

EP 229: Christian-ish Podcast: The Courage to Piss People Off

Hey, love. You may not wanna hear this, but I think the reason why you're not getting the things that you want in life is because you're not willing to piss people off. So, welcome.

My name is Keshia Rice. I am a dating coach. I am a hypnotherapist.

I help women learn how to heal from their unhealthy relationship patterns and to replace those with healthy patterns that allow them to attract aligned, happy, healthy relationships. And normally at this point, I would say the name of this podcast, but I am not because before I get into what I wanna talk about today, I wanna make an announcement. So for the past year or so, you have been listening to the Christian-ish podcast.

And the announcement I wanna make is that this is going to be one of the final episodes. I don't know how many more episodes are going to be coming on this feed, but I know that there will be not that many more left. We're gonna go with, let's say, less than five more, right? And the reason why is because soon enough, this feed will remain.

So you can go binge listen to all the past episodes, recordings and everything. Don't worry, none of that's going away. But I will be starting a new podcast on a completely different feed with a new name.

And I will tell you about that when that time comes. And then this episode will also at some point go on that feed as well. So with that in mind, let's talk about this need to piss people off a little bit, because it's also part of the reason why I am starting a new podcast.

In fact, it is mostly the reason why I'm starting a new podcast. I have been thinking so much lately about what it is that I want to see in the new year. Because as of this recording, it is 2025, it's December, 2025.

2026 is around the corner. And I always have so much difficulty when it comes to the idea of new year's resolutions. In fact, generally I don't set new year's resolutions.

I gave that up a long time ago. My birthday is in December and I have adopted the practice in the past few years of setting quarterly goals. So goals for every three months and starting my quote unquote new year with my birthday and not with January 1st, which I will still do.

And I'm still now in the midst of a new quarter since my birthday was earlier this month. But when I was thinking about 2026 as a whole, I realized that it wasn't so much about setting a resolution for the entire year as it was about setting an intention. And that intention was to

not waste all of the blessings that God has given me and to also not hinder with what it is that he wants to bring into my life.

And I realized that if I am praying for God to bring certain blessings into my life and to help me be in alignment with my calling and my purpose and all of that, that I can't be afraid to upset other people and neither can you. So we're talking a little bit about me because I'm hoping that by the time I finish talking about me, when we get to you, you'll feel a little bit less convicted, right? And I have been working with my own business coach because I believe that as a coach, if I'm going to coach you, if I'm going to help you get in alignment with what it is that you need to attract the right relationships and to attract the right life, that I need to set the example for you, right? So I ask you to invest in me as a coach, whether you are actually a coaching client of mine and you are investing both your time and your money, or you are listening to this podcast or looking at my content on social media or on YouTube, you're investing your time in me, right? So if I ask you to make those investments into me, then I need to be willing to make those investments as well, which is why I have a coach. And then I also hope that my relationship with my coach models what I want out of you.

When I ask you to do things based on my experience of what it takes to attract the right person in your life and to set boundaries and to be confident and what it is that you want and then going after it and knowing that you deserve it. You know, I will give you homework assignments. I will ask you to step out of your comfort zone and do certain things.

So again, I have to set that example by having my own coach and being willing to step out of my comfort zone. So one of the things that we were talking about was I was saying that as much as I love the idea of creating content for you, right? And I do, I love the idea of having a podcast. I love the idea of having my YouTube channel.

And having social media and posting on blogs. And I always envision whenever I am creating these things that you are going to listen to me or watch me or read my words. And there's gonna be something that really resonates with you.

And now that is gonna change your life overnight. You know, it's not gonna be magic or anything, but something is going to give you the permission maybe to take that step, that next step, right? Something is going to help you feel seen and feel heard and think about what is it that you really want and what can you do to get closer to that? What do you need to let go of? Something is going to allow you to finally feel worthy of letting go of what no longer serves you and allow you to live a happier, more beautiful life. However, I feel like in the past few months, if we're going to be honest, I feel like a lot of the content that I've put out has not done that, right? Not that this is wrong or that it's bad, but I feel like there's a lot

of generic dating and relationship advice out there and that I have fallen into giving some of it as well.

And there's nothing wrong with that because on one hand, the basics are important, right? It is really important that you kind of know, you have to know addition and subtraction before you know algebra, right? You have to know the basics of phonics before you're reading chapter books. So on one hand, I stand by everything that I've put out in the past few months, but it is, I think a lot of really basic foundational relationship content. And in 2026, I really want to go deeper with you.

I wanna be more intentional and I want us to have real discussions on what it means to boldly expect to live a beautiful, aligned life. I want us to have discussions about what it means to know, to truly know and embody this idea that you are fearfully and wonderfully made and that you deserve good things. And I want us to have deep discussions on what it means to be willing to give up your former life in order to fully embrace the new life that you're being called into.

I don't want to work with women. I don't wanna talk to women who are looking for cookie cutter advice. I don't want to work with women or talk with women who want to be damsels in distress and helpless and constantly relying on other people to give them a better life.

I don't want to work with women or talk with women who believe that a man is a prize or that a man is gonna fix all of their problems. And sometimes I think that sounds strange coming from a dating coach, but I want you to know, as a married woman, marriage can be a goal. In fact, I made marriage a goal in my life.

I wanted to get married, right? But it wasn't the end all, be all goal. There's so many wonderful things in my life and marriage is one of those things. Meeting my husband, being in a relationship with my husband, he adds to an already beautiful life that I had built for myself before he came along.

And I want that for you as well. I want you to already be happy and confident and to know that you are loved. And then I want you to meet a partner who sees your worth, who values it at least as much as you value it and who exponentially adds to that happiness.

But again, the happiness that you've already created for yourself. I want you to find a partner who adds on top of that. I do not want to see you end up like so many women who unfortunately place all of their happiness and trust in another person only to get disappointed.

And no, this is not on some men are trash BS, right? Because even if you find yourself with a good partner, that partner's still only gonna be human, right? They're still gonna make mistakes. They're still going to misunderstand things that you say and do. You are going to misunderstand things that they say and do.

And you will still find yourself at least occasionally disappointed because that's part of life, right? That's not an excuse for someone to treat you badly, by the way, because even when you are in a relationship and a person disappoints you, if the two of you truly love each other and are committed to making relationship work, then when those disappointments happen, you work those out. That person shows that they are willing to correct their mistakes and do better. This is, again, never, never a pass for someone to continually treat you like trash.

Just wanna be clear on that. But here's the thing, in order for me to get to that point, it means I have to change some things with my content, which is why I'm going to be, again, keeping this podcast up. So if you are new here and you just found it, please, there's, I don't know.

I don't know how many episodes we're on right now. Again, if you are new here, this podcast used to be called Confidently Cherish. That was the original name of the podcast when it was started back in 2019 or 2020.

It became Christian-ish in the last year. And I think we're probably close to 200 episodes now. So please go back.

There's a lot of great stuff on here, honestly. But the new podcast will be me a little bit more unfiltered, maybe a little bit more unhinged, but I really think that, again, me going first, if I am able to truly step forward and say the things that I wanna say and fully show up in my most authentic self, you'll see that I've done that, the world didn't end, and that you can do it too. So back to this idea of now, let's talk about you and you pissing people off.

We hear all the time that your new life is gonna cost you your old one. And it's so true. If you have had a history of people-pleasing, then when you get to the point where you are ready to do what makes you happy, you're willing to center yourself and focus on your wants and your needs, you're going to piss people off because they are used to being served by your lack of a backbone.

They're used to being served by your willingness to always sacrifice yourself to make others happy. They are used to being served by your willingness to set yourself on fire in order to keep them warm. I am encouraging you in 2026 to say no more to that.

I am encouraging you to get real on what it is that you want. I am encouraging you to be okay with rejection. I'm okay, I'm encouraging you to be okay with pissing some people off.

I am encouraging you to be okay with a smaller circle, with some periods of loneliness, because if you are doing this right, if you are really focusing on what is going to make you happy, you're going to repel some people. But I promise you from experience, because there've been times in my life where I've had to do this over and over again, with this new podcast and other changes I'm making in my business, stay tuned for that. This is a new period of having to do it, but this is not my first rodeo with making a decision that things need to change even if other people aren't happy with it.

And I promise you that every time I have gone through a season like this, the things that I lost, the things that replaced them were exponentially better. What I gained was worth so much more than what I lost. You know, kind of like Job, right? You know, in the story of Job, he loses everything, but because he was faithful, God gave him double what he lost.

And I've seen that happen in my own life as well. And you know, for you, when it comes to dating and relationships, I see this so often that women, especially Christian women, right? Are told that they have to be meek and mild and just wait for the right man to come through, come through the church and see their worth. And in the process, they lose themselves.

They stifle their voices, their creativity, their opinions in hopes that somebody will think that they are sweet enough to be a good little submissive housewife, right? And I truly don't mean that in a dismissive way, because if you wanted to be a stay-at-home wife and mother, you can do that and still have opinions and still have a voice, right? And if you have absolutely no desire to do that at all, then I also applaud that. If you want to be a quote-unquote boss babe, if you wanna climb the corporate ladder with a husband who's a power partner, you're part of a power couple, or if you want to run things with the house husband, all the power to you. My job as your coach is to help you decide on the life that you want and then to help you create it, not to tell you what it is that you should want.

But in order to get what you want, you have to accept that the real you is going to repel some people because everybody ain't for everybody, right? I remember my grandmother telling me one time that you can be the sweetest peach on the peach tree, right? And you know, I am from South Carolina, so screw what people say about Georgia being the peach state. South Carolina, fun fact, grows more peaches per capita, or not per capita, but grows more peaches than Georgia does. So again, my grandmother would say, you can be the sweetest peach on the peach tree, but not everybody likes peaches, right? There are crazy people out there who don't have that as their favorite fruit.

And it is the same with dating specifically, but also all relationships, even, you know, there's a lot of talk right now about careers and the job market and unemployment and all of that. And in jobs, you know, when you're applying and you get rejection letters, you know, not every company is going to see how brilliant you are. In your friendships, if you are looking out, if you're looking to go out and meet new friends, more female friendships, you're going to find women who just don't like you.

Like, and that's cool, that's okay. But instead of being focused on that, what you should be focused on is showing up as your real self so that when you do find the right company, when you do find the right business, when you find the right friendships, and for my purposes, what I talk to you about, when you find the right partner, you know that that's the person who's down for you, right? You know that that is someone who is truly the person that God put in your life. You know that that is the person who is truly aligned with your purpose and where it is that you want to go in life.

But you only get there if you're willing to set boundaries. You only get there if you're willing to say no to people. You only get there if you are willing to stop with people-pleasing, if you're willing to stop censoring other people and to truly start censoring yourself.

So that would be my challenge for you for this upcoming year. What are you willing to do? And what are you willing to give up to live the life that you truly want to have? And know that as you are embarking on this journey, so am I, right? Because this upcoming year is going to be a year of me truly speaking my mind. And it will be a year that I hope you will be rocking with me, right? I hope that my courage to speak my desires and my wants, and also to be really real about what it takes to be in a healthy relationship, about what it takes to attract the right partner and to find someone who truly loves you.

I hope that in being honest about those things that you will learn so much, that you will make this your best year yet, and that together we will create a world where women are no longer afraid, especially Christian women, are no longer afraid to stand up for what it is that they want, and are no longer afraid to make their voices heard. Because this is why I became a dating coach, right? Like the whole couples content on social media is cute, right? And the whole idea of like having a wedding and putting on a pretty dress, it's very nice, it's sweet, all of that. But at the end of the day, I have seen how the right relationships can allow a woman to go exponentially further than she would have ever gone without those relationships, romantic and otherwise.

And I've also seen how the wrong relationships, especially romantic relationships, can derail a woman's entire future. And I don't want that worrying. So again, stay tuned.

This is not the last episode of Christian-ish. There's at least a couple more coming, right? And then when we get to that last one, I will tell you more about the new podcast that's coming. But again, I appreciate you rocking with me so far.

And I can't wait to spend more time with you coming up. I love you so much. And I will talk to you soon, bye.