

## EP 204: It's Time to Look in the Mirror – God is Using Your Relationships to Show You Yourself

God is using your relationships to show you yourself. Welcome to Christian ish. This is the podcast for women who have bibles but don't necessarily have boundaries. My name is Keshia Rice. I am a dating coach and hypnotherapist. I help women learn how to heal from their unhealthy relationship patterns and to attract healthy, loving relationships. Now, I'm just gonna give you a fore warning about this episode. This was not planned. Um, I honestly just had this revelation, I guess, um, what I just said at the opening that God is using your relationships to show you yourself, and felt that I needed to tell you this and to expound upon it. So I am, uh, kind of out here winging it, because again, this was not the, uh, planned episode for this week. I had planned to talk about something else. So having had that, that word spoken to me, um, you know, let's, let's go with it.

So I remember not long after I became a dating coach, and if this is your first time listening to me, um, I'm recording this episode in 2025. I started coaching and dating and relationships in 2019. So I've been doing this six years now, and I remember when I first started coaching, there was someone in my church family orbit. I'm trying to be very vague because I don't wanna out who this particular person was. But, um, again, if you don't know my background, I'm a preacher's kid. I grew up Pentecostal. So you know, when I say church family, that is, yes, the, the churches that I went to growing up, but also, you know, my parents were very involved in, in the PAW as far as going to different conferences and visiting other people's churches and all of that. So it's, it's a very big family. But I remember someone saying to me that they didn't understand why I was coaching women on dating and relationships and charging for that when I could instead become a preacher, you know, like my dad and preach about it from the pulpit, right? That if I wanted women to find godly men, then that's what I should do, is go start a women's ministry, right?

And there's nothing wrong with people who do that, right? I, I think ministry is a noble profession. It is a great profession for those who are called to it. And that could be a whole nother episode in itself that I don't think that everyone who calls themselves a preacher is called to it. I think some people want the attention or they think that there's money in it, all of that, but excuse me, while it takes while I drink some water. That being said, for those who are truly called to preach, I think that that is a great thing. And I think that they do a great service.

I did not go that route for a couple of reasons, but one of them is the reason why I think that coaches are needed and coaches who like me work with women of faith is as much as I love church and growing up in church, um, I oftentimes feel like people hear sermons and those sermons sustain them for the rest of Sunday, but they don't necessarily sustain them Monday through Saturday. And that there are other resources that people can lean into, like myself, like therapist, um, even other types of inner work like journaling. There are other resources that people can lean into that help them with the Monday through Saturday. But also one of the reasons why I love focusing on dating and relationships in particular is because all relationships are related. So you show me a woman who has issues with her love life, and they're underlying issues with her self-love. There are issues with her family and friends, uh, issues with her career, and oftentimes even issues with her relationship with God.

And I say this from personal experience, right? Because I know that during periods during which I was in unhealthy romantic relationships, my relationship with God also was not where I wanted it to be. Um, and during periods where I was having a lot of family strife or having issues with my self-love, not feeling at my most confident, again, my relationship with God was not where I wanted it to be. So oftentimes one of the reasons why I love coaching women and dating relationships is because, yeah, that's the reason that they come to me. But I often find with clients that once they start working on that aspect of their life, they start to see the patterns and they start to realize that these patterns carry into other relationships. So they end up not only improving their dating lives, but also, yeah, setting better boundaries with family, setting better boundaries with friends.

Um, I've had clients who after we worked together, they, you know, maybe months later came back to me and said that the dating and love advice helped, and they're in a romantic relationship now. But they will also say that immediately during the time that we were working together, they left their job right, and, and got a new one, or, um, they decided to pursue a different career field, things like that, because they realized that it wasn't just the lack of a healthy, romantic relationship that made them unsatisfied with life or even unhappy. It was a lack of peace in general. And they had to find that peace in every aspect of their life. So that brings me to this whole idea of the relationships being a mirror. One of the main reasons why I became a dating coach is because I believe that we grow through relationships. And part of that growing through relationships is understanding that oftentimes times we don't have the people in our life the way that we want them to, because we ourselves are not doing that.

So this is not to bash you, this is not to make you feel bad. I wanna be very clear about that. But with that in mind, I would just like you to consider some things, okay? If you are struggling to find someone to be in a committed relationship with, whether that is you are just not really dating a lot right now, or you are meeting people and going out, but when you meet them, you find someone who just wants to keep it casual or just wants to see where things go, doesn't wanna put a label on things, all of that. Let me ask you, how good are you at keeping commitments to yourself? The last time you said that you were going to go on a diet and lose some weight. Were you actually disciplined enough to exercise regularly, to eat healthier and to stay away from temptations? The last time that you said that you were going to get better with your money, did you actually set up that savings account at a different bank, right? Did you start investing? Did you start contributing to your 401k at work? Or if you're self-employed in an IRA account, did you start doing those things to be more fiscally responsible?

The last time that you said you were gonna spend more time with God, did you do it? Did you get that prayer journal and then not only buy it, but actually use it consistently, right? um, did you set aside the time for prayer and fasting, like you said you would, if you are already consistent in your relationship with God? Did you find a way to take it up to another level and actually do it back to, you know, you pray and read the Bible regularly? Have you considered really fasting? Right? Um, and I I say these things to you as I also talk about myself, because again, you know, I have had times where people in my life have not shown up for me in the most consistent ways. Even people that I had great relationships with or have great relationships with now, right? You know, I've had friends that, they've been friends of mine for 20 years, so I know that this person is a good person and is a generally consistent person, right? But there was a blip, like a, a few

months in our relationship where they weren't, they didn't show up that way. Um, even say in my marriage, you know, um, my husband and I have a great relationship overall is very good. But there have been times where, you know, we've had a period for a couple of months where things were less than stellar.

And when I can look back on those periods and journal about them, or go back in my journal and see what was happening at that time, I often see that, yeah, these were periods where I also wasn't the most consistent with myself, where I had fallen into bad habits, um, or where, you know, maybe I had a lot of things going on. And because of stress and other factors, I just allowed myself to be kind of in survival mode and not really thrive and be at my best. So the relationships around me and the people around me also weren't at that best, weren't at their best. And I'm saying this because there's so much talk about 10 secrets to bring in the love of your life. Um, I was gonna say specifically to manifest the love of your life, because I see so much of that content on social media right now, right? And yes, there are psychological hacks that can make you more attractive. Yes, I believe that we should pray for the things that we want. So that includes, if you want a romantic relationship, you should be actively praying for it. At the same time, there's also work that we have to put in ourselves.

And part of that work is understanding that we have to be the things that we are asking for. So again, if you are constantly attracting people into your life who, for example, I make you feel unsafe, then what ways are you making yourself feel unsafe?

This could be with, again, the consistency, with you're not honoring the commitments that you make to yourself, so therefore you don't feel safe to yourself. This could be, and you not being loving enough to yourself, not giving yourself enough grace so you don't feel safe to yourself. Because your biggest, the person who judges you the most is you. And then of course, there's no wonder that you also find yourself constantly judged by other people. This can also be in singleness as well, because one of the biggest keys to a healthy relationship is being in a relationship where you are, are not codependent on each other. So it's not a matter of this person has to be around you every second of the day, or you'll die, but you want to find interdependence. So you want to be in a space where the two of you can both be good on your own, right? But you're great when you're together because you both motivate each other to do better, to be better. And again, that starts from a foundation of you being good on your own. So sometimes when we are in periods of synchronous and periods of loneliness, it can be a mirror to the fact that, you know, you are looking for someone who is going to be good to you, and you're seeing nothing, as in you're, you're not in a relationship because you're giving nothing to you.

You are not doing the most that you can to elevate yourself. And when I say elevate yourself, I wanna be clear that that can mean a lot of things for some of you. That is just, you have allowed yourself to become stuck in a rut, repeating the same patterns every day is ground hall day. And you are not doing anything to bring new flow, new energy in your life. So therefore your life is stagnant and you need to find some way to shake things up. For some of you, that is, you have bad habits and you need to actively get rid of them. For some of you, it is the fact that you don't know how to be consistent and committed in a relationship. So you say you want a partner, you say you wanna get married, but you would never be able to sustain that.

So you need to learn how to, again, start by being consistent with yourself. And yes, I know I've handled that a few times already in this episode, but yeah, you need to be consistent with yourself. You need to learn how to trust your own body. 'cause this is things that are as simple as when you have to go to the bathroom, you go use it, right? Instead of trying to hold it because you're in the middle of working on something, like your body needs to know that it's safe, that you do the things that you need to take care of it. So when you're hungry, you don't get caught up in, oh, I'm busy working right now, I'll handle it a little bit later. And then a couple hours later, you're starving. You know, you go ahead and at least get yourself a snack now and, and eat something heavier later. And these things sound small, but you are building a muscle of commitment, right? And keeping this commitment to yourself is going to make it easier to commit the way that you need to, to a partner.

Okay? So I want you to spend some time thinking about this in your own life today. Make a list of what are currently the most significant relationships in your life, and then also make a list of the relationships that you want in your life. Whether that is you are single and you want a romantic partner, whether you are trying to advance your career and you are looking for a mentor, or you are looking to get a new job that is a relationship. Um, if you are looking for a new friend group, write that down and ask yourself the current relationships that you have, what are the patterns and what does that say about you? And then I want you to look at the relationships that you want in your life and write down what are the things that you want about those relationships. So if we're talking about dating, write down what it is that you want in a romantic partner, but also in your career.

What is it that you want in a mentor? And as you look at these relationships, um, again, if you want a friend group, what is it that you want these friends to have? What qualities would they have? And as you look at these relationships, ask yourself, if I had these relationships and they were the types of relationships I wanted, what type of person would I be? How would I need to show up in order to sustain those relationships? These perfect people. So this perfect boss, what would they want in an employee? Or again, if you're self-employed, your perfect client, your perfect customer, what would they want in you? The romantic relationship? What would your husband want in you, the friend group? Again, how would you contribute to this group? And then ask yourself, how far away am I from that? What qualities am I lacking?

What could I do to get closer to those things? Because once you consistently work on being the type of person who has the relationships that you want, you will start to see that your environment changes, your mindset changes, and the opportunities change. You will start to draw more of these people into your life. So let me know how the journaling exercise goes. Um, you can find me on social media, on TikTok, on Instagram, on YouTube, um, at Keshia Rice, K-E-S-H-I-A-R-I-C-E, and all of those places, DME. And let me know what you learned about yourself from this episode and from your journaling. And if you need help being guided through what it looks like to become the woman who has a healthy, loving relationship, and finally has that peace, that provision, um, and that sense of being cherished, I'd love to help you work on creating that. You can schedule a call with me, we can talk about what my coaching program looks like. I'll have the note, the link for that in the show notes or in the YouTube description if you're listening over there. And I will talk to you soon. Love you so much. Bye.

This podcast is brought to you by Contessa Digital. I.

