreat, we talked about perseverance and I think the, that when you experience disappointment and especially when you experience a lot of disappointment, you learn how to persevere. And we talked about that. That was the topic of the retreat. We talked about persevering, uh, what that looks like as endurance, how to rest and how to incorporate rest into a persevering, what it looks like to persevere, to have a community that you get to that helps you to persevere, especially when it's hard and what it looks like to persevere through disappointment. So you can get the audio version of the retreat so you can take it with you to go wherever you like to listen to podcasts or books or whatnot. Just had to BeckyLMcCoy.com/shop. And the other thing I wanted to point you to is, uh, some of my thoughts on disappointment and it's in a blog post on BeckyLMcCoy.com and it's called Good Things Are Scary: Disappointment Is Comfortable and I just kind of talk about how sometimes I avoid, ah, pursuing things that I'm excited about or a thing is that I know will be good because what if I'm disappointed again and I'd rather just stick with my current disappointment because at least it's familiar in a lot of you have, have responded and said that you know exactly how that feels and um, tate that has been encouraging to you for someone to just put words to what you weren't quite able to communicate.

Becky L McCoy: [08:33](https://www.temi.com/editor/t/tQ9HNAMy3lnAf-abSul7BP-rK3q_VajxeetjLQsNfC8pgdfylvoV4pYntOskni6bl2dOH4GFwbfj_sTHxKhnbrupRjY?loadFrom=DocumentDeeplink&ts=513.14) So on this episode I am talking with a real life friend, Tasha, a about a failure in, in her career. And so two episodes ago I talked with Jennifer Dukes Lee in, in episode 53, about when she didn't get a job that she was kind of, she had put all eggs in that basket and was super excited about it and didn't get it. Um, this episode is a little different. Tasha and I talked about what, what happens when you, when your career, your vocation is your passion and you fail at it. What happens next? Do you quit? Do you give up, do you, how do you, how do you handle, um, letting yourself down when you feel like the disappointment, not so much that your situation is disappointing, but that you have let other people down. And I, I'm just so encouraged, uh, and, and grateful for this conversation because I feel like professional and personal failure like this where we feel like we are the disappointment that we don't, we don't really talk about it because we're ashamed or we feel really guilty or whatnot. So I'm so grateful for Tasha and her vulnerability and sharing this story and I really hope that you will be encouraged by it.

Becky L McCoy: [10:20](https://www.temi.com/editor/t/tQ9HNAMy3lnAf-abSul7BP-rK3q_VajxeetjLQsNfC8pgdfylvoV4pYntOskni6bl2dOH4GFwbfj_sTHxKhnbrupRjY?loadFrom=DocumentDeeplink&ts=620.68) Today on Sucker Punched. I have my real life friend to asa gentile here and as much as I love having like writers and different people, um, if you kind of do this speaking thing for a living, I also super love having my real life friends on because um, everybody has dealt with really hard things. So thanks for being with us today. Tasha, thanks for inviting me. Uh, so why don't you share with us a little bit about a story of disappointment in your life.

Tasha Gentile: [10:58](https://www.temi.com/editor/t/tQ9HNAMy3lnAf-abSul7BP-rK3q_VajxeetjLQsNfC8pgdfylvoV4pYntOskni6bl2dOH4GFwbfj_sTHxKhnbrupRjY?loadFrom=DocumentDeeplink&ts=658.79) Okay. Well, I was just starting out in my career as a Doula. I, um, had recently felt like God had called me to become a midwife. And the first step to that was to go to a training to become a Doula and to start going to births. And if you don't know what a Doula is, a birth coach. So you are that person holding the mom's hand and telling them they can do it and giving them advice and massaging and their shoulders or whatever if they need. And I was totally pumped. I thought I was just full of all this knowledge and I knew how to give women these amazing birth experiences and so probably my third birth was a really close friend of mine. She invited me be her Doula for her first child and I was really excited and I was telling her about how great it's going to be and how we're going to get through it together.

Tasha Gentile: [12:02](https://www.temi.com/editor/t/tQ9HNAMy3lnAf-abSul7BP-rK3q_VajxeetjLQsNfC8pgdfylvoV4pYntOskni6bl2dOH4GFwbfj_sTHxKhnbrupRjY?loadFrom=DocumentDeeplink&ts=722.68) And it ended up being a really complicated birth and she ended up, um, having to have a cesarean in which she would had a lot of fears about that and really wanted to avoid that. And I knew that was a big reason why she had hired me because she didn't want to have a cesarean surgery for her birth. And so she was pretty devastated and I was devastated too. And I think the hardest part about it was that I felt like I had really let her down that, you know, things had gone exactly the way that she didn't want to. And that was mostly my fault because I didn't do something somewhere to change the course of the birth experience.

Becky L McCoy: [12:49](https://www.temi.com/editor/t/tQ9HNAMy3lnAf-abSul7BP-rK3q_VajxeetjLQsNfC8pgdfylvoV4pYntOskni6bl2dOH4GFwbfj_sTHxKhnbrupRjY?loadFrom=DocumentDeeplink&ts=769.72) Hmm. What was the hardest part of that disappointment of it not of your first birth like you and all this training and work and you're so excited about it. And the first birth is basically like all the worst case scenarios.

Tasha Gentile: [13:07](https://www.temi.com/editor/t/tQ9HNAMy3lnAf-abSul7BP-rK3q_VajxeetjLQsNfC8pgdfylvoV4pYntOskni6bl2dOH4GFwbfj_sTHxKhnbrupRjY?loadFrom=DocumentDeeplink&ts=787.52) Yeah. Um, I think it was hard for a few reasons. One was in the class were told, oh, you know, our bodies can do it, you know, we're naturally made to have babies naturally. And so, you know, natural labor is in your favor. Right? And so I was just really pumped on that message and I also felt because it was my calling that I thought that I had some gift from God that I could give women these beautiful births and that's why God had asked me to start doing birth work. But, um, the hardest thing was that it seriously affected our relationship. Um, we almost couldn't even look at each other afterwards. I think she was so devastated by it. She was really struggling postpartum with recovering and being a new mom and how she had a very difficult birth experience. And I felt like every time she saw me it reminded her of the failure and it made me feel like a failure. And so our relationship really struggled after that.

Becky L McCoy: [14:19](https://www.temi.com/editor/t/tQ9HNAMy3lnAf-abSul7BP-rK3q_VajxeetjLQsNfC8pgdfylvoV4pYntOskni6bl2dOH4GFwbfj_sTHxKhnbrupRjY?loadFrom=DocumentDeeplink&ts=859.35) Yeah. I can imagine that disappointment, like vocationally, that thing you've been called to do didn't work out the way that you want it to, but then it had more than just vocational implications, I guess is the word I'm looking for it.

New Speaker: [14:42](https://www.temi.com/editor/t/tQ9HNAMy3lnAf-abSul7BP-rK3q_VajxeetjLQsNfC8pgdfylvoV4pYntOskni6bl2dOH4GFwbfj_sTHxKhnbrupRjY?loadFrom=DocumentDeeplink&ts=882.13) Right. It was like, what did I do wrong? How did I fail? But also how do I mend this relationship, you know, is this my fault that all these things are falling apart?

Becky L McCoy: [14:53](https://www.temi.com/editor/t/tQ9HNAMy3lnAf-abSul7BP-rK3q_VajxeetjLQsNfC8pgdfylvoV4pYntOskni6bl2dOH4GFwbfj_sTHxKhnbrupRjY?loadFrom=DocumentDeeplink&ts=893.64) Mmhmm

Becky L McCoy: [14:56](https://www.temi.com/editor/t/tQ9HNAMy3lnAf-abSul7BP-rK3q_VajxeetjLQsNfC8pgdfylvoV4pYntOskni6bl2dOH4GFwbfj_sTHxKhnbrupRjY?loadFrom=DocumentDeeplink&ts=896.09) Yeah. What did you do? Like how did you deal with that?

Tasha Gentile: [15:00](https://www.temi.com/editor/t/tQ9HNAMy3lnAf-abSul7BP-rK3q_VajxeetjLQsNfC8pgdfylvoV4pYntOskni6bl2dOH4GFwbfj_sTHxKhnbrupRjY?loadFrom=DocumentDeeplink&ts=900.741) avoidance for a really long time? You know, I bottled it up for awhile. I tried to process it on my own and I didn't do well with that. And um, you know, professionally I talked to some doulas about it and they encouraged me that, you know, it's going to happen one in three births in America are cesarean, So it's not as though my inexperience or a lack of knowledge Somewhere was the cause of it, you know, it could have been anything else outside of me, um, but ultimately that still didn't heal my relationship with her and me feeling inadequate and wondering why God let me fail, you know. And um, so I think really my resolution came when I had a two conversations.

Tasha Gentile: [15:57](https://www.temi.com/editor/t/tQ9HNAMy3lnAf-abSul7BP-rK3q_VajxeetjLQsNfC8pgdfylvoV4pYntOskni6bl2dOH4GFwbfj_sTHxKhnbrupRjY?loadFrom=DocumentDeeplink&ts=957.681) One was, um, a conversation I had with a mentor friend at church. We were just, you know, those, those groups at church where you do a breakout session and you say, oh, how can I pray for you? And generally it's very superficial, especially when you don't know that person. Well, and I didn't know her very well at first and I don't know why, I guess I, I don't mind being vulnerable. Like I'm always hoping that I can reach out to a deeper relationship with people rather than just being superficial. Um, so I told her, you know, hey, I was, you know, I'm kind of struggling with this birth experience I had and she just looked at me and she was like, um, you know, God doesn't need you to complete his plan. Like he could have, he could, you know, your Tasha and that's great, but you aren't special you crazy. I was, I really didn't know her and I was like, at first I was like, who do you think you are telling me I'm not special? I've been told I was special as I was two years old, but my mom, you know, but um, he was like, no, he could have done that with anything, anyone, you know. Um, and so it's, it's, you know, this, this is a calling, but God is working through you and it's not about what you know or what you do. It's about God doing things through you. And at first I was really offended. Um, but, but then I realized that it was so true and then it took pressure off of me to perform to a certain level because, you know, God doesn't need me to do things exactly right for his plan to be completed.

Tasha Gentile: [17:46](https://www.temi.com/editor/t/tQ9HNAMy3lnAf-abSul7BP-rK3q_VajxeetjLQsNfC8pgdfylvoV4pYntOskni6bl2dOH4GFwbfj_sTHxKhnbrupRjY?loadFrom=DocumentDeeplink&ts=1066.39) Um, and there's, the second conversation I had was with my husband. We were hiking and we were just kind of checking in with each other how we were doing. And I think he even mentioned like, hey, how's your relationship with so and so? I know you guys haven't hung out in a while. And I was a little torn about what to say, but I, I ended up confessing everything from like, you know, actually I think I really screwed up this relationship. And he was like, well, what happened? And I told him and he essentially said, um the same thing that, you know, it's not my calling because I'm going to give every woman the perfect birth and the perfect birth doesn't look the same for every woman. And I kinda got into my mind that like, oh, you know, home birth and you know, this long with this many people with this kind of care provider with candles and incense and blah, blah, blah. Like that's the perfect right? And I want everyone as close to that experience as I can and you know, I, I can do that by my skills and my knowledge. Right? And I was like, that's not perfect for everybody. And that's not a plan God has for everybody. And so ultimately everybody's getting the perfect birth. You're not failing, you're only failing because you're thinking, you know, the way it should go. And um,

Becky L McCoy: [19:20](https://www.temi.com/editor/t/tQ9HNAMy3lnAf-abSul7BP-rK3q_VajxeetjLQsNfC8pgdfylvoV4pYntOskni6bl2dOH4GFwbfj_sTHxKhnbrupRjY?loadFrom=DocumentDeeplink&ts=1160.52) oh man, a Micah mic drop right there

Tasha Gentile: [19:24](https://www.temi.com/editor/t/tQ9HNAMy3lnAf-abSul7BP-rK3q_VajxeetjLQsNfC8pgdfylvoV4pYntOskni6bl2dOH4GFwbfj_sTHxKhnbrupRjY?loadFrom=DocumentDeeplink&ts=1164.761) Yea, he is pretty amazing in that way.

Tasha Gentile: [19:30](https://www.temi.com/editor/t/tQ9HNAMy3lnAf-abSul7BP-rK3q_VajxeetjLQsNfC8pgdfylvoV4pYntOskni6bl2dOH4GFwbfj_sTHxKhnbrupRjY?loadFrom=DocumentDeeplink&ts=1170.7) Um, so yeah, that helped me to take a lot of pressure off of my whole career. You know, what I can't even imagine if I had gone through, you know, the past five years being a midwife and going through school thinking that I had to know enough in order to create the perfect birth experience for every woman that I attended. And um, so that was really helpful. And then you know, he said you need to go to her and you need to confess where your heart is at and how you're feeling. And, and I'm sure she's really struggling too. And so, um, yeah, we,

Becky L McCoy: [20:06](https://www.temi.com/editor/t/tQ9HNAMy3lnAf-abSul7BP-rK3q_VajxeetjLQsNfC8pgdfylvoV4pYntOskni6bl2dOH4GFwbfj_sTHxKhnbrupRjY?loadFrom=DocumentDeeplink&ts=1206.7) so how did it resolve? What did resolution look like in this situation?

Tasha Gentile: [20:11](https://www.temi.com/editor/t/tQ9HNAMy3lnAf-abSul7BP-rK3q_VajxeetjLQsNfC8pgdfylvoV4pYntOskni6bl2dOH4GFwbfj_sTHxKhnbrupRjY?loadFrom=DocumentDeeplink&ts=1211.291) Um very awkwardly coming together one evening and just confessing to each other and we both felt like we had let each other down. Isn't that funny that she thought she let me down and so she was having trouble communicating with me because she felt like she had disappointed me or that she had done something wrong and I'm, you know, now my track record's messed up or something. Um, and uh, it was really funny to see the lies that she was believing and for it to be so obvious to me to say no, of course not. That's not true at all. And then for me to confess the lies that I was believing and her to say no way, you know, how do they think that you could give me exactly the birth experience I just wanted you to go through with me, you know? So yeah, it was very healing.

Becky L McCoy: [21:18](https://www.temi.com/editor/t/tQ9HNAMy3lnAf-abSul7BP-rK3q_VajxeetjLQsNfC8pgdfylvoV4pYntOskni6bl2dOH4GFwbfj_sTHxKhnbrupRjY?loadFrom=DocumentDeeplink&ts=1278.6) Yeah. I can imagine. And that you were both seeing the same situation and being disappointed for like different reasons, but that you both had the clarity and perspective to like, no, this is what's really happening.

Tasha Gentile: [21:37](https://www.temi.com/editor/t/tQ9HNAMy3lnAf-abSul7BP-rK3q_VajxeetjLQsNfC8pgdfylvoV4pYntOskni6bl2dOH4GFwbfj_sTHxKhnbrupRjY?loadFrom=DocumentDeeplink&ts=1297.46) Yes. And how much healing came out of bringing it to the light, you know, to really not bottling it up and trying to deal with it and avoid the person. Because you feel like you let them down, but really saying, Hey, I'm sorry, I feel like I let you down. And for them to really speak truth into that and say, no, you're fine.

Becky L McCoy: [21:58](https://www.temi.com/editor/t/tQ9HNAMy3lnAf-abSul7BP-rK3q_VajxeetjLQsNfC8pgdfylvoV4pYntOskni6bl2dOH4GFwbfj_sTHxKhnbrupRjY?loadFrom=DocumentDeeplink&ts=1318.75) Yeah, sure. So, um, what did resolution look like vocationally? Cause you're still, um, I mean as much as you can with three children, you're still helping women.

Tasha Gentile: [22:16](https://www.temi.com/editor/t/tQ9HNAMy3lnAf-abSul7BP-rK3q_VajxeetjLQsNfC8pgdfylvoV4pYntOskni6bl2dOH4GFwbfj_sTHxKhnbrupRjY?loadFrom=DocumentDeeplink&ts=1336.35) Is that me?! I have three kids. That's crazy.

Becky L McCoy: [22:19](https://www.temi.com/editor/t/tQ9HNAMy3lnAf-abSul7BP-rK3q_VajxeetjLQsNfC8pgdfylvoV4pYntOskni6bl2dOH4GFwbfj_sTHxKhnbrupRjY?loadFrom=DocumentDeeplink&ts=1339.52) I know. Like you're still helping women with their birth. So how did this experience kind of changed your perspective on this calling and vocation?

Tasha Gentile: [22:32](https://www.temi.com/editor/t/tQ9HNAMy3lnAf-abSul7BP-rK3q_VajxeetjLQsNfC8pgdfylvoV4pYntOskni6bl2dOH4GFwbfj_sTHxKhnbrupRjY?loadFrom=DocumentDeeplink&ts=1352.61) Well, primarily it gave me a lot of freedom. Um, and I think that it, the story of God's grace is evident in that, um, because you know, when we are striving to achieve and earn favor or create the perfect situation, um, you know, we're, we're inevitably going to fail. We are broken imperfect people. And when we believe that we can create something perfect, I think that's when we become disappointed. And so a vocationally, it gave me freedom to know that, hey, whether this was because of my mistake or not, it's okay. You know, that ultimately God is in charge and I like to think of the conversations that must be going on because I'm sure God's not sitting up there looking at me fumbling around and thinking, Oh man, I got the wrong person for this job, you know, and just kind of rubbing his forehead like, oh, he knows, he knows all of my inadequacies and he still me in these situations anyway. And um, he can redeem those mistakes and use those mistakes. And, and ultimately I think that just being with women is the greatest gift I can give them. Not a certain birth experience. Um, so

Becky L McCoy: [24:06](https://www.temi.com/editor/t/tQ9HNAMy3lnAf-abSul7BP-rK3q_VajxeetjLQsNfC8pgdfylvoV4pYntOskni6bl2dOH4GFwbfj_sTHxKhnbrupRjY?loadFrom=DocumentDeeplink&ts=1446.09) yeah, and I really enjoyed watching you. I'm also care so much for women that it's not even just about the birth, like you really want to care for women emotionally and mentally through their whole pregnancy. And then that whole postpartum like fourth trimester kind of time afterwards and do. So do you think kind of learning all of that and finding your passion there had any, like do you think you still would have gotten to the point you are now if all of your first births as a Doula had gone perfect?

Tasha Gentile: [24:51](https://www.temi.com/editor/t/tQ9HNAMy3lnAf-abSul7BP-rK3q_VajxeetjLQsNfC8pgdfylvoV4pYntOskni6bl2dOH4GFwbfj_sTHxKhnbrupRjY?loadFrom=DocumentDeeplink&ts=1491.67) No, absolutely not. That's, that's the wonderful thing about it too. It's um, it's just a wonderful learning experience in the end and I think having disappointments, being broken, being imperfect and knowing that makes you more applicable to women. And honestly, I, um, I started doing this work because I wanted to be a missionary midwife. Um, I met a missionary midwife and I had no idea what a missionary was and I had no idea what a midwife was.

Becky L McCoy: [25:33](https://www.temi.com/editor/t/tQ9HNAMy3lnAf-abSul7BP-rK3q_VajxeetjLQsNfC8pgdfylvoV4pYntOskni6bl2dOH4GFwbfj_sTHxKhnbrupRjY?loadFrom=DocumentDeeplink&ts=1533.55) this doesn't Surprise me about you.

Tasha Gentile: [25:36](https://www.temi.com/editor/t/tQ9HNAMy3lnAf-abSul7BP-rK3q_VajxeetjLQsNfC8pgdfylvoV4pYntOskni6bl2dOH4GFwbfj_sTHxKhnbrupRjY?loadFrom=DocumentDeeplink&ts=1536.51) I said, what is that? What do those words mean? And she explained to me essentially that she supports women through the most vulnerable life changing year of their life. And as soon as she said that, I thought that's exactly what I want to do for the rest of my life. And I didn't know natural childbirth, hospital birth, any of that, but I did hear God saying that's what you need to do. Support Women, empower Women, encourage them throughout the childbearing year and that's, you know, trying to get pregnant, thinking about pregnancy or unraveling that year after you have a baby where you know, you're fighting all kinds of disappointments all the time, no matter how many times you've done it. So

Becky L McCoy: [26:28](https://www.temi.com/editor/t/tQ9HNAMy3lnAf-abSul7BP-rK3q_VajxeetjLQsNfC8pgdfylvoV4pYntOskni6bl2dOH4GFwbfj_sTHxKhnbrupRjY?loadFrom=DocumentDeeplink&ts=1588.8) if you were sitting and chatting with someone who is having some similar disappointments with this thing that they thought God had called them to and they're so passionate about and it's just not at all how they expected it to, how would you encourage them through that moment in their life?

Tasha Gentile: [26:50](https://www.temi.com/editor/t/tQ9HNAMy3lnAf-abSul7BP-rK3q_VajxeetjLQsNfC8pgdfylvoV4pYntOskni6bl2dOH4GFwbfj_sTHxKhnbrupRjY?loadFrom=DocumentDeeplink&ts=1610.371) I experienced so many hurdles in my journey that I started out feeling really confident that it was my calling. But there were probably three, at least three times where I turned to my husband and I said, maybe this isn't my calling and I'm just feeling like giving up might be the easier solution or that I might have been wrong because it's hard. But I would encourage women that, um, you know, to, to suffer, to struggle is Christ like is Christian, you know, that um, this world is not trouble free. And the great thing about it is that all those struggles can be redeemed for good. And I'm just looking at it from, you know, I may not understand now, but ultimately God can do something with this and if he's called me to this work, maybe it's not meant to look the way that I had pre programmed in my mind. Um, but I should be willing to go along for the ride even if it's difficult or hard and not question God's judgment or his ability to complete his calling through me.

Becky L McCoy: [28:14](https://www.temi.com/editor/t/tQ9HNAMy3lnAf-abSul7BP-rK3q_VajxeetjLQsNfC8pgdfylvoV4pYntOskni6bl2dOH4GFwbfj_sTHxKhnbrupRjY?loadFrom=DocumentDeeplink&ts=1694.74) Yeah, I can. I feel like every, every adult can probably, or even, you know, even young adults can identify with that. Like when I dreamed of what I do, I thought it would be like this. It's like this in reality and how do I reconcile those two versions of the dream together?

Tasha Gentile: [28:44](https://www.temi.com/editor/t/tQ9HNAMy3lnAf-abSul7BP-rK3q_VajxeetjLQsNfC8pgdfylvoV4pYntOskni6bl2dOH4GFwbfj_sTHxKhnbrupRjY?loadFrom=DocumentDeeplink&ts=1724.25) Yes. I think too an issue with. I don't want to, I don't want to sound too arrogant here or anything because this is totally me, but I think a lot of people in our generation kind of grow up with this mantra. You can be anything, you can do anything and I'm sure almost like this sense of entitlement, like why isn't this going exactly the way that I want it to. I can do anything I, you know, and um, I go back to my mentor's words, you know, she say you aren't special, like you're great. You were created by God intentionally, but you know, like we aren't entitled to things being exactly the way that we want them to or exactly the way we thought they were going to be an honestly. That's great because my idea of perfect is so much smaller and incomplete than God's perfection. And so I, I need to constantly put on those glasses and realize that just because it's not going the way I want, it's still great, you know, and that it's actually probably better than what I originally wanted. I just have to reframe my thinking about it.

Becky L McCoy: [30:02](https://www.temi.com/editor/t/tQ9HNAMy3lnAf-abSul7BP-rK3q_VajxeetjLQsNfC8pgdfylvoV4pYntOskni6bl2dOH4GFwbfj_sTHxKhnbrupRjY?loadFrom=DocumentDeeplink&ts=1802.65) Yeah, that's so good. I always tell people like, I can't be awesome at everything. Right. I just have to pick a few things to be awesome at it.

Tasha Gentile: [30:10](https://www.temi.com/editor/t/tQ9HNAMy3lnAf-abSul7BP-rK3q_VajxeetjLQsNfC8pgdfylvoV4pYntOskni6bl2dOH4GFwbfj_sTHxKhnbrupRjY?loadFrom=DocumentDeeplink&ts=1810.47) I know, I struggle with that so much.

Becky L McCoy: [30:13](https://www.temi.com/editor/t/tQ9HNAMy3lnAf-abSul7BP-rK3q_VajxeetjLQsNfC8pgdfylvoV4pYntOskni6bl2dOH4GFwbfj_sTHxKhnbrupRjY?loadFrom=DocumentDeeplink&ts=1813.28) Oh, it's so hard.

Tasha Gentile: [30:18](https://www.temi.com/editor/t/tQ9HNAMy3lnAf-abSul7BP-rK3q_VajxeetjLQsNfC8pgdfylvoV4pYntOskni6bl2dOH4GFwbfj_sTHxKhnbrupRjY?loadFrom=DocumentDeeplink&ts=1818.06) I want to do everything Well.

Becky L McCoy: [30:21](https://www.temi.com/editor/t/tQ9HNAMy3lnAf-abSul7BP-rK3q_VajxeetjLQsNfC8pgdfylvoV4pYntOskni6bl2dOH4GFwbfj_sTHxKhnbrupRjY?loadFrom=DocumentDeeplink&ts=1821.74) I know I'm with you. I'm with you. Well, thank you so much for sharing about this. I know that, um, that it's going to be really encouraging to a lot of people because even when we first started talking about it and you shared this part of your story with me, like I haven't been able to stop thinking about it since then because I know that I would react like exactly the same admitted been me and, and just to see how you've processed it and allowed growth to happen is, is really encouraging.

Tasha Gentile: [30:57](https://www.temi.com/editor/t/tQ9HNAMy3lnAf-abSul7BP-rK3q_VajxeetjLQsNfC8pgdfylvoV4pYntOskni6bl2dOH4GFwbfj_sTHxKhnbrupRjY?loadFrom=DocumentDeeplink&ts=1857.381) Thank you.

Becky L McCoy: [30:59](https://www.temi.com/editor/t/tQ9HNAMy3lnAf-abSul7BP-rK3q_VajxeetjLQsNfC8pgdfylvoV4pYntOskni6bl2dOH4GFwbfj_sTHxKhnbrupRjY?loadFrom=DocumentDeeplink&ts=1859.871) Yeah. So uh, everyone leaves them love for my friend Tasha. I'm below and, and I really hope that we can have more of a discussion about this idea of just kind of being disappointed by how dreams, vocational dreams especially pan out in the BRAVEtogether facebook group.

Becky L McCoy: [31:36](https://www.temi.com/editor/t/tQ9HNAMy3lnAf-abSul7BP-rK3q_VajxeetjLQsNfC8pgdfylvoV4pYntOskni6bl2dOH4GFwbfj_sTHxKhnbrupRjY?loadFrom=DocumentDeeplink&ts=1896.27) So I actually just texted Tasha and was like, thank you again because every time I listened to this interview, I am so encouraged. She is such a wise person and so sincere in not just her passion, but wanting to truly use her gifts and her strengths to serve other people. She, she is just such a wonderful human being. So thank you Tasha. Uh, you can, uh, find, uh, both of us on social media links are in the show notes. I'm, uh, @BeckyLMcCoy in all of the social media is and at BeckyLMcCoy.com. If you enjoyed this conversation and other episodes, please take a moment to rate and review Sucker Punched. It is really helpful.

Becky L McCoy: [32:39](https://www.temi.com/editor/t/tQ9HNAMy3lnAf-abSul7BP-rK3q_VajxeetjLQsNfC8pgdfylvoV4pYntOskni6bl2dOH4GFwbfj_sTHxKhnbrupRjY?loadFrom=DocumentDeeplink&ts=1959.23) I don't think people necessarily always understand how truly helpful it is for you to rate and review anything that you love, whether it's a podcast or a book or an album or, or anything. Uh, the ratings and reviews are really helpful for creators both in knowing how to develop new content and where to take it. And also for new listeners to find new things that they love. It's a great way for you to share your experience, uh, with, with content that you really enjoy. If you want to have more conversations like the one that I had with Tasha today, and really kind of explore how these emotions and experiences affect you personally. I strongly encourage you to join us in the resiliency coaching group. We are going to be a small group of women who are gathering together to just explore these things together. I'm really excited to be leading it.

Becky L McCoy: [33:50](https://www.temi.com/editor/t/tQ9HNAMy3lnAf-abSul7BP-rK3q_VajxeetjLQsNfC8pgdfylvoV4pYntOskni6bl2dOH4GFwbfj_sTHxKhnbrupRjY?loadFrom=DocumentDeeplink&ts=2030.99) We're going to explore who we are, who we were created to be, what our strengths and weaknesses are, what our passions are, how those things overlap, uh, how to handle the hard things that we're dealing with in life right now, or maybe recover from the hard things that we just came through and how to prepare for the hard things that will come down the road. And, and, and I'm, I'm just so excited about it. We are officially going to start on November 1. So make sure that you join. Now you can find out more information. Uh, BeckyLMcCoy.com/coaching. I also want to thank the wonderful people over at Resonate Recordings. They are responsible for editing and mastering this podcast and they are wonderful to work with, super professional, and they are really good at what they do. So if you were thinking about starting a podcast or you have a podcast and you want to make it sound even better, you should head over to resonaterecordings.com.

Becky L McCoy: [35:00](https://www.temi.com/editor/t/tQ9HNAMy3lnAf-abSul7BP-rK3q_VajxeetjLQsNfC8pgdfylvoV4pYntOskni6bl2dOH4GFwbfj_sTHxKhnbrupRjY?loadFrom=DocumentDeeplink&ts=2100.74) Lastly, if you have a product or a service that you want to share with people, I would love to partner with you as a sponsor for the Sucker Punched podcast. I love sharing things with people. Whenever I find something that I love, I can't help but share it with everyone that I know and I would like to be able to do more of that on the podcast. So please get in touch with me. You can email me podcast at BeckyLMcCoy.com. We're also on AdvertiseCast, so it's advertisecast.com/SuckerPunched. That is it for this episode. Um, I can't believe that this disappointment series is winding down. Next week will be the last episode. And then I will give you more information on, on what is coming up next in our next series. I hope you have been enjoying this series. Enjoying is kind of a weird word to use when we're talking about things that were truly disappointing people's lives. But I really enjoy the, the way that these conversations are so refreshing. Um in their sincerity and vulnerability and, and it's not like there's anyone out there who has never experienced disappointment and I just love that we can encourage each other through all of it. So until next week with our last episode, in the disappointments series, I hope you have a wonderful week and I will talk to you then.