



Episode Transcript – 032 Signs You Don't Know

Introduction

Welcome to Remembering to Be Me, a podcast that helps you find your own way to a place of authenticity and service of others in a world that is ever changing. I am your host, Jenn Shallvey and I invite you to join me on a journey of reflection, insight, and wisdom, as well as be challenged into growth and change. The choice is always yours. I simply hold the space, and offer an invitation and support you in the process. As you find your own way to balance the ups and downs, be rewarded with freedom, contentment, happiness, acceptance, peace of mind, and clarity. Trust yourself, discover more of the real you and share your wonderful, amazing whole self with the rest of the world. This is not always easy. So, start with this simple message to yourself, "Be me, and when I forget, remember to be me."

Main podcast

Hi, this is Jenn Shallvey. Welcome back to the remembering to be me podcast. I am back to continue with the topic of knowing when you don't know. And today I wanted to talk about the signs. What comes up that might indicate that you are experiencing the knowing that you don't know. If you don't know what I'm talking about, which is probably already the starting point here, go back and listen to the last episode. In lieu of that I wanted to remind you why I am working on this topic right now. Because I work a lot with intuition, with the knowing that we have in ourselves. And one of the things that I've noticed is that when we take it for granted that we have intuition, we forget that there are stages where we might be afraid to trust that. And so we might be in a place where we give away our power. We give away our knowing and let others tell us who we are, what we should do, how to live our life, things like that. Because we don't listen to ourselves. We don't trust herself. And we don't know. And so my point here is that by knowing when we don't know, then we can begin on the journey of knowing it's like the prerequisite for intuition. Isn't it.

So before I get into what I think are the signs, or just some examples of signs, I wanted to just create some context. And that is, it is okay, no matter where you're at to not know. It is okay. And sometimes that is a place we need to be in, in order to cope, deal with, adjust, accept. Just sometimes that's the best way for us to deal with whatever circumstances we are in. And so that is a, almost, I would say a subconscious self adjustment. It's a self care that's happening at another level. But generally it is far more important and greater for not just yourself, but everybody in your world, when you do listen to yourself and you trust your knowing. But you have to get to that place.

I know it's so easy to say 'I don't even want to know. I don't want to look inside. I don't want to ask any questions. I don't want to delve into any of that.' And it also is really easy to just hand over all responsibility for decision-making for thinking to somebody else. It's very easy. Isn't it? I know that over all the years that I worked as a coach and a mentor, one of the number one things that I had to work with that was really challenging was the constant question that came to me of, so Jenn, what should I do? And the last thing I would ever do is say, what you should do is this. Most people who work with others will say, well, what do you think? Or what comes up for you before offering some wisdom, some ideas or some insights as additional information, not the information.

But what I'm noticing and observing, and that's why I am working on this topic, is a lot of us have decided to outsource our knowing. We are letting others tell us how to think, whether it's online,



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searching, whether it's social media, whether it's other people that we put on a pedestal, whether it's what we consider experts versus ones that we don't. There's a lot of judgement, selection and narrowing down to a very limited source of information and knowledge when we do that. What I'd rather do is say that the knowing that we are seeking is a feeling within ourselves that it's right. And what I'm trying to get to in all of this is a skill, a sense of capability and trust that when we are looking at things, we can discern that with a much greater sense of our own internal radar, filters, whatever you want to call it.

So why is this so important? Because when everything falls into place, ultimately it is up to you, how you direct your life. It is your responsibility. It is your choice. It is your empowerment, your freedom, your opportunity. There's so many ways to look at it. When you are able to know from the depth of your being, from the core of who you really are, what is right for you, then you can engage so much better with others in your life, whether you know them really well or not. And then you can also contribute in the conversation, the dialogue with others who equally are going to that place within themselves. And we get a much richer, broader way of seeing things in the world. That is why I'm saying do this. It's worth it, not just for yourself, but for everybody. I really believe that. I almost wish more often that we'd actually be going around. So what do you think about it before we said, well, here's what so-and-so told me you should think about it. I really liked to know multiple pieces of information from multiple perspectives and really take that together.

But let's start with just you. Because the one person you can influence in your life at all times is you. That is an amazing source of power and an amazing source of resource for you to know that. But when you don't know, it can be quite frustrating, can't it? I looked at about six or seven areas that I think will be signs that you are knowing when you don't know. And these are, I guess what I'd call niggly things that come up in your day-to-day life, your work, and so forth. And they will be trying to nudge you and tell you something. And they get louder and louder and louder when you don't pay attention. And these are the signs that you don't know, and maybe it's worth exploring an area of one of these, because that's maybe the one thing that's leading you into a greater sense of who you are and yourself.

What's the number one thing I think is the first time might be that you don't feel like yourself and this can be coming up in your day to day. It can be coming up in the way you're interacting with other people. But you're just not feeling like you, your answers to questions might not be clear. You might not find a sense of peace or calm when you are doing things that you choose to do. There's a lot of internal confusion and almost conflict about choices, because you're like, well, is that really me? Do I want to be doing that? And so that sense of less authenticity begins to arise. And you're just feeling a little bit more uncomfortable in your own skin because you don't feel like you. And that's one sign.

Another sign could be people giving you feedback. And the feedback is changing. So nobody walks around and says, can I give you some feedback, except for people who are coaches and mentors, because we're trained to do that. And you'll find that some people will lovingly volunteer their feedback, right? Is it changing? Is what people are saying to you changing? Are they noticing things that you're not noticing that you're not paying attention to? It could be indications of you going in a different direction that you're not really aware of. Or that you're quite off-kilter in your self or your authenticity, if you want to go back to that one. But other people are noticing and they're you in



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various ways. They might usually be the social one that wants to go out and a certain person decided to have an event. And let's say you're in a place where you actually are allowed to go to an event and a small gathering, but you don't feel like going anymore and something isn't right. But you don't know why. And somebody would maybe say to you, well, usually you like to go to this kind of thing what's going on. And you're like, I don't know. But you know, you don't know because you're noticing that sign, that there's something coming up for you.

Another example would be when you defer to others too much and then resent it. So when I talked earlier about the idea that we outsource our thinking sometimes to other people, when we listen too much to others and it is going against who we are and what we really believe in what we stand for and a lot of other aspects of ourselves, we will begin to resent that. We might on the surface agree, comply, whatever it is to go along with things, to not disrupt, to not make waves, but then down deep, there's a part of us that goes, I don't agree with that. But you don't notice it because you're not in your mind consciously saying, I don't agree with that. You just have a habit of maybe with certain people letting them dominate the situation or directing what you do or where you go and so forth. And then in parts of your behaviour, you'll resent that. And that will come out either consciously, but more likely subconsciously where you might act out in ways that are passively aggressive, perhaps, or other avenues. Or you might procrastinate. You might not do things that that person has told you to do because you really do actually resent the way it's been told to you. And if you have an inner rebel as your self, or probably have that normally I have that, sorry, but I have to admit that and confess that. Ask the people that have mentored me and they'll tell you that that's the one that I'm working on. But anyway, it, the key is that you're beginning to notice something is not right in that sense that you're resenting following what other people are telling you what to do. And you may have given them permission at some point by default, or by not saying anything early on and not knowing how to communicate. And there's again, another issue in your world that you might need to work on. But the sign of what you don't know is coming up.

Another one, that's a good example, which I think happens to a lot of people is when you don't like your job or you don't like who you're for. And the worst thing would be if you don't like both of them, right? So it could be one or the other and one could be causing the other or they could go together. So what happens when that happens is you're beginning to respond differently to your work. You're beginning to feel differently in your work. And you'll notice that because there is a feeling inside of you that is not as enthusiastic, not as aligned with the person's message. Some resistance, there could be some tendencies to want to easily gossip about the person or the work. You might complain a lot. So if someone was on the outside watching you, they say, oh, I've noticed that you're really struggling with that person you're working with. Or I'm notice that that job isn't really doing much for you anymore. They might say that to you, someone who really knows you. But you might not see it, but you're acting it. And you're saying it and the language and the behaviours are changing. So if you were to stop for a second, you go, gosh, I'm not really liking this job, but I don't know why. So I know that that's, something's not right. To me that's a sign as well. When you don't know that you don't know.

Another one could be your energy level. Think about how enthusiastic you get about things in life. And sometimes that may change, but you aren't aware why that is the case. You may not want to get out of bed as much as you would before. For example, for a certain thing that you know, you



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have to do, whereas before you might not even be able to sleep sometimes because you're so excited. There's a real change in your energy. Maybe doing certain regular tasks or meetings that you go to or activities that you participate in suddenly aren't as exciting to you. Something's happening. So how do you know that you don't know this is right for you or wrong for you. You may have had a hobby that you're really into, and you stuck with it only because of the people that you were signing up to do the thing with. And now you don't want to do it anymore, but you're not paying attention to that. But it's coming up, but your energy level begins to drop or change. You just don't feel as engaged. That's another sign.

Another sign that you may not know, what you don't know is relationships. I think that that is a big, giant topic. And just say, not all, but maybe some relationships may be, off-kilter certain ones, certain dynamics might be changing and shifting, but you're not sure why. Because you just don't know, but you're feeling and noticing a sense of change. It might be where you don't want to return messages to that person. Or you might not want to talk to that person. Or maybe when you're with that person, you don't want to spend as much time with that person. There could be a change in values or a change in what you think is important and the other person doesn't, I've spent a lot of time in the past on the whole idea of people and what that means in our lives. So it could be some of those things coming up, but you're not aware of it yet. You're just beginning to sense that that some relationships are kind of out of kilter. Now, a whole other topic for another conversation. But I will flag at this point that with relationships because it's people and people, and even perhaps on the other examples, I've given you, you don't know what's going on with somebody else. So they are changing and there's something going on. It may be something worth inquiring about. And likewise, if you're changing, they may have been nothing that that person did is just something going on with you in your growth or your state of mind, or whatever's happening for you. The key in this particular episode that I'm trying to get to is you don't know yet what it is, but you're acknowledging that you don't know. And you're seeing that because the relationships are off-kilter, there's perhaps on the new explore here.

The other idea would be more of a vague general sense of something when you know something's missing, but you're not sure what, and for me, this is just that niggly thing coming up and it just, I know something's not right. It doesn't feel right. And it could be any kind of scenario, any kind of situation, but you just don't feel like it's right. There's something missing. And it could apply it to all. So I'll give you that as my blanket kind of backup one, if I started with the not feeling like you, but then in general, maybe you just don't feel like something's right or you're missing out on something. That's important because you're picking it up.

So those are some signs. I think it's important to know that this is normal. We all go through stages. We all go through change. And when you are ready and able and capable and in the right frame of mind, then pay attention and notice. And then from that, and we'll talk about this in the next episode, what do you do with all that information? How do you discern what to do with this knowledge? Once you begin to start to know what you don't know, how do you decide where to go? You certainly don't want to go down the path of trying to fix everything all at once. That's just overwhelming, but something will come up. That will be really important for you. So what I'm going to do is next time, talk about that and just look at a process. And you'll see from that next episode, what I mean by working with your intuition and working with your, your head in your logic and so



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forth, it's about both. But for now consider your own self. What's coming up for you. What are some of the possible signs that you know that you don't know? What is really wanting to get your attention right now? And park that aside and put that in some sort of place where you can work with it, let it be something that you can explore and then I'll talk to you next time. Thanks.

Closing

Thank you for listening to another episode of remembering to be me. Any information in show notes from this episode will be on my website www.jennshallvey.com That's J E N N S H A L L V E Y.com. I would love to connect with you. You can find me on Instagram at Jenn Shallvey or contact me via my website. And after listening to this episode, if you think of someone else who might benefit, please share, the more the merrier. Until next time remember to say to yourself "Be me, and when I forget, remember to be me."