



Sacred Depths Certification

Wheel of Self-Sabotage

Joanna: All right, let's get started. Like I said, I know we're meeting on an off day, so welcome. I'm so glad there are people here live and if you're listening to the recording, welcome as well. There are a lot of Jewish holidays in September and so my schedule every September, the schedule gets really funky. But I'm so happy [00:03:00] to be here with all of you. Let me get my notes up. And so we're going to be looking at the wheel of self sabotage today. And the wheel and using this tool with clients, I feel like it's important to say it's... One of my intentions is to give you [00:03:30] a lot of different angles, a lot of different tools, a lot of different ways of understanding obstacles that clients might come up against of understanding where and how clients get stuck, of understanding how clients may not be moving forward so that you've got lots of different tools to choose from in the moment or to a mix [00:04:00] and match.

I wish I could say, "Always use this tool in this situation and always use that tool in that situation," but again, one of the principles that we keep on coming back to together, is that we always want to coach the what based on the who and that's why our listening skills are so important as well. Each who is a little different and each who on [00:04:30] any particular day is a little bit different.

Joanna: So giving lots of different tools, our brains sometimes want to try to compartmentalize, to put it into a nice category to tie it up in a bow. " [00:06:30] Joanna, just tell me exactly what to do when this happens or exactly what to do when that happens," but after so many years of working with so many people, what I've really learned is better to, instead of have when this happens, do this and when that happens, do that, have lots of different tools in your toolbox. Use your listening skills and it's usually more [00:07:00] than one tool that's going to be aligned for any particular moment. It's not just one.

So the other thing [00:07:30] that I wanted to mention before we look at the wheel, and this is something I promised you on our first session that I would keep

on coming back to and pounding in, but it's important to keep on saying for ourselves, for our client work, that there is a difference between a breakthrough and a transformation. And also within that, [00:08:00] that there is a cyclical way, a cyclical path that transformation usually occurs. So what I mean by that is in the fairy tale version, we do up a friend or fear once. We do a rewiring exercise once. We have a big breakthrough and then we live happily [00:08:30] ever after, but that's really only the fairy tale version. What I have found both for myself as well as for my clients to be much closer to real life.

And I don't think this is a bad thing. By the way, I think this is part of the richness of life and the work that's in front of us is that we come to an obstacle. [00:09:00] We come to a place where we're stuck. We do the work, whatever the work is, befriend your fear, myth of perfection, looking at the wheel of self sabotage, there's so many different tools and that gives us a breakthrough, hopefully enough of a breakthrough to take the next outer action or series of outer actions to move [00:09:30] forward. But that issue almost always comes up, that original issue almost always comes up again. And that doesn't mean that there's anything wrong with us or that we're broken or that we're flawed in any way. I think it's more so that the things that we work on, we are working on throughout our lives.

[00:10:00] I have finally come to acceptance over the last few years that my not good enough one isn't going away. She's here to stay. She actually has a purpose when I am in right relationship with her. But as we all know, being in right relationship with something isn't [00:10:30] a once and done. Relationships require maintenance and care. So when I don't pay attention to intentionally my good enough one, doesn't matter how much work I've done before, she's going to start to, I don't know, not to mix metaphors, but gather dust or turn into the forms that are not so helpful, right? And [00:11:00] I need to come back to that and I need to come back to that and I need to come back to that. And the way forward is this dance between coming back to the inner work and then taking the outer action or sometimes taking the outer action and then coming back to the inner work, right?

And sometimes we can go a while without working on our perfectionist or our not good enough one or anger or whatever it is, [00:11:30] but we can't if we want to be in right relationship with it, it's something that we want to come back to as needed. And to maintain that relationship. For me, this is a way of life, if you will. This is how I've come to approach life [00:12:00] in doing this work. And to me, without getting too philosophical, I think this is more the one of the points of life than being consistently happy or consistently productive all of the time. It's about finding meaning, it's about getting to know ourselves, it's about being able to collect the different parts of ourselves and have access [00:12:30] to those parts so that we can make the decisions that are best for us. I'll pause on that for a

moment. I know that's a lot. Anything that wants to be shared or added around this piece? Jenny and Mark?

Mark: I wanted to say that as you said that, I just felt this like, " [00:13:00] Ah," like settling in. Because I have found that the not good enough is so big for me and I spent many years and tried many approaches that were about trying to overcome that or get rid of that somehow. And I would feel better for a while and then it would come back and then I would beat myself up even more because I should be over it and-

Joanna: [inaudible 00:13:26].

Mark: And I've been working a lot over [00:13:30] the last, I'd say couple of years maybe. Like you said, to get into a different relationship with it and I feel like I knew now know in my head that it's never going to go away and I still sometimes when it comes back, I'm like, "Really? Again?" I still sometimes beat myself up for having it, but I find that the more I can make space for it, the more peace I can have and the more I can, like it's helped me to be more compassionate with clients as well [00:14:00] because they're never going to get rid of it either.

Joanna: Exactly.

Mark: I guess I just wanted to say that and I just really appreciate you framing it that way, that's really helpful.

Joanna: I'm so glad to hear it. And it's such a, I'm glad that you're just sharing your response because I think it's true for all us. Sometimes we can get to this place of like, "What is wrong with me?" or like, "Am I so, I've worked on that and I'm so broken that it..." or whatever, whatever it is. But by and large, [00:14:30] that is life. We all have our own particular places that we need to dust more often than others because of our past experience, whatever it is. But the point is not to eradicate or get over it, the point is to continue to deepen the relationship or at least that's what I've come to see. Thanks.

Mark: Thank you.

Joanna: Anyone else want to share or add? [00:15:00] No? Okay. And then Mark brought up the other point in this that's so important. This isn't just about having this posture or this perspective for ourselves, but always back to energy follows energy, bringing this posture, this perspective, this understanding to our clients [00:15:30] as well and not making it wrong when the transformation happens in a cyclical nature, understanding that that is a part of it. So we all know what self sabotage is, but for the sake of our time together today I'm going to define it [00:16:00] in the following way. When your client consciously or unconsciously gets in the way of achieving her own goals and desired evolution. Self sabotage is

when your client, yourself consciously or unconsciously gets in the way of achieving their goals and desired evolution.

[00:16:30] Because I like to break things down, it's helpful for me to think about self sabotage. Most self sabotage is falling into two different buckets and I'm going to share the two different buckets of self-sabotage. One, I call single occurrence self-sabotage or explicit, we can call it explicit. [00:17:00] And then the other is patterned or more subtle. So single occurrence self sabotage or explicit self sabotage is something that like you, your client or your client is sharing it with you. You see it and it's like it happened once, it might happen more than once, but the idea is it's explicit. It's obvious in a way that is self sabotage. [00:17:30] It's like a big kind of doozy thing that happens.

So examples of single occurrence or explicit self sabotage might be showing up really late for a very important meeting, not studying for a big test, staying out really late the night before instead. That's so explicit. Telling somebody [00:18:00] off in an inappropriate way, that burns bridges and that is misaligned. Not buying clothing is one that I do. Not buying clothing for the big presentation or event or party, last minute rifling through the closet.

Not preparing before an enrollment conversation, knowing how you want to lead that conversation, [00:18:30] that sales conversation. Those are examples of explicit single occurrence self sabotage. The other bucket, this is the more subtle that I point out because this type of self sabotage sometimes doesn't present itself [00:19:00] as self sabotage. It's a very subtle, there are usually very good excuses for the reasonable reasons for the self sabotage actions and usually they happen more than once. Usually they happen, it's a pattern for the client. So for example, maybe for someone consistently staying up too late, is [00:19:30] a self sabotage action, which over time leads to not having enough energy during the day or another patterned or subtle form of self sabotage, consistently over scheduling yourself.

And over time, it's just this feeling of not having enough space, not having enough bandwidth, not being able to create what you want. [00:20:00] Consistently following up late with referrals that come your way. This is one of my, I finally broke the pattern, but I used to even though I knew quinoa was bad for my digestive system, I loved it so much. Self sabotage is. "Oh, it's okay, eating the quinoa," and then it would take me out for a day. [00:20:30] So take a moment and identify for yourself, what are one or two examples for you in your life of a moment of explicit self sabotage single occurrence? Even if it happened more than once, it was kind of like a bigger thing. Like, "Oh yeah, that's self-sabotage, really explicit."

[00:21:00] So there was the single occurrence or explicit self sabotage that we're looking at I just asked the question about and then there was the patterned and the subtle, [00:21:30] which I'll ask about next. And Sonya's saying, "I think I only have patterns explicit." It might slip your awareness or you may not have any in that first bucket, too. So if you haven't looked at the second bucket, look at that one for yourself. The pattern, the more [00:22:00] subtle, what are some examples that fall into that? And by the way, like for me, I like to compartmentalize things if the two buckets don't work for you, don't resonate for you, that's fine also. Whatever works for you.

[00:22:30] And I'd love to see some examples in the chat. What are some examples for you of either explicit or subtle or patterned self sabotage? Jessica's [00:23:00] saying her pattern is thinking she can accomplish more than she can in a day and then going into overwhelm. Chelsea, giving away energy to misaligned romantic relationships. Mary Ellen, over consuming information and getting overwhelmed. Jenny and Mark, eating a bunch of explicit, eating a bunch of junk food. [00:23:30] Implicit, thinking about a person or situation that upsets me repetitively at that kind of obsessive thinking that then steals your energy. Linda, not preparing to enroll someone who already says they want to work with you. And then finally, when you get to it, they want to do it another time. Elijah, not honoring your [inaudible 00:23:58] time on your schedule that you've carved out [00:24:00] for you. That's a biggie, over scheduling a biggie, telling yourself you can't go to sleep without watching the TV. Wendy, going into confusion and giving up temporarily. It sounds like there's some resistance archetype there too, the confused one. Slowly playing small when it to your business, how you talk or think about [00:24:30] it, yeah. Good.

So then the next question is one that we've looked at before, whether in rewiring or befriend your fear and I'm sure you've looked at it or for the more subtle ones, maybe you haven't looked at this question yet. So anyway, I'll just ask it. So [00:25:00] pick the most pressing, whatever you've identified yourself, pick the one that causes the most problems, that feels the most pressing. What's the fear or the belief behind that self-sabotaging action? So for example, if you consistently stay up too late and that... For some people, staying up late isn't a self sabotaging action. But if know you stay up late and that is self [00:25:30] sabotage, you see that as a pattern, what's the fear or the belief that leads you to that? Is it, "This is how I need to take care of myself?" Is it, "I need to get X, Y and Z done?" Why are you staying up late?

[00:26:00] So [00:26:30] this is where I think things start to get more interesting. A lot of self sabotage happens in a cycle. There is a cycle that you can

follow for most cases of self sabotage and the [00:27:00] general cycle usually looks like this. You-

PART 1 OF 4 ENDS [00:27:04]

Joanna: ... general cycle usually looks like this. You start off with a fear or a limiting belief or resistance in your blind spot, right? And then, pretty obvious, that fear, that belief, that resistance causes you to take a self-sabotaging action. You take the self-sabotaging action, [00:27:30] and more times than not, the result of that self-sabotaging action provides evidence that the original fear or limiting belief is true. And so you get that evidence. It strengthens the original belief or fear or resistance. [00:28:00] You believe it even more. It becomes more mired in, which then leads to the next self-sabotaging action, which then creates the next result of evidence of the original fear, which then strengthens it even more. And a lot of people can just go spin on that wheel over and over and over again.

So for example, let's say that you have a belief [00:28:30] that it's hard for you to date, or that dating is hard for you. This is my rudimentary, I couldn't find my slide. So I'm going to... But the one class I have a slide for, I couldn't find it. Can you read this? Because I drew it. No? If not, you can just see. Right? You can see this as a cycle, and hopefully my hand gestures will [00:29:00] make sense. Okay.

So let's say you start with a belief that dating is really hard. So that leads to maybe not putting your profile up on a dating website. And that leads to a result. The result is you don't have any dates, which then reinforces the original belief, "It's really hard for me to date. I'm not good at [00:29:30] dating. It's hard to find a date," which then maybe you get set up on a blind date, but because now the disbelief is even more reinforced, you end up acting kind of weird and strange and self sabotage and not yourself, because you have this belief that you're not good at dating. Dating isn't for you. The result is probably not going to go out on another date with that person. Then it strengthens it, right? And then maybe the next time, you don't even take the offer [00:30:00] of the blind date, right? And on and on it goes.

In essence, when we get stuck on the wheel... And by the way, you'll have a resource sheet with a graphic of the wheel. I don't want to say it doesn't allow for a positive outcome, but it makes it really hard for a positive outcome to happen. It ensures that the client [00:30:30] is going to stay in self-sabotage mode. It's kind of sinister in a way, because the cycle produces evidence that isn't real, but masquerades as real. It's like the system itself creates false evidence.

So as we already know, [00:31:00] a lot of times what we believe, we looked at this in rewiring, what we believe can oftentimes help dictate an outcome. If the belief is, "I'm not good at dating," that's going to turn the tide one way. If the

belief is, "Dating is for me. I can enjoy dating. Dating can be whatever [00:31:30] for me," that might dictate a different outcome.

So that's why I often like to ask clients as they're starting a project or going into an important meeting or conversation, whatever it is, what's the belief that you want to be holding as you work towards this? Or what energy do you want to be in when you have that conversation with your colleague, [00:32:00] with your spouse, whatever it is, right? So it's a way of possibly upending or mitigating the wheel before it starts, to be really clear and intentional on the belief or the energy that you want to go into something with and start everything on the right foot.

Okay. So I'll give you a few moments, and [00:32:30] I want to invite you to actually draw out a wheel for yourself on any particular situation. It might be one that you identified earlier, one of the buckets of self-sabotage, but I want to invite you to draw out one or two cycles of that wheel for yourself. I'll give you a few minutes.

(silence)

[00:34:00] Take another minute.

([00:35:00] silence)

A couple of questions and then open up to see what's coming through. So as you connect in more with this wheel, [00:35:30] what are the thoughts, feelings, or moods that you experience when you're on the wheel? What thoughts, feelings, mood do you experience when you're on the wheel?

(silence)

[00:36:00] Helpless rage, shame. Yeah, we're going to talk about the shame piece. What often happens is when we're on the wheel, it becomes its own container, like a vortex, where we can get stuck in certain moods or feelings on it. Here's another question to think about. [00:36:30] Are there any negative thoughts or fears that have evolved for you or become activated for you simply because of being on the wheel? In other words, you didn't come into the wheel with that particular fear or negative belief. It wasn't modeled for you necessarily when you were younger, but because of being on the wheel, that fear or that belief has actually taken hold [00:37:00] inside of you. So something different than that original belief that you came in at on the wheel.

(silence)

" [00:37:30] I'll never be good enough." Who'd like to share? I'd love to hear voice to voice from one or two of you. What are you seeing? Rachel.

Rachel: Okay. So my wheel is around, [00:38:00] it starts with the belief that I can't charge what I'm worth. And then it goes into needing to prove myself. And then I overgive and I volunteer and I do free stuff, and get really, really busy. And then I get exhausted and spread too thin. And then I end up being unreliable and can't show up fully and I'm exhausted. And then the belief turns into, "Well, I don't deserve to get paid more anyway." Because it doesn't [00:38:30] go full circle. It kind of starts like, "I can't charge what I'm worth," but it ends up like, "Well, I don't deserve to get paid."

Joanna: Right. It morphs in a way.

Rachel: Yeah.

Joanna: Yeah. Why is it important for you to see it in this way? How can this be valuable for you, just to see what you've laid out here?

Rachel: Well, I'm tired of being on this wheel, because it's really tiring and it's been exhausting to be on it. The thoughts, beliefs [00:39:00] that are triggered by being on the wheel is that I can't change this without some kind of miracle.

Joanna: We'll talk a little bit, more than a little bit, on how to change it, but yes, good. Thank you. A really good example of the wheel. Elijah.

Elijah: Thank you. I love this exercise, and I've started to [00:39:30] notice these things just through other things that you've been teaching us. Anyway, I can't remember what. So I have this constant, constant mantra of, "I'm so busy. I don't have enough time." And it brings about anxiety and frustration and resentment towards my husband because he works long hours and I have to do more childcare and all this stuff. And then what ends up happening, and I already said [00:40:00] this, is as a result of me, "I'm so busy," is I ignore the time I've blocked out to get my work done and I do other things. And then my work doesn't get done. And then I'm like, "I'm so busy. I don't have enough time." It's just awesome to see this as self-sabotage. And it's funny, as a coach who routes out limiting beliefs for my clients is I never noticed this in myself and wow, [00:40:30] what a self-fulfilling prophecy. [crosstalk 00:40:32]. It's so powerful.

Joanna: I'm glad you're seeing it, that awareness.

Elijah: So huge.

Joanna: It's important.

Elijah: I just want to add, I have ADHD, so that adds into it too. And I developed a thing of last minuteness very young because of that. And so there's also that weird thing that works for me, which complicates it.

Joanna: Yeah, [00:41:00] yeah. It's a really good, I mean this in the best of ways, a really good positive coping skill sometimes.

Elijah: Right. Yeah.

Joanna: So what's the question that's important for you there? What's the distinction that's important for you there?

Elijah: The distinction between the ADHD...

Joanna: Well, using... Let me ask the question a different way. When does [00:41:30] last minuteness serve you and when does it not? Can you create some distinction for yourself?

Elijah: And I can just say the last minuteness and my ability to hyper-focus in that time serves me when things really are at crunch time. But in general, on my day to day life, I'm creating a lot of havoc for myself, so it's not serving me there.

Joanna: Okay. So right there, that is the distinction that you can use [00:42:00] as that litmus test. Right?

Elijah: Yeah. And like Rachel said, "Okay, how do I..." It feels like a miracle's going to need to come to...

Joanna: Well, we'll get to it. By the way, everyone, just to let you down now, no miracles offered.

Elijah: Dang it.

Joanna: But tools to dust what needs and move forward.

Elijah: Yes. Thank you.

Joanna: These are so good, I'm going to take [00:42:30] some more shares. Linda.

Linda: So hi. Of all the things that you've talked about throughout the whole program, this has my name on every single example. It's a really, really heavy one for me. So I'm going to give you just one original belief. Okay. "I'm horrible at administration." [00:43:00] So my self sabotaging actions are I faithfully, like Elijah, I block out the calendar and put do my taxes or do my whatever administration. And I end up waiting to the very last minute. When those events come up, I look and I see, "Yes, I have this allocated," and I don't do it. So I'm consciously deciding every day not to do it.

[00:43:30] So essentially I just either don't do it at all or wait until the very, very, very, very last minute. And the results are, I have to pay fines, or I get away with it because I don't owe anything. The biggest, biggest, biggest cost is that even though I'm not taking action on it, it's on my mind the entire time. And it has so

much energy. [00:44:00] And then I'm repeatedly beating myself every single day for not doing something. And then I kind of besides, say, reinforces, "I'm horrible at administration," just say, "God, I'm such a fuckup."

Joanna: Because it's taking energy away from other things.

Linda: Everything. It expands [crosstalk 00:44:18].

Joanna: Right. If becomes so much more than just...

Linda: Absolutely. And expands for weeks and months. And this [00:44:30] weird thing is a lot of the times, I'm 98% there. So it's right at that last little part, I don't do it. So it's a really heavy pattern, and I look forward to anything to change this up because it's very, very expensive.

Joanna: I hear that. I hear that. And a lot of people in the shaft are resonating.

Linda: Thanks.

Joanna: Good. There's still some hands [00:45:00] raised. I want to hear from everyone. So I'm not going to take your hands down, but I want to kind of continue a bit more and then we'll take some more shares. So, as I said, I don't have a miracle cure for this, but there are things that you can do that you can support your clients, again, step by step, [00:45:30] in that cyclical way that we were talking about earlier. So I'll kind of get to steps. But before that, I want to say this. Really, the only way to get off the wheel is to break the pattern. You don't [00:46:00] need a massive pattern break. It can be a tiny little one to start, but you want a pattern break. Pattern breaks can happen on the inner level. We've learned a whole bunch of ways so far. We're going to learn another one towards the end of our call today. Right? Whether it's looking at resistance archetypes, or befriend your fears [00:46:30] or rewiring, et cetera, but to get off the wheel, we need to work an inner pattern break and an outer pattern break, an action pattern break.

It is possible for us to take a different action, even if we haven't fully sorted out the fear or the belief. [00:47:00] We can take a different baby [inaudible 00:47:05] that will set the wheel on a different course and get us off the wheel. However, this is important. Nothing that none of us don't know, but it just needs to be named, breaking the pattern at that action level can often be uncomfortable. Uncomfortable, right? To break a pattern, [00:47:30] we need to be willing to be uncomfortable. Not to be in pain, right? We're not talking about being in pain. We're talking about being uncomfortable. Right? [00:48:00] So take a moment and meditate for yourself or ruminate for yourself for a moment. What's the difference between discomfort and pain?

(silence)

We often don't break out our pattern because we think it's going to pain us, whether we think that consciously or not. [00:48:30] To me, and you may not agree with this, so check it out for yourself, allowing ourselves to be in discomfort is actually a key to growth and resilience. [00:49:00] I'll say that again. Giving ourselves opportunity to be uncomfortable, if we do it intentionally and with care, is a key to growth and resilience. [00:49:30] And I see that a lot of things have happened in the chat since I last looked. Ideas about how to increase distress tolerance. I don't know if I know what distress tolerance means. Sonia, [00:50:00] do you want to share?

Sonia: It's how much distress someone... It's being comfortable with being uncomfortable. Like, I may have zero tolerance to that and somebody else can...

Joanna: Yeah. Remember back to stretch, risk or die? Because it is different for each of us in every situation. So that's a great thing to pull in and [00:50:30] to actually have your client identify, what's a stretch here, or what's a risk here? And what's an I'd rather? I'd say the die is too much distress. That's in the pain zone. The stretch or the risk are in the discomfort creating resilience zone. Did that land? [00:51:00] Okay. So we want to build our resilience muscles through being in discomfort. And again, it doesn't have to be a huge thing. It can be step by step, by step, by step. And to support our clients to do so as well.

[00:51:30] But think about anything that you've ever learned. Chances are for many of those things, there was discomfort at first. They're just was. It's just somehow, we become adults and then there's something important to us, like building a business or getting into a relationship. And we're like, "No, I can't be uncomfortable in this." Right? But I mean, it was not comfortable to learn how to ride a bike for me. I mean, [00:52:00] it is part of learning.

When I started my business, I was convinced that I wasn't entrepreneurial. I mean, my friends laughed. I was the last person on earth to become an entrepreneur, truly. I had to go through the discomfort of actually showing myself, small action by small action by small action, that I am [00:52:30] entrepreneurial. Same with, for me, money and attracting abundance. I came in with this very strong feeling, "I'm just not that person. I'm not that person. It's not who I am." And I had to go through the discomfort of that.

So [00:53:00] take a moment and journal for yourself, what's your relationship to discomfort? What's your relationship to discomfort?

(silence)

Jessica's saying, " [00:53:30] Discomfort goes against the new age movement," yes, "which stops many people from creating what they want." I resonate with that.

(silence)

PART 2 OF 4 ENDS [00:54:04]

Joanna: Next question. Just be honest with yourself. What beliefs do you have about discomfort? What are some beliefs that you have about discomfort?

[00:54:30] When was a time that you allowed yourself to be uncomfortable [00:55:00] and it supported your growth? When was a time when you allowed yourself to really be in discomfort and it supported your growth?

[inaudible 00:55:56] is saying [00:55:30] it's interesting to discern when discomfort it means something [00:56:00] feels wrong and when you know it's helping you grow. Because that's the best reasonable reason in the world, to not be uncomfortable. So this is a great question I'm going to ask all of you. How do we discern? How do we know the difference? I'd love to hear some shares on that. And Jenny and Mark and Chelsea and Dogmar, actually for now I will lower your hands, but we'll have time for more [00:56:30] shares on your wheels at the end. And of course, re-raise your hand if you want to share this question of the difference between discomfort, when it feels wrong versus when it's helping you grow. How do you know the difference? [inaudible 00:56:55]?

Speaker 1: I'm also thinking on it, but I do think that [00:57:00] there's an inner, I'm feeling into the inner work of it first, when there's inner work before. I'm looking at this wheel and thinking about ways I self sabotage and I feel like perhaps that is the inner work piece. When you know there's inner work that's gone into, I want this to change. I know I want this to change. Then when you're doing the external work, it might feel like, "Oh, this is so uncomfortable," but on some level there's an intentionality to it. I don't know, that's the thing that's [00:57:30] coming up right now.

Joanna: I love that. So I'm taking what I'm hearing and tell me if this is what you're saying, but it's like when we do the inner work, we can hear the higher wisdom on it. And if we've heard the higher wisdom, it's that spirit connection, something bigger than our ego and the inner wisdom is like, "No, this is what you want. Stay the course," or [00:58:00] whatever it is and that can support the discomfort.

Speaker 1: I love the way you put that. That's beautiful.

Joanna: Great, thank you. Kim?

Kim: Well, I was just noticing that one of the things you asked, what's my relationship to discomfort? And I wrote that I have to be at the bottom before I choose to enter in. It's like I have to hit rock bottom before I will let myself be [00:58:30] uncomfortable and then I was thinking about that, related to the wheel and it

seems like that might be a self sabotaging thing, that I wait til I'm at the bottom before I let myself be uncomfortable. And so I'm making it harder for myself than it might need to be if I would start sooner.

Joanna: I love that awareness. That feels really important and something that you can track and [00:59:00] call yourself out on before you get to the rock bottom. Good, Jessica?

Jessica: I just got triggered into this after, I think it's [Sovi 00:59:20] that said what she said, shared? Is I noticed that whenever I call something in with my intention or I want to grow or I want to experience [00:59:30] something new, everything that's in the way of that energetically will pop up in my fields. It's like almost the self sabotage and so the difference I'm seeing right now in this moment is if see that and know that this is the self sabotage, this is a moment I get to break the pattern, it's so uncomfortable because it's really calling me to clear those things that have always prevented me for years to receive [01:00:00] this.

And then the difference is the cycle that I'm noticing that can happen in the feeling bad or what have you is when I choose to let it go into self abuse instead and then I feel bad versus realizing, "Okay, get my warrior wings on. I'm about to make a shift and a change and everything that's going to prevent me or that I've allowed to prevent me is going to show up. So be [01:00:30] ready. It's going to be uncomfortable and let's just have fun with it," versus, "Oh man, what am I doing wrong? Why is this showing up? Why isn't this easy?"

Joanna: I love it. I love that shift in perception. It's like, "Oh, this is part of the growth process when I want something and I'm serious about wanting it." We don't want to say for sure, but-

Jessica: Ye.

Joanna: ... stuff is going to come up. That means our [crosstalk 01:00:57] is half.

Jessica: So instead of [01:01:00] getting beaten down by the stuff coming up, let me celebrate that I'm actually serious about calling this in and let me do the work.

Joanna: Yes, yes, yes.

Jessica: Thank you.

Joanna: Beautiful. Really nice reframe. Okay, all right. I'm going to start to move more quickly here. We still have a lot to cover. So [01:01:30] I think I probably, this is, I didn't say this directly, so I just want to make sure to say it. So when we're working with a client who's on the wheel of self sabotage, one of the best way aside from the inner work, which we want to do, but the other piece we want to do is support them to identify a step, one step. Doesn't have to be more than one

step, that is a pattern break. [01:02:00] That will just create a rupture in that wheel to start to create a different experience. We want to hold a tight container for them around, we'll talk about accountability next time. We want to hold a tighter container for them around that one step, which will hopefully start to get things moving in a different direction. Take other steps, take other steps, take other steps. So give an example of one step.

So back [01:02:30] to the dating, maybe the one step is to write out notes for the online dating profile. That's just the one step. They have questions. I met my husband online dating, so I know they have questions and so just to start to think about and write out. It's just that one baby step. Doesn't even have to be posting the profile, just to start to get into a different [inaudible 01:03:00] [01:03:00] with it.

So as we start to look with clients at taking this one step again, this discomfort is going to come up. So how do we get our clients? How do we support our clients to become comfortable with discomfort? Number one, that stretch risk or die exercise. Because sometimes it can just be a blob of all internet dating is do or die, but if we can get... [01:03:30] Or all dating, but if we can identify some stretches and risks, we're on our way to getting a little bit more comfortable with comfortable. Creating awareness with the client around how their comfort is actually causing pain. Again, distinction and distinguish between discomfort and pain. So how is that wheel causing pain versus discomfort? [01:04:00] Supporting clients to see places in their life where they've been uncomfortable and that has created growth and strength that they're not going to break if they're uncomfortable. Normalizing discomfort in the growth process, exactly what Jessica was just sharing. So as a society or a culture [01:04:30] we've somehow learned or gotten the messaging that we need to be comfortable all the time.

That's not true, actually not true. Another way to support our clients in getting comfortable with the discomfort is to strengthen and [01:05:00] give focus to the parts of themselves that either trust or have confidence or have passion or have hope or hold more love, et cetera. So we've looked so far in a number of different ways at befriending the not so savory parts of ourself, we can call it. The fears, the limiting beliefs, [01:05:30] you're really engaging with those so that we can more intentionally harness the power inside of them. That being said, there is also so much value and empowerment and growth opportunity in supporting clients to strengthen, to bring fortitude to, to befriend and to [01:06:00] actually bring to the forefront the parts of themselves that have the more obvious resources that will allow them to be successful in their endeavors.

So this is, for example, supporting a client to engage and befriend their wise one, to [01:06:30] engage, activate, befriend maybe their confident one, their passionate one, their hopeful one. Your client will direct, to which one we'll break

it down in a moment. I have really come to see that a big piece of what masterful coaching is all [01:07:00] about is to support our clients to have conscious access to all the different parts of themselves, to all their different attributes, to all their resources. Some of the work is based in internal family systems work, Richard Schwartz, which I know a little bit about. Some of this is based in Jungian archetype [01:07:30] and shadow reclaiming all the different parts of ourselves. I learned a lot of this also from just being trained as a ritualist and using gods, goddesses, different mythologies that hold all the archetype energies that we need, that we want to access, that we want to be able to harness in our lives.

Is this making sense? [01:08:00] Yeah, okay. Now here's just one thing to note when we work with, to really for our clients to be with, to befriend, to strengthen, to activate. I don't have the right languages. They're more optimal parts. Sometimes there can be discomfort in owning the more golden parts, the more optimal part that's like is what we want the most, [01:08:30] our bigness, our compassion, our whatever it is. But similar when we looked all the way back, when we looked at celebrations, how sometimes clients can be uncomfortable when we celebrate them, we just want to use our listening skills as we support a client to really activate their more optimal parts as well.

So when [01:09:00] a client has become aware of the beliefs, the wheel, how they're self sabotaging, one thing we can do is ask, "So what part of you believes something else? What is a part of you that actually believes something different than dating doesn't work for me?" And ask the client to name that, [01:09:30] name that part of themselves, the believer, the confident one, et cetera. And then you can ask, what is the confident one believe? What is it that that one actually believes?

Once you've got that, there are a couple different ways you can take it. You can take it back to the wheel and actually create a new wheel. Start with " [01:10:00] Dating does work for me," and you can ask, "Well, if you really believed this, what's an action, the next baby step action that you would take?" And create the action from there. If you want to go deeper into more of the embodiment work with the whatever the part of themselves that they name, you can do a befriend or fear, dialogue with it, somatic dialogue. You can ask the client to draw [01:10:30] that part of themselves. You can ask them to create a collage that represents that energy inside of them or that part of them. They can create a mind map of all the different things that that part of themselves believes. There's so many different things that you can do. All right, let me pause there. Thoughts, [01:11:00] questions? Or what are you seeing that feels important?

I see Elijah is asking in the chat. " [01:11:30] I'm struggling, but thinking my first step might be around changing my mantra of I'm so busy, I don't have enough time, but are there other steps here that I'm missing?" Probably. Though Elijah,

what I'd say is on the inner level, yes. So you may want to change that mantra, you may want to befriend the part of you that is spacious. I'm making the words up. I want you to create the words [01:12:00] for yourself. Maybe you've got a spacious one inside of you or whatever you want to call it, dialogue with that one. So yes, that's the inner level piece, but my guess is that there's an outer baby step piece that you can do right away. Maybe don't want to do it because it's uncomfortable. Let me ask you to come on, actually. What's the uncomfortable outer pattern break [01:12:30] that you actually [crosstalk 01:12:32]-

Elijah: Well that's actually, I let... So first of all, thank you for that first inner pattern reflection you just gave me. But the outer pattern is actually where I'm stuck because the only thing that's coming to my mind is, "Well honor the time I've placed on my schedule," but that feels not small because that's the big thing. So I don't know, does that make sense?

Joanna: A 100%.

Elijah: So I don't want to say I'm going to honor that, if that's [01:13:00] the step-

Joanna: What's the smaller... I have some ideas, but I will share if you don't come up with your own, but I'm just wondering what is the smaller version of that, of honor everything on your schedule?

Elijah: Actually, so this is funny. With my coach that I have, we've been working on building my trusting myself muscle. And so I've committed to journaling 15 minutes a day, so [01:13:30] that might be something. And by the way, I haven't been doing it every day. It's still building. Like a whole day will go by and I'm like, "Oh, I forgot to do that," because it's not my thing. So maybe just like a little thing, like a little commitment of honoring this time.

Joanna: Exactly. And so I wouldn't even say 15 minutes forever. I'd say 15 minutes today.

Elijah: Okay, mm.

Joanna: Can you make 15 minutes today?

Elijah: [01:14:00] Yes.

Joanna: When?

Elijah: Mm, actually I have a really busy day. That's my mantra. At 12:30, my time. So it's 11:13 now, so 12:30 my time.

Joanna: Awesome. Do you want to post in the Facebook group after you did it?

Elijah: Sure.

Joanna: Let us know?

Elijah: Thank you for that, holding that tight container for me. Thank you.

Joanna: You're welcome. Write, and then [01:14:30] next day write.

Elijah: Yep.

Joanna: No myth of perfection.

Elijah: Thank you.

Joanna: Thank you. Let's keep on going. There's some other pieces I want to make sure that we get to. So just a small note about shame. As we looked at with [01:15:00] fear, sometimes the shame of the whatever the negative result, the result is, can be more derailing than the fear or the negative belief itself. And when someone is on the wheel of self sabotage for some people, it's also like a shame creation [01:15:30] vortex, if you will. So there's so much to say about this, but what I want to say for now is for us as practitioners, as we work with our clients, self-sabotage, fear, whatever it is, we want to really always be checking our filters to make sure that we're not [01:16:00] shaming, adding shame with our clients.

And this is with our words. How are we talking about self sabotage or the self sabotage that happened again? "Oh my gosh, you've been on this wheel for so many years." How are we actually speaking about it with our words, with our energy and if we work with clients on video, also with our facial [01:16:30] expressions. So I read a lot of parenting books and I recently read, and everything that I read in the parenting books, I'm like, "Oh my gosh, I do that in coaching." So anyway, this one parenting book for tweens that I [inaudible 01:16:56] for middle schoolers that I recently read, the woman talks [01:17:00] about when you're telling your middle schooler something or commenting on something that happened or something that they did, she says, "Use your Botox brow."

And what she means by that is don't have an expression on your face. And the reasoning is because middle schoolers, they're [01:17:30] so much looking for, "What does my parent think? How are they going to react? What are they doing? Are they approving of me or are they not approving of me?" That even if we, in some cases we want the Botox brow even to not show too much excitement, because if in one situation we have a lot of excitement and then the next situation we don't have any, they're going to make meaning out of that, too. So take the physi will, but I do think that we are all [01:18:00] like middle schoolers a little bit and we're picking up not just verbal cues, but energetic cues and visual cues. So what are all of the ways that we're showing up when we're talking with our clients about self sabotage, about fear, et cetera?

So to bring everything together that we've looked at today, how [01:18:30] do we want to support our clients to start to get off the wheel of self sabotage or shift that wheel? So number one, creating awareness of the wheel itself just by supporting a client to see what the pattern is and what's happening on the wheel and what's happening for them. That can already just create soul, start to create some openings in the wheel a little bit. [01:19:00] Sometimes having a client like we did together today, draw the wheel, rather than just talking about it can be really helpful back to four levels of learning and processing. Drawing something activates that body level, that somatic level, it can help integrate, help see it in different ways and start to work through it by drawing it out.

We want to poke [01:19:30] holes on the inner levels. So we've already looked at many processes to poke holes on the beliefs, on the fears, et cetera. We want to create awareness around resilience, support our clients to be okay with discomfort, normalize discomfort as part of the [01:20:00] growth process, help them see the difference between the pain that they're in versus the discomfort of taking action. Maybe support them to activate different parts of themselves that are more resourced so that they can be more resilient. And then we want to support them to identify where they can break the pattern with an outer action. [01:20:30] It can be a baby step, it doesn't have to be huge. And then follow up to support our client to [inaudible 01:20:38]. All right, let's pause here. Thoughts, questions, shares, what are you seeing, what feels important, [01:21:00] what do you want to add, what questions do you-

PART 3 OF 4 ENDS [01:21:04]

Joanna: What do you want to add? What questions do you have? Jenny and Mark.

Jenny: Hi, this is awesome. I'm really loving this. I had raised my hand earlier to share the wheel that came up. Do you mind if I share that?

Joanna: Yeah.

Jenny: Yeah. I'd never seen it before as a wheel, so that's why this framework was so helpful. I just saw it as that [01:21:30] hard thing that just happens a lot. But having names for it is really helpful. So one of my big wheels is this situation of finding something I'm really excited to do or want to be involved in, like a new interest, and then immediately going into regret of, "Why didn't I do this sooner? Why didn't I figure this out sooner? Why am I only now realizing this?" This is like a big pattern. The belief is, too, "If only I had done this sooner, I'd be happy," or, "Something's wrong with me for not having [01:22:00] done this sooner." And then I go into self beat up and regret, and then it reinforces that I'm unhappy. It reinforces I made the wrong decision. And then the feelings that come up are

sadness, irritability, frustration, and shame. And then the negative thoughts that come from being on the wheel are a lack of self-trust about my decisions.

Joanna: Right, and we can see how then that ... yeah. So why is that important for you to see [01:22:30] in this way?

Jenny: Because it had all felt so big and without actually identifying these parts of it, I didn't really see that there's a way to maybe break this pattern. Because I wasn't even seeing it as a pattern. I was just seeing it as reality.

Joanna: Right. This big blob of all the things, and it just is. Right. Good. Good.

Jenny: Yeah.

Joanna: So you can work on the parts now in a different way, and hopefully it doesn't feel so [01:23:00] unwieldy.

Jenny: Yes. And I love what you shared on ways to break the pattern, thinking of resilience, and the parts that are resourced and what's one step you can take because that's already been really helpful.

Joanna: Good. I'm so glad. That's the [inaudible 01:23:17].

Jessica: I am so relating with your share as well. And my question I'm navigating right now is because it feels like this was so big. [01:23:30] Say if we come across this with our clients, but also just working on my own right now, it feels like this has been something that's been for a very, very long time. And I identify when it started in this lifetime. And when you say, "Just take a small step," my small step feels like I need to take such a big step. And so I have this thing of, "How has taking small steps going to actually this out?" [01:24:00] Because it feels so big. Does that make sense? How long is it going to ... You know what I mean? Maybe you don't know what I mean, but I feel like-

Joanna: Is it okay to give us an example of the stuff?

Jessica: Yeah. Yeah.

Joanna: Yeah. That would be great.

Jessica: So my will that I identified is that ... The initial thing in this lifetime feeling, it started when I was 19 in college, I read a book [01:24:30] John Gray and decided that I was going to teach it, the differences between men and women. So I just popped in, reading a book one day, had a hundred people listening to me and I got really embarrassed, uncomfortable because I was so not ready for that. And that automatically created a signal that I need to know everything in order to help people. And so I've been on this constant will of learning, learning, learning, learning, and all I really want to do is serve. And [01:25:00] so this learning,

learning, learning keeps me on a will of learning, learning, and growing. And I'm past the place, at this time, that I actually have way too much information and awareness and education and knowingness and experience, but I'm still on this will. And so it perpetuates the cycle that I still have to learn in order to be of service.

Joanna: Yeah. Got it. So what's one step [01:25:30] that can break that for you? Not forever, but just the very next pattern break on that?

Jessica: I'm having a really hard time seeing it because it feels so big. And I feel like I have such a blind spot and my next step is to say, "I have to finish everything that I started." And it's just like, okay, I don't know how to break it down into one simple step because it feels like it's never going to get me there.

Joanna: [01:26:00] Part of the discomfort might be that it's going to take a little time to get there. Right? I don't want to pretend like it's just push. That may be part of the discomfort. That is important to build resilience and trust around and really activate that trust. But of all the things that haven't been finished, if there was one that would get you the farthest in the quickest [01:26:30] amount of time, what do you sense it would be?

Jessica: This was the one stuff I took, but I think it's over. I'm not sure because it feels like I'm still stuck in the cycle. I put everything on a schedule that I need to complete, but the schedule is so overwhelming and things happen and things get disrupted and then a week's gone by and I didn't do anything on my schedule just like there's others that have shared this.

[01:27:00] One idea I came up with, but I just don't know. I think there's this thing, "Is this really going to break the pattern?" Because if it is, I will do it, but I still have this thought, "Oh, I've got to do way more than this." But I was deciding that, okay, if I just finished one of my trainings that I said that I think I need, right, which is ridiculous, because I have so many. But if I just sit down and finish it [01:27:30] in like three days, because literally I could probably go through it four hours a day. I don't know, just finish one thing. I don't know. That's the only thing that I could really come up with and then move to the next instead of trying to do everything every day.

Joanna: Is the finishing of all the trainings necessary for you to take other action that will help you create what you want?

Jessica: It's not necessary, [01:28:00] but for some reason it feels like it is. And it comes back to the feeling that I want to make sure that I ... It might be a little narcissistic, as I'm saying it, I want to make sure I have everything down so that I can perfectly help people. And it's my job to make sure that I don't make any mistakes because I'm here on a mission and I got to have it all dialed out. And it's

[01:28:30] a little narcissistic as I'm saying it. So I'm hearing that it's a little narcissistic, cause it doesn't leave any room for the other to really be empowered in their own growth experience. So I don't need to have everything dialed in and it's not my job to worry about that. So it's kind of like a savior hero complex-

Joanna: Let's pause on that. I don't need to have everything dialed in. That's not my job, [01:29:00] right?

Jessica: Yeah. Yes. Yeah. Ah.

Joanna: I'm hearing also maybe some myth of perfection in there as well.

Jessica: Mm-hmm (affirmative). Yeah. Right?

Joanna: So I want to invite you to take some time to identify what would actually be good enough. And I have a feeling it's already [01:29:30] good enough, Vessica. Yes. Of course, [inaudible 01:29:34] first finish the training. Two things can exist at once, right? Finished, but you're actually in a good enough place, but get clear on that. Is there this module or that module that you actually feel you actually need. Break it down, get clear and specific [01:30:00] in order to move forward. Right. Good enough. Not perfect. Not that you don't need any. Right. We'll get to it as you need to.

Jessica: Yeah. Yeah.

Joanna: And from there, and I'm just moving through this quickly right now for the sake of time. But the very next baby step to put your idea out, your business idea, your work, your offer out in the world.

Jessica: [01:30:30] Yeah. I'm seeing, as you're saying that what I actually ... My step is to sit down and write out my journey that I want to take my clients through, the ones that I'm here to take them through. And I already have all the pieces. I just need to put it on paper so that I can see I'm already on the path, and I just need to do that. That's what I need to do, is ground myself. Yeah.

Joanna: That is the next baby step. Right? And then just for you, and I know we're at time, but just [01:31:00] to help everybody, and if we were in a private session, we might go deeper into this, but I just ask you now, what is the part of yourself that really believes that you can take this next step and you're putting down the journey?

Jessica: Well, my higher self is already done.

Joanna: That's beautiful. Tune in for a moment to your higher self. What does [01:31:30] your higher self want you to know about all of this?

Jessica: That I need to let go and trust myself. That I've got this. I mean, probably nothing that I'm learning is is nothing that I ... It's already inside of me. I'm just reaffirming that. And I just need to let go and trust and be grateful for the journey that I'm on, trusting in every moment, whatever I need is going to be provided in the moment. I don't need to get so pre-prepared [01:32:00] for things that I may not even need to deal with in the sense. Yeah.

Joanna: Beautiful, beautiful. Well done. And so before you go to sit down, that might be enough, and you go to sit down and put down the parts of the journey, or, as you go to sit down to put down the parts of the journey, connect back into your higher self for a moment.

Jessica: Yes. Okay. Yeah.

Joanna: Right? And then we use that energy to move forward.

Jessica: Yes, absolutely. Absolutely. Thank you. Thank you.

Joanna: You're welcome.

Jessica: Thank you very much. [01:32:30] Thank you.

Joanna: You're very welcome.

Jessica: Thank you.

Joanna: Okay. So we're at time, I am going to hang on for other shares. I want to give homework and then whoever wants to hang on, I can hang on for a few minutes if there's something that you want to share. You'll have some worksheets. So look for those. If you're working with a coaching partner, take this deeper. Use the session to look through the lens of the wheel. Maybe you want to practice strengthening a more optimal [01:33:00] part. Maybe you want to practice looking at the difference between the pain and the discomfort. Maybe you want to look at outer actions or all of the above. You can use with a friend or fear process in it or rewiring process, all of that. And then the other piece I just want to mention, interesting to think about, is creating awareness of this wheel [01:33:30] can be very valuable in a sales conversation.

We're not in a sales conversation going to, not that there is any solving to the wheel, right? But we're not going to solve it. We're not going to get into the individual pieces, but as you're doing your deep listening skills, supporting a prospect to see how they're on the wheel just is so [01:34:00] valuable in general for the prospect, just to have that awareness. But if you're the right practitioner, it can also help support really seeing the gap in a different way that can be more hopeful and then ultimately support the sale. Okay. So if you can hang on for a

few minutes, please do, if not, I'll see you [01:34:30] next week and I'm going to kind of take [inaudible 01:34:32].

Speaker 2: Thank you, Joanna. I love what you just said about bringing it into the sales process. Could you elaborate on this? How would you work with that in an enrollment conversation?

Joanna: Yeah. So as one of the things that I do when I'm speaking to a prospect to see if we're a good fit to see if I can help them, is essentially [01:35:00] asking them, where are they stuck? What's not working so well? And sometimes as I listen, I can see some of the wheel starting, but because they're sharing, "I'm not doing this," or, "Last minute, I-," whatever it is. So I can kind of see. So I might share in the way that, I've taught to create awareness. Now I might not be getting this right. But [01:35:30] it sounds to me like, you may be on what I like to call the wheel of self-sabotage, and I'll kind of lay out for them what I'm seeing. And I may ask if I haven't heard, what that fear or the belief is, but they're resonating with what I'm saying. We may just do a little exploration on what's the fear or the belief.

Then I just ask, "How is it impacting you to be on this wheel?" I may just [01:36:00] bring it in that way. And then later in the conversation, if I feel like I can help them, when I'm speaking to the bridge pieces of, "If we were to work together, we would do this, we would do this," I would say, "So that belief that's at the top of the wheel, and we're going to work on befriending that. We're going to work on building your resilience." I'll build some of the pieces into [01:36:30] the bridge. Does that make sense?

Speaker 2: Yeah, completely, completely. I would like your support on this piece of self-sabotage that I've identified for myself. So my big thing is, and I know you and I have worked together on this, on my curriculum. So when I teach and when I create content for my program, and I obviously have team that that's like video editing [01:37:00] and different persons looking at different things. And when I see that the work is not done well, it ultimately like the end product goes to my students and my clients to receive the learning, receive the teaching. I literally get like this subtle type of pain. Like it's so deep and it's so uncomfortable. And either I eat, or I just [01:37:30] like run away from it, but my most common behavior is actually try and micromanaging everything. Everyone and everything on the team. And I get so displeased and so dismissive with my team members. They don't necessarily hear it, but within myself, I'm like, "Oh my god, they're such a loser. How they don't see it?" But ultimately, I feel such a deep pain that I feel like I'm going to fall apart.

Joanna: Yeah. Yeah. So [01:38:00] first, I just really want to honor and acknowledge you for even being aware that you've got that going on. Because I think for so many

people, they just go and then they're jerks to their team or they eat, like all the things that you're ... That awareness is key, and what I would say for you is now that you're aware of that, instead of reacting, which is what all of those other actions are, [01:38:30] respond by leaning in to the discomfort and I'll tell you what I mean by that for a moment, but I want to let that land. Respond by leaning in to the discomfort. All of those reactions, the reason why you're taking them is so that you don't have to feel uncomfortable anymore. Whether it's eating or the energy like that biting energy to the team, putting it right, it's so that you can avoid [01:39:00] actually the discomfort.

So what I'm suggesting is intentionally be with the discomfort. So how can you intentionally be with the discomfort? Well, one way is to take some moments and literally to be right in an intentional way, feel it. Where am I feeling this discomfort in my body? [01:39:30] Why is this making me so ... I know I'm not perfect. My clients don't expect me to be perfect. So why is this? This sheet didn't turn out right, or this or that. What's the actual fear? And then you can dialogue with the discomfort in your body. You can write on it, et cetera, to get you in a less reactive place and in a more regulated state with it and [01:40:00] to create more spaciousness so that then you can make an informed decision on what you want to do next.

Speaker 2: Yeah, totally. Totally. I feel I still have a capacity to sit with the pain somatically and being that energy. But what comes over me is like this manic energy around, if things don't get solved, if everything doesn't look perfect, like the whole program [01:40:30] will fall apart, people, they'll leave and there's like a full on catastrophic thinking just takes over me.

Joanna: Yeah. Yeah. We've looked at different tools for that, right? Just first of all, sometimes it's getting what's in your head on paper. This is the catastrophic thinking that my manic one is telling me is going to happen. You make the list and you're like, "No, that's crazy. That's ridiculous." Right. [01:41:00] That's the one thing you can do even though nevertheless. Even though X happened, do that for a while. You can dialogue with the one that's manic, that's hyper vigilant, and have a conversation with that one and continue to soften and warm up until you hit the higher wisdom inside of it.

Speaker 2: Yeah. Yeah. That's really beautiful. [01:41:30] Thank you, Joanna. I'm excited to apply this.

Joanna: Good. Thank you. Again,

Speaker 3: When Vessica was talking about finding the right first step, for the first time, I realized that the one step, the first step, probably isn't going to break the wheel. The wheel is been worn in for a long time and maybe one little cheek isn't going to [01:42:00] do it. So we're talking about needing to do additional steps. But you

can overwhelm, even if you do one, when you first talk with them, how long do you let that go before you add another step to intervene in that wheel, to not overwhelm your ability to hold it as well as to continue to make progress? I know that's probably not something you can answer [01:42:30] directly, but I'm curious about that.

Joanna: No, for sure. It's such a great question. Such a great question. First, to say again, yes, we want to break the wheel, but it's not like one break and then it's done. That's the difference. That's part of the difference between the breakthrough and the transformation. It's a step, and then a settle, and a step and a settle, right? So for example, for me, I'm still working [01:43:00] my wheel with the videos. I hate doing videos. It brings up a lot of stuff for me, but you have to find your own peace thing. But for me, it's like, "Okay, I did that Facebook live. I hated it." So that was the first action. "I hated it. I feel so uncomfortable. I want to hide." But I did it.

I let that settle. I maybe do a befriend your fear with like all the fears [01:43:30] that I'm feeling or the vulnerability, or maybe I speak to my confident one to give me advice and wisdom. I strengthened that part of me. Not forever, this isn't once and done. But enough, and that might be a day, that might be a week, until it's like, "Okay. And now what's that next action?" And that's going to bring up things, work with the things. [01:44:00] Let me stop there. Is that helpful to think about?

Speaker 3: Yeah. So I was still trying to break the cycle, and it's your point is that it's not going to necessarily get broken. We're just going to be able to see it better and to make choice within it, as opposed to being just on a merry-go-round or something.

Joanna: Exactly, and that word choice is so important because when we're in it, [01:44:30] we don't have access to all the parts of ourselves that, together, can make good decisions. We're only seeing certain parts of ourselves that, if we haven't dusted them, can't really help us make the best decisions. We need those parts, too, but we want more access to all the pieces so that we have a choice.

Speaker 3: Great. Thank you. That's [01:45:00] helpful.

Joanna: All right, everybody, hopefully this is generating a lot for you. I want to continue to hear your thoughts and what comes through in your questions. Let me know. And I'm sending you all a lot of love, have a wonderful rest of your day.

PART 4 OF 4 ENDS [01:45:22]

Joanna: Hey, Mary Ellen. How are you?

Mary Ellen: I'm doing well, how are you?

Joanna: I'm doing pretty well.

Mary Ellen: Good.

Joanna: [00:00:30] I had a long, very long weekend between Labor Day and some holidays, so back to work today.

Mary Ellen: That's nice, that's really nice. We did a wedding. It's a Pakistani wedding celebration for a couple of our friends this weekend that was really fun. I got some henna.

Joanna: Aw.

Mary Ellen: It was pretty cool, yeah.

Joanna: That's so beautiful, so much fun. [00:01:00] Hey Sonya.

Mary Ellen: Hey Sonya.

Joanna: We're meeting on an off day, so I'm definitely expecting more people, but I'll just wait a few more minutes.

Mary Ellen: Okay.

Sonya: Happy New Year, Joanna.

Joanna: Thank you, thank you. Did a lot of cooking. [00:01:30] Hey, Mark. Hey, jenny. Good to see you too.

Mark: Good to see you.

Joanna: Hey Kelsey. So I was just saying, since we're meeting on an off day I don't know how many of us will be here live, but I'll wait an extra minute before we get started.

[00:02:00] Hey, Wendy. All right.

All right, let's get started. [00:02:30] Like I said, I know we're meeting on an off day, so welcome. I'm so glad there are people here live and if you're listening to the recording, welcome as well. There are a lot of Jewish holidays in September and so my schedule every September, the schedule gets really funky. But I'm so happy [00:03:00] to be here with all of you. Let me get my notes up. And so we're going to be looking at the wheel of self sabotage today. And the wheel and using this tool with clients, I feel like it's important to say it's... One of my intentions is to give you [00:03:30] a lot of different angles, a lot of different tools, a lot of different ways of understanding obstacles that clients might come up against of understanding where and how clients get stuck, of understanding how clients

may not be moving forward so that you've got lots of different tools to choose from in the moment or to a mix [00:04:00] and match.

I wish I could say, "Always use this tool in this situation and always use that tool in that situation," but again, one of the principles that we keep on coming back to together, is that we always want to coach the what based on the who and that's why our listening skills are so important as well. Each who is a little different and each who on [00:04:30] any particular day is a little bit different. So I'm seeing in the chat, uh-oh, the link on the email had a different zoom room. Give me one moment just so that I can-

Kelsey: And Naomi's trying to get in, too. I'm going to email her. It's the main link we've always been using, but I think somehow...

Joanna: Let me email my team and post it in the Facebook.

Kelsey: Someone just posted it in Facebook, too.

Joanna: Somebody [00:05:00] did post it? Okay, great.

Kelsey: Or someone maybe was asking, I can post it if you want.

Joanna: Could you? That would be so helpful while I text Sarah.

Kelsey: No [00:05:30] problem.

Joanna: All right, I texted Sarah. Hopefully this will get sorted out. And Kelsey, thanks for posting the link.

Kelsey: No problem.

Joanna: Naomi was like, "I've been waiting for this for nine months." [00:06:00] I'm going to keep on. I think I'm going to keep on going and hopefully people will come in very soon. All right. So giving lots of different tools, our brains sometimes want to try to compartmentalize, to put it into a nice category to tie it up in a bow. " [00:06:30] Joanna, just tell me exactly what to do when this happens or exactly what to do when that happens," but after so many years of working with so many people, what I've really learned is better to, instead of have when this happens, do this and when that happens, do that, have lots of different tools in your toolbox. Use your listening skills and it's usually more [00:07:00] than one tool that's going to be aligned for any particular moment. It's not just one. I'm so glad more people are coming in. I'm sorry about the tech issue or the wrong link issue. Hopefully that's being corrected and we're just getting started now.

So Kelsey did save the day. So the other thing [00:07:30] that I wanted to mention before we look at the wheel, and this is something I promised you on our

first session that I would keep on coming back to and pounding in, but it's important to keep on saying for ourselves, for our client work, that there is a difference between a breakthrough and a transformation. And also within that, [00:08:00] that there is a cyclical way, a cyclical path that transformation usually occurs. So what I mean by that is in the fairy tale version, we do up a friend or fear once. We do a rewiring exercise once. We have a big breakthrough and then we live happily [00:08:30] ever after, but that's really only the fairy tale version. What I have found both for myself as well as for my clients to be much closer to real life.

And I don't think this is a bad thing. By the way, I think this is part of the richness of life and the work that's in front of us is that we come to an obstacle. [00:09:00] We come to a place where we're stuck. We do the work, whatever the work is, befriend your fear, myth of perfection, looking at the wheel of self sabotage, there's so many different tools and that gives us a breakthrough, hopefully enough of a breakthrough to take the next outer action or series of outer actions to move [00:09:30] forward. But that issue almost always comes up, that original issue almost always comes up again. And that doesn't mean that there's anything wrong with us or that we're broken or that we're flawed in any way. I think it's more so that the things that we work on, we are working on throughout our lives.

[00:10:00] I have finally come to acceptance over the last few years that my not good enough one isn't going away. She's here to stay. She actually has a purpose when I am in right relationship with her. But as we all know, being in right relationship with something isn't [00:10:30] a once and done. Relationships require maintenance and care. So when I don't pay attention to intentionally my good enough one, doesn't matter how much work I've done before, she's going to start to, I don't know, not to mix metaphors, but gather dust or turn into the forms that are not so helpful, right? And [00:11:00] I need to come back to that and I need to come back to that and I need to come back to that. And the way forward is this dance between coming back to the inner work and then taking the outer action or sometimes taking the outer action and then coming back to the inner work, right?

And sometimes we can go a while without working on our perfectionist or our not good enough one or anger or whatever it is, [00:11:30] but we can't if we want to be in right relationship with it, it's something that we want to come back to as needed. And to maintain that relationship. For me, this is a way of life, if you will. This is how I've come to approach life [00:12:00] in doing this work. And to me, without getting too philosophical, I think this is more the one of the points of life than being consistently happy or consistently productive all of the time. It's about finding meaning, it's about getting to know ourselves, it's about being able to collect the different parts of ourselves and have access [00:12:30] to those parts so that we can make the decisions that are best for us. I'll pause on that for a

moment. I know that's a lot. Anything that wants to be shared or added around this piece? Jenny and Mark?

Mark: I wanted to say that as you said that, I just felt this like, " [00:13:00] Ah," like settling in. Because I have found that the not good enough is so big for me and I spent many years and tried many approaches that were about trying to overcome that or get rid of that somehow. And I would feel better for a while and then it would come back and then I would beat myself up even more because I should be over it and-

Joanna: [inaudible 00:13:26].

Mark: And I've been working a lot over [00:13:30] the last, I'd say couple of years maybe. Like you said, to get into a different relationship with it and I feel like I knew now know in my head that it's never going to go away and I still sometimes when it comes back, I'm like, "Really? Again?" I still sometimes beat myself up for having it, but I find that the more I can make space for it, the more peace I can have and the more I can, like it's helped me to be more compassionate with clients as well [00:14:00] because they're never going to get rid of it either.

Joanna: Exactly.

Mark: I guess I just wanted to say that and I just really appreciate you framing it that way, that's really helpful.

Joanna: I'm so glad to hear it. And it's such a, I'm glad that you're just sharing your response because I think it's true for all us. Sometimes we can get to this place of like, "What is wrong with me?" or like, "Am I so, I've worked on that and I'm so broken that it..." or whatever, whatever it is. But by and large, [00:14:30] that is life. We all have our own particular places that we need to dust more often than others because of our past experience, whatever it is. But the point is not to eradicate or get over it, the point is to continue to deepen the relationship or at least that's what I've come to see. Thanks.

Mark: Thank you.

Joanna: Anyone else want to share or add? [00:15:00] No? Okay. And then Mark brought up the other point in this that's so important. This isn't just about having this posture or this perspective for ourselves, but always back to energy follows energy, bringing this posture, this perspective, this understanding to our clients [00:15:30] as well and not making it wrong when the transformation happens in a cyclical nature, understanding that that is a part of it. So we all know what self sabotage is, but for the sake of our time together today I'm going to define it [00:16:00] in the following way. When your client consciously or unconsciously gets in the way of achieving her own goals and desired evolution. Self sabotage is

when your client, yourself consciously or unconsciously gets in the way of achieving their goals and desired evolution.

[00:16:30] Because I like to break things down, it's helpful for me to think about self sabotage. Most self sabotage is falling into two different buckets and I'm going to share the two different buckets of self-sabotage. One, I call single occurrence self-sabotage or explicit, we can call it explicit. [00:17:00] And then the other is patterned or more subtle. So single occurrence self sabotage or explicit self sabotage is something that like you, your client or your client is sharing it with you. You see it and it's like it happened once, it might happen more than once, but the idea is it's explicit. It's obvious in a way that is self sabotage. [00:17:30] It's like a big kind of doozy thing that happens.

So examples of single occurrence or explicit self sabotage might be showing up really late for a very important meeting, not studying for a big test, staying out really late the night before instead. That's so explicit. Telling somebody [00:18:00] off in an inappropriate way, that burns bridges and that is misaligned. Not buying clothing is one that I do. Not buying clothing for the big presentation or event or party, last minute rifling through the closet.

Not preparing before an enrollment conversation, knowing how you want to lead that conversation, [00:18:30] that sales conversation. Those are examples of explicit single occurrence self sabotage. The other bucket, this is the more subtle that I point out because this type of self sabotage sometimes doesn't present itself [00:19:00] as self sabotage. It's a very subtle, there are usually very good excuses for the reasonable reasons for the self sabotage actions and usually they happen more than once. Usually they happen, it's a pattern for the client. So for example, maybe for someone consistently staying up too late, is [00:19:30] a self sabotage action, which over time leads to not having enough energy during the day or another patterned or subtle form of self sabotage, consistently over scheduling yourself.

And over time, it's just this feeling of not having enough space, not having enough bandwidth, not being able to create what you want. [00:20:00] Consistently following up late with referrals that come your way. This is one of my, I finally broke the pattern, but I used to even though I knew quinoa was bad for my digestive system, I loved it so much. Self sabotage is. "Oh, it's okay, eating the quinoa," and then it would take me out for a day. [00:20:30] So take a moment and identify for yourself, what are one or two examples for you in your life of a moment of explicit self sabotage single occurrence? Even if it happened more than once, it was kind of like a bigger thing. Like, "Oh yeah, that's self-sabotage, really explicit."

[00:21:00] So there was the single occurrence or explicit self sabotage that we're looking at I just asked the question about and then there was the patterned and the subtle, [00:21:30] which I'll ask about next. And Sonya's saying, "I think I only have patterns explicit." It might slip your awareness or you may not have any in that first bucket, too. So if you haven't looked at the second bucket, look at that one for yourself. The pattern, the more [00:22:00] subtle, what are some examples that fall into that? And by the way, like for me, I like to compartmentalize things if the two buckets don't work for you, don't resonate for you, that's fine also. Whatever works for you.

[00:22:30] And I'd love to see some examples in the chat. What are some examples for you of either explicit or subtle or patterned self sabotage? Jessica's [00:23:00] saying her pattern is thinking she can accomplish more than she can in a day and then going into overwhelm. Chelsea, giving away energy to misaligned romantic relationships. Mary Ellen, over consuming information and getting overwhelmed. Jenny and Mark, eating a bunch of explicit, eating a bunch of junk food. [00:23:30] Implicit, thinking about a person or situation that upsets me repetitively at that kind of obsessive thinking that then steals your energy. Linda, not preparing to enroll someone who already says they want to work with you. And then finally, when you get to it, they want to do it another time. Elijah, not honoring your [inaudible 00:23:58] time on your schedule that you've carved out [00:24:00] for you. That's a biggie, over scheduling a biggie, telling yourself you can't go to sleep without watching the TV. Wendy, going into confusion and giving up temporarily. It sounds like there's some resistance archetype there too, the confused one. Slowly playing small when it to your business, how you talk or think about [00:24:30] it, yeah. Good.

So then the next question is one that we've looked at before, whether in rewiring or befriend your fear and I'm sure you've looked at it or for the more subtle ones, maybe you haven't looked at this question yet. So anyway, I'll just ask it. So [00:25:00] pick the most pressing, whatever you've identified yourself, pick the one that causes the most problems, that feels the most pressing. What's the fear or the belief behind that self-sabotaging action? So for example, if you consistently stay up too late and that... For some people, staying up late isn't a self sabotaging action. But if know you stay up late and that is self [00:25:30] sabotage, you see that as a pattern, what's the fear or the belief that leads you to that? Is it, "This is how I need to take care of myself?" Is it, "I need to get X, Y and Z done?" Why are you staying up late?

[00:26:00] So [00:26:30] this is where I think things start to get more interesting. A lot of self sabotage happens in a cycle. There is a cycle that you can

follow for most cases of self sabotage and the [00:27:00] general cycle usually looks like this. You-

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Joanna: ... general cycle usually looks like this. You start off with a fear or a limiting belief or resistance in your blind spot, right? And then, pretty obvious, that fear, that belief, that resistance causes you to take a self-sabotaging action. You take the self-sabotaging action, [00:27:30] and more times than not, the result of that self-sabotaging action provides evidence that the original fear or limiting belief is true. And so you get that evidence. It strengthens the original belief or fear or resistance. [00:28:00] You believe it even more. It becomes more mired in, which then leads to the next self-sabotaging action, which then creates the next result of evidence of the original fear, which then strengthens it even more. And a lot of people can just go spin on that wheel over and over and over again.

So for example, let's say that you have a belief [00:28:30] that it's hard for you to date, or that dating is hard for you. This is my rudimentary, I couldn't find my slide. So I'm going to... But the one class I have a slide for, I couldn't find it. Can you read this? Because I drew it. No? If not, you can just see. Right? You can see this as a cycle, and hopefully my hand gestures will [00:29:00] make sense. Okay.

So let's say you start with a belief that dating is really hard. So that leads to maybe not putting your profile up on a dating website. And that leads to a result. The result is you don't have any dates, which then reinforces the original belief, "It's really hard for me to date. I'm not good at [00:29:30] dating. It's hard to find a date," which then maybe you get set up on a blind date, but because now the disbelief is even more reinforced, you end up acting kind of weird and strange and self sabotage and not yourself, because you have this belief that you're not good at dating. Dating isn't for you. The result is probably not going to go out on another date with that person. Then it strengthens it, right? And then maybe the next time, you don't even take the offer [00:30:00] of the blind date, right? And on and on it goes.

In essence, when we get stuck on the wheel... And by the way, you'll have a resource sheet with a graphic of the wheel. I don't want to say it doesn't allow for a positive outcome, but it makes it really hard for a positive outcome to happen. It ensures that the client [00:30:30] is going to stay in self-sabotage mode. It's kind of sinister in a way, because the cycle produces evidence that isn't real, but masquerades as real. It's like the system itself creates false evidence.

So as we already know, [00:31:00] a lot of times what we believe, we looked at this in rewiring, what we believe can oftentimes help dictate an outcome. If the belief is, "I'm not good at dating," that's going to turn the tide one way. If the

belief is, "Dating is for me. I can enjoy dating. Dating can be whatever [00:31:30] for me," that might dictate a different outcome.

So that's why I often like to ask clients as they're starting a project or going into an important meeting or conversation, whatever it is, what's the belief that you want to be holding as you work towards this? Or what energy do you want to be in when you have that conversation with your colleague, [00:32:00] with your spouse, whatever it is, right? So it's a way of possibly upending or mitigating the wheel before it starts, to be really clear and intentional on the belief or the energy that you want to go into something with and start everything on the right foot.

Okay. So I'll give you a few moments, and [00:32:30] I want to invite you to actually draw out a wheel for yourself on any particular situation. It might be one that you identified earlier, one of the buckets of self-sabotage, but I want to invite you to draw out one or two cycles of that wheel for yourself. I'll give you a few minutes.

(silence)

[00:34:00] Take another minute.

([00:35:00] silence)

A couple of questions and then open up to see what's coming through. So as you connect in more with this wheel, [00:35:30] what are the thoughts, feelings, or moods that you experience when you're on the wheel? What thoughts, feelings, mood do you experience when you're on the wheel?

(silence)

[00:36:00] Helpless rage, shame. Yeah, we're going to talk about the shame piece. What often happens is when we're on the wheel, it becomes its own container, like a vortex, where we can get stuck in certain moods or feelings on it. Here's another question to think about. [00:36:30] Are there any negative thoughts or fears that have evolved for you or become activated for you simply because of being on the wheel? In other words, you didn't come into the wheel with that particular fear or negative belief. It wasn't modeled for you necessarily when you were younger, but because of being on the wheel, that fear or that belief has actually taken hold [00:37:00] inside of you. So something different than that original belief that you came in at on the wheel.

(silence)

" [00:37:30] I'll never be good enough." Who'd like to share? I'd love to hear voice to voice from one or two of you. What are you seeing? Rachel.

Rachel: Okay. So my wheel is around, [00:38:00] it starts with the belief that I can't charge what I'm worth. And then it goes into needing to prove myself. And then I overgive and I volunteer and I do free stuff, and get really, really busy. And then I get exhausted and spread too thin. And then I end up being unreliable and can't show up fully and I'm exhausted. And then the belief turns into, "Well, I don't deserve to get paid more anyway." Because it doesn't [00:38:30] go full circle. It kind of starts like, "I can't charge what I'm worth," but it ends up like, "Well, I don't deserve to get paid."

Joanna: Right. It morphs in a way.

Rachel: Yeah.

Joanna: Yeah. Why is it important for you to see it in this way? How can this be valuable for you, just to see what you've laid out here?

Rachel: Well, I'm tired of being on this wheel, because it's really tiring and it's been exhausting to be on it. The thoughts, beliefs [00:39:00] that are triggered by being on the wheel is that I can't change this without some kind of miracle.

Joanna: We'll talk a little bit, more than a little bit, on how to change it, but yes, good. Thank you. A really good example of the wheel. Elijah.

Elijah: Thank you. I love this exercise, and I've started to [00:39:30] notice these things just through other things that you've been teaching us. Anyway, I can't remember what. So I have this constant, constant mantra of, "I'm so busy. I don't have enough time." And it brings about anxiety and frustration and resentment towards my husband because he works long hours and I have to do more childcare and all this stuff. And then what ends up happening, and I already said [00:40:00] this, is as a result of me, "I'm so busy," is I ignore the time I've blocked out to get my work done and I do other things. And then my work doesn't get done. And then I'm like, "I'm so busy. I don't have enough time." It's just awesome to see this as self-sabotage. And it's funny, as a coach who routes out limiting beliefs for my clients is I never noticed this in myself and wow, [00:40:30] what a self-fulfilling prophecy. [crosstalk 00:40:32]. It's so powerful.

Joanna: I'm glad you're seeing it, that awareness.

Elijah: So huge.

Joanna: It's important.

Elijah: I just want to add, I have ADHD, so that adds into it too. And I developed a thing of last minuteness very young because of that. And so there's also that weird thing that works for me, which complicates it.

Joanna: Yeah, [00:41:00] yeah. It's a really good, I mean this in the best of ways, a really good positive coping skill sometimes.

Elijah: Right. Yeah.

Joanna: So what's the question that's important for you there? What's the distinction that's important for you there?

Elijah: The distinction between the ADHD...

Joanna: Well, using... Let me ask the question a different way. When does [00:41:30] last minuteness serve you and when does it not? Can you create some distinction for yourself?

Elijah: And I can just say the last minuteness and my ability to hyper-focus in that time serves me when things really are at crunch time. But in general, on my day to day life, I'm creating a lot of havoc for myself, so it's not serving me there.

Joanna: Okay. So right there, that is the distinction that you can use [00:42:00] as that litmus test. Right?

Elijah: Yeah. And like Rachel said, "Okay, how do I..." It feels like a miracle's going to need to come to...

Joanna: Well, we'll get to it. By the way, everyone, just to let you down now, no miracles offered.

Elijah: Dang it.

Joanna: But tools to dust what needs and move forward.

Elijah: Yes. Thank you.

Joanna: These are so good, I'm going to take [00:42:30] some more shares. Linda.

Linda: So hi. Of all the things that you've talked about throughout the whole program, this has my name on every single example. It's a really, really heavy one for me. So I'm going to give you just one original belief. Okay. "I'm horrible at administration." [00:43:00] So my self sabotaging actions are I faithfully, like Elijah, I block out the calendar and put do my taxes or do my whatever administration. And I end up waiting to the very last minute. When those events come up, I look and I see, "Yes, I have this allocated," and I don't do it. So I'm consciously deciding every day not to do it.

[00:43:30] So essentially I just either don't do it at all or wait until the very, very, very, very last minute. And the results are, I have to pay fines, or I get away with it because I don't owe anything. The biggest, biggest, biggest cost is that even though I'm not taking action on it, it's on my mind the entire time. And it has so

much energy. [00:44:00] And then I'm repeatedly beating myself every single day for not doing something. And then I kind of besides, say, reinforces, "I'm horrible at administration," just say, "God, I'm such a fuckup."

Joanna: Because it's taking energy away from other things.

Linda: Everything. It expands [crosstalk 00:44:18].

Joanna: Right. If becomes so much more than just...

Linda: Absolutely. And expands for weeks and months. And this [00:44:30] weird thing is a lot of the times, I'm 98% there. So it's right at that last little part, I don't do it. So it's a really heavy pattern, and I look forward to anything to change this up because it's very, very expensive.

Joanna: I hear that. I hear that. And a lot of people in the shaft are resonating.

Linda: Thanks.

Joanna: Good. There's still some hands [00:45:00] raised. I want to hear from everyone. So I'm not going to take your hands down, but I want to kind of continue a bit more and then we'll take some more shares. So, as I said, I don't have a miracle cure for this, but there are things that you can do that you can support your clients, again, step by step, [00:45:30] in that cyclical way that we were talking about earlier. So I'll kind of get to steps. But before that, I want to say this. Really, the only way to get off the wheel is to break the pattern. You don't [00:46:00] need a massive pattern break. It can be a tiny little one to start, but you want a pattern break. Pattern breaks can happen on the inner level. We've learned a whole bunch of ways so far. We're going to learn another one towards the end of our call today. Right? Whether it's looking at resistance archetypes, or befriend your fears [00:46:30] or rewiring, et cetera, but to get off the wheel, we need to work an inner pattern break and an outer pattern break, an action pattern break.

It is possible for us to take a different action, even if we haven't fully sorted out the fear or the belief. [00:47:00] We can take a different baby [inaudible 00:47:05] that will set the wheel on a different course and get us off the wheel. However, this is important. Nothing that none of us don't know, but it just needs to be named, breaking the pattern at that action level can often be uncomfortable. Uncomfortable, right? To break a pattern, [00:47:30] we need to be willing to be uncomfortable. Not to be in pain, right? We're not talking about being in pain. We're talking about being uncomfortable. Right? [00:48:00] So take a moment and meditate for yourself or ruminate for yourself for a moment. What's the difference between discomfort and pain?

(silence)

We often don't break out our pattern because we think it's going to pain us, whether we think that consciously or not. [00:48:30] To me, and you may not agree with this, so check it out for yourself, allowing ourselves to be in discomfort is actually a key to growth and resilience. [00:49:00] I'll say that again. Giving ourselves opportunity to be uncomfortable, if we do it intentionally and with care, is a key to growth and resilience. [00:49:30] And I see that a lot of things have happened in the chat since I last looked. Ideas about how to increase distress tolerance. I don't know if I know what distress tolerance means. Sonia, [00:50:00] do you want to share?

Sonia: It's how much distress someone... It's being comfortable with being uncomfortable. Like, I may have zero tolerance to that and somebody else can...

Joanna: Yeah. Remember back to stretch, risk or die? Because it is different for each of us in every situation. So that's a great thing to pull in and [00:50:30] to actually have your client identify, what's a stretch here, or what's a risk here? And what's an I'd rather? I'd say the die is too much distress. That's in the pain zone. The stretch or the risk are in the discomfort creating resilience zone. Did that land? [00:51:00] Okay. So we want to build our resilience muscles through being in discomfort. And again, it doesn't have to be a huge thing. It can be step by step, by step, by step. And to support our clients to do so as well.

[00:51:30] But think about anything that you've ever learned. Chances are for many of those things, there was discomfort at first. They're just was. It's just somehow, we become adults and then there's something important to us, like building a business or getting into a relationship. And we're like, "No, I can't be uncomfortable in this." Right? But I mean, it was not comfortable to learn how to ride a bike for me. I mean, [00:52:00] it is part of learning.

When I started my business, I was convinced that I wasn't entrepreneurial. I mean, my friends laughed. I was the last person on earth to become an entrepreneur, truly. I had to go through the discomfort of actually showing myself, small action by small action by small action, that I am [00:52:30] entrepreneurial. Same with, for me, money and attracting abundance. I came in with this very strong feeling, "I'm just not that person. I'm not that person. It's not who I am." And I had to go through the discomfort of that.

So [00:53:00] take a moment and journal for yourself, what's your relationship to discomfort? What's your relationship to discomfort?

(silence)

Jessica's saying, " [00:53:30] Discomfort goes against the new age movement," yes, "which stops many people from creating what they want." I resonate with that.

(silence)

PART 2 OF 4 ENDS [00:54:04]

Joanna: Next question. Just be honest with yourself. What beliefs do you have about discomfort? What are some beliefs that you have about discomfort?

[00:54:30] When was a time that you allowed yourself to be uncomfortable [00:55:00] and it supported your growth? When was a time when you allowed yourself to really be in discomfort and it supported your growth?

[inaudible 00:55:56] is saying [00:55:30] it's interesting to discern when discomfort it means something [00:56:00] feels wrong and when you know it's helping you grow. Because that's the best reasonable reason in the world, to not be uncomfortable. So this is a great question I'm going to ask all of you. How do we discern? How do we know the difference? I'd love to hear some shares on that. And Jenny and Mark and Chelsea and Dogmar, actually for now I will lower your hands, but we'll have time for more [00:56:30] shares on your wheels at the end. And of course, re-raise your hand if you want to share this question of the difference between discomfort, when it feels wrong versus when it's helping you grow. How do you know the difference? [inaudible 00:56:55]?

Speaker 1: I'm also thinking on it, but I do think that [00:57:00] there's an inner, I'm feeling into the inner work of it first, when there's inner work before. I'm looking at this wheel and thinking about ways I self sabotage and I feel like perhaps that is the inner work piece. When you know there's inner work that's gone into, I want this to change. I know I want this to change. Then when you're doing the external work, it might feel like, "Oh, this is so uncomfortable," but on some level there's an intentionality to it. I don't know, that's the thing that's [00:57:30] coming up right now.

Joanna: I love that. So I'm taking what I'm hearing and tell me if this is what you're saying, but it's like when we do the inner work, we can hear the higher wisdom on it. And if we've heard the higher wisdom, it's that spirit connection, something bigger than our ego and the inner wisdom is like, "No, this is what you want. Stay the course," or [00:58:00] whatever it is and that can support the discomfort.

Speaker 1: I love the way you put that. That's beautiful.

Joanna: Great, thank you. Kim?

Kim: Well, I was just noticing that one of the things you asked, what's my relationship to discomfort? And I wrote that I have to be at the bottom before I choose to enter in. It's like I have to hit rock bottom before I will let myself be [00:58:30] uncomfortable and then I was thinking about that, related to the wheel and it

seems like that might be a self sabotaging thing, that I wait til I'm at the bottom before I let myself be uncomfortable. And so I'm making it harder for myself than it might need to be if I would start sooner.

Joanna: I love that awareness. That feels really important and something that you can track and [00:59:00] call yourself out on before you get to the rock bottom. Good, Jessica?

Jessica: I just got triggered into this after, I think it's [Sovi 00:59:20] that said what she said, shared? Is I noticed that whenever I call something in with my intention or I want to grow or I want to experience [00:59:30] something new, everything that's in the way of that energetically will pop up in my fields. It's like almost the self sabotage and so the difference I'm seeing right now in this moment is if see that and know that this is the self sabotage, this is a moment I get to break the pattern, it's so uncomfortable because it's really calling me to clear those things that have always prevented me for years to receive [01:00:00] this.

And then the difference is the cycle that I'm noticing that can happen in the feeling bad or what have you is when I choose to let it go into self abuse instead and then I feel bad versus realizing, "Okay, get my warrior wings on. I'm about to make a shift and a change and everything that's going to prevent me or that I've allowed to prevent me is going to show up. So be [01:00:30] ready. It's going to be uncomfortable and let's just have fun with it," versus, "Oh man, what am I doing wrong? Why is this showing up? Why isn't this easy?"

Joanna: I love it. I love that shift in perception. It's like, "Oh, this is part of the growth process when I want something and I'm serious about wanting it." We don't want to say for sure, but-

Jessica: Ye.

Joanna: ... stuff is going to come up. That means our [crosstalk 01:00:57] is half.

Jessica: So instead of [01:01:00] getting beaten down by the stuff coming up, let me celebrate that I'm actually serious about calling this in and let me do the work.

Joanna: Yes, yes, yes.

Jessica: Thank you.

Joanna: Beautiful. Really nice reframe. Okay, all right. I'm going to start to move more quickly here. We still have a lot to cover. So [01:01:30] I think I probably, this is, I didn't say this directly, so I just want to make sure to say it. So when we're working with a client who's on the wheel of self sabotage, one of the best way aside from the inner work, which we want to do, but the other piece we want to do is support them to identify a step, one step. Doesn't have to be more than one

step, that is a pattern break. [01:02:00] That will just create a rupture in that wheel to start to create a different experience. We want to hold a tight container for them around, we'll talk about accountability next time. We want to hold a tighter container for them around that one step, which will hopefully start to get things moving in a different direction. Take other steps, take other steps, take other steps. So give an example of one step.

So back [01:02:30] to the dating, maybe the one step is to write out notes for the online dating profile. That's just the one step. They have questions. I met my husband online dating, so I know they have questions and so just to start to think about and write out. It's just that one baby step. Doesn't even have to be posting the profile, just to start to get into a different [inaudible 01:03:00] [01:03:00] with it.

So as we start to look with clients at taking this one step again, this discomfort is going to come up. So how do we get our clients? How do we support our clients to become comfortable with discomfort? Number one, that stretch risk or die exercise. Because sometimes it can just be a blob of all internet dating is do or die, but if we can get... [01:03:30] Or all dating, but if we can identify some stretches and risks, we're on our way to getting a little bit more comfortable with comfortable. Creating awareness with the client around how their comfort is actually causing pain. Again, distinction and distinguish between discomfort and pain. So how is that wheel causing pain versus discomfort? [01:04:00] Supporting clients to see places in their life where they've been uncomfortable and that has created growth and strength that they're not going to break if they're uncomfortable. Normalizing discomfort in the growth process, exactly what Jessica was just sharing. So as a society or a culture [01:04:30] we've somehow learned or gotten the messaging that we need to be comfortable all the time.

That's not true, actually not true. Another way to support our clients in getting comfortable with the discomfort is to strengthen and [01:05:00] give focus to the parts of themselves that either trust or have confidence or have passion or have hope or hold more love, et cetera. So we've looked so far in a number of different ways at befriending the not so savory parts of ourself, we can call it. The fears, the limiting beliefs, [01:05:30] you're really engaging with those so that we can more intentionally harness the power inside of them. That being said, there is also so much value and empowerment and growth opportunity in supporting clients to strengthen, to bring fortitude to, to befriend and to [01:06:00] actually bring to the forefront the parts of themselves that have the more obvious resources that will allow them to be successful in their endeavors.

So this is, for example, supporting a client to engage and befriend their wise one, to [01:06:30] engage, activate, befriend maybe their confident one, their passionate one, their hopeful one. Your client will direct, to which one we'll break

it down in a moment. I have really come to see that a big piece of what masterful coaching is all [01:07:00] about is to support our clients to have conscious access to all the different parts of themselves, to all their different attributes, to all their resources. Some of the work is based in internal family systems work, Richard Schwartz, which I know a little bit about. Some of this is based in Jungian archetype [01:07:30] and shadow reclaiming all the different parts of ourselves. I learned a lot of this also from just being trained as a ritualist and using gods, goddesses, different mythologies that hold all the archetype energies that we need, that we want to access, that we want to be able to harness in our lives.

Is this making sense? [01:08:00] Yeah, okay. Now here's just one thing to note when we work with, to really for our clients to be with, to befriend, to strengthen, to activate. I don't have the right languages. They're more optimal parts. Sometimes there can be discomfort in owning the more golden parts, the more optimal part that's like is what we want the most, [01:08:30] our bigness, our compassion, our whatever it is. But similar when we looked all the way back, when we looked at celebrations, how sometimes clients can be uncomfortable when we celebrate them, we just want to use our listening skills as we support a client to really activate their more optimal parts as well.

So when [01:09:00] a client has become aware of the beliefs, the wheel, how they're self sabotaging, one thing we can do is ask, "So what part of you believes something else? What is a part of you that actually believes something different than dating doesn't work for me?" And ask the client to name that, [01:09:30] name that part of themselves, the believer, the confident one, et cetera. And then you can ask, what is the confident one believe? What is it that that one actually believes?

Once you've got that, there are a couple different ways you can take it. You can take it back to the wheel and actually create a new wheel. Start with " [01:10:00] Dating does work for me," and you can ask, "Well, if you really believed this, what's an action, the next baby step action that you would take?" And create the action from there. If you want to go deeper into more of the embodiment work with the whatever the part of themselves that they name, you can do a befriend or fear, dialogue with it, somatic dialogue. You can ask the client to draw [01:10:30] that part of themselves. You can ask them to create a collage that represents that energy inside of them or that part of them. They can create a mind map of all the different things that that part of themselves believes. There's so many different things that you can do. All right, let me pause there. Thoughts, [01:11:00] questions? Or what are you seeing that feels important?

I see Elijah is asking in the chat. " [01:11:30] I'm struggling, but thinking my first step might be around changing my mantra of I'm so busy, I don't have enough time, but are there other steps here that I'm missing?" Probably. Though Elijah,

what I'd say is on the inner level, yes. So you may want to change that mantra, you may want to befriend the part of you that is spacious. I'm making the words up. I want you to create the words [01:12:00] for yourself. Maybe you've got a spacious one inside of you or whatever you want to call it, dialogue with that one. So yes, that's the inner level piece, but my guess is that there's an outer baby step piece that you can do right away. Maybe don't want to do it because it's uncomfortable. Let me ask you to come on, actually. What's the uncomfortable outer pattern break [01:12:30] that you actually [crosstalk 01:12:32]-

Elijah: Well that's actually, I let... So first of all, thank you for that first inner pattern reflection you just gave me. But the outer pattern is actually where I'm stuck because the only thing that's coming to my mind is, "Well honor the time I've placed on my schedule," but that feels not small because that's the big thing. So I don't know, does that make sense?

Joanna: A 100%.

Elijah: So I don't want to say I'm going to honor that, if that's [01:13:00] the step-

Joanna: What's the smaller... I have some ideas, but I will share if you don't come up with your own, but I'm just wondering what is the smaller version of that, of honor everything on your schedule?

Elijah: Actually, so this is funny. With my coach that I have, we've been working on building my trusting myself muscle. And so I've committed to journaling 15 minutes a day, so [01:13:30] that might be something. And by the way, I haven't been doing it every day. It's still building. Like a whole day will go by and I'm like, "Oh, I forgot to do that," because it's not my thing. So maybe just like a little thing, like a little commitment of honoring this time.

Joanna: Exactly. And so I wouldn't even say 15 minutes forever. I'd say 15 minutes today.

Elijah: Okay, mm.

Joanna: Can you make 15 minutes today?

Elijah: [01:14:00] Yes.

Joanna: When?

Elijah: Mm, actually I have a really busy day. That's my mantra. At 12:30, my time. So it's 11:13 now, so 12:30 my time.

Joanna: Awesome. Do you want to post in the Facebook group after you did it?

Elijah: Sure.

Joanna: Let us know?

Elijah: Thank you for that, holding that tight container for me. Thank you.

Joanna: You're welcome. Write, and then [01:14:30] next day write.

Elijah: Yep.

Joanna: No myth of perfection.

Elijah: Thank you.

Joanna: Thank you. Let's keep on going. There's some other pieces I want to make sure that we get to. So just a small note about shame. As we looked at with [01:15:00] fear, sometimes the shame of the whatever the negative result, the result is, can be more derailing than the fear or the negative belief itself. And when someone is on the wheel of self sabotage for some people, it's also like a shame creation [01:15:30] vortex, if you will. So there's so much to say about this, but what I want to say for now is for us as practitioners, as we work with our clients, self-sabotage, fear, whatever it is, we want to really always be checking our filters to make sure that we're not [01:16:00] shaming, adding shame with our clients.

And this is with our words. How are we talking about self sabotage or the self sabotage that happened again? "Oh my gosh, you've been on this wheel for so many years." How are we actually speaking about it with our words, with our energy and if we work with clients on video, also with our facial [01:16:30] expressions. So I read a lot of parenting books and I recently read, and everything that I read in the parenting books, I'm like, "Oh my gosh, I do that in coaching." So anyway, this one parenting book for tweens that I [inaudible 01:16:56] for middle schoolers that I recently read, the woman talks [01:17:00] about when you're telling your middle schooler something or commenting on something that happened or something that they did, she says, "Use your Botox brow."

And what she means by that is don't have an expression on your face. And the reasoning is because middle schoolers, they're [01:17:30] so much looking for, "What does my parent think? How are they going to react? What are they doing? Are they approving of me or are they not approving of me?" That even if we, in some cases we want the Botox brow even to not show too much excitement, because if in one situation we have a lot of excitement and then the next situation we don't have any, they're going to make meaning out of that, too. So take the physi will, but I do think that we are all [01:18:00] like middle schoolers a little bit and we're picking up not just verbal cues, but energetic cues and visual cues. So what are all of the ways that we're showing up when we're talking with our clients about self sabotage, about fear, et cetera?

So to bring everything together that we've looked at today, how [01:18:30] do we want to support our clients to start to get off the wheel of self sabotage or shift that wheel? So number one, creating awareness of the wheel itself just by supporting a client to see what the pattern is and what's happening on the wheel and what's happening for them. That can already just create soul, start to create some openings in the wheel a little bit. [01:19:00] Sometimes having a client like we did together today, draw the wheel, rather than just talking about it can be really helpful back to four levels of learning and processing. Drawing something activates that body level, that somatic level, it can help integrate, help see it in different ways and start to work through it by drawing it out.

We want to poke [01:19:30] holes on the inner levels. So we've already looked at many processes to poke holes on the beliefs, on the fears, et cetera. We want to create awareness around resilience, support our clients to be okay with discomfort, normalize discomfort as part of the [01:20:00] growth process, help them see the difference between the pain that they're in versus the discomfort of taking action. Maybe support them to activate different parts of themselves that are more resourced so that they can be more resilient. And then we want to support them to identify where they can break the pattern with an outer action. [01:20:30] It can be a baby step, it doesn't have to be huge. And then follow up to support our client to [inaudible 01:20:38]. All right, let's pause here. Thoughts, questions, shares, what are you seeing, what feels important, [01:21:00] what do you want to add, what questions do you-

PART 3 OF 4 ENDS [01:21:04]

Joanna: What do you want to add? What questions do you have? Jenny and Mark.

Jenny: Hi, this is awesome. I'm really loving this. I had raised my hand earlier to share the wheel that came up. Do you mind if I share that?

Joanna: Yeah.

Jenny: Yeah. I'd never seen it before as a wheel, so that's why this framework was so helpful. I just saw it as that [01:21:30] hard thing that just happens a lot. But having names for it is really helpful. So one of my big wheels is this situation of finding something I'm really excited to do or want to be involved in, like a new interest, and then immediately going into regret of, "Why didn't I do this sooner? Why didn't I figure this out sooner? Why am I only now realizing this?" This is like a big pattern. The belief is, too, "If only I had done this sooner, I'd be happy," or, "Something's wrong with me for not having [01:22:00] done this sooner." And then I go into self beat up and regret, and then it reinforces that I'm unhappy. It reinforces I made the wrong decision. And then the feelings that come up are

sadness, irritability, frustration, and shame. And then the negative thoughts that come from being on the wheel are a lack of self-trust about my decisions.

Joanna: Right, and we can see how then that ... yeah. So why is that important for you to see [01:22:30] in this way?

Jenny: Because it had all felt so big and without actually identifying these parts of it, I didn't really see that there's a way to maybe break this pattern. Because I wasn't even seeing it as a pattern. I was just seeing it as reality.

Joanna: Right. This big blob of all the things, and it just is. Right. Good. Good.

Jenny: Yeah.

Joanna: So you can work on the parts now in a different way, and hopefully it doesn't feel so [01:23:00] unwieldy.

Jenny: Yes. And I love what you shared on ways to break the pattern, thinking of resilience, and the parts that are resourced and what's one step you can take because that's already been really helpful.

Joanna: Good. I'm so glad. That's the [inaudible 01:23:17].

Jessica: I am so relating with your share as well. And my question I'm navigating right now is because it feels like this was so big. [01:23:30] Say if we come across this with our clients, but also just working on my own right now, it feels like this has been something that's been for a very, very long time. And I identify when it started in this lifetime. And when you say, "Just take a small step," my small step feels like I need to take such a big step. And so I have this thing of, "How has taking small steps going to actually this out?" [01:24:00] Because it feels so big. Does that make sense? How long is it going to ... You know what I mean? Maybe you don't know what I mean, but I feel like-

Joanna: Is it okay to give us an example of the stuff?

Jessica: Yeah. Yeah.

Joanna: Yeah. That would be great.

Jessica: So my will that I identified is that ... The initial thing in this lifetime feeling, it started when I was 19 in college, I read a book [01:24:30] John Gray and decided that I was going to teach it, the differences between men and women. So I just popped in, reading a book one day, had a hundred people listening to me and I got really embarrassed, uncomfortable because I was so not ready for that. And that automatically created a signal that I need to know everything in order to help people. And so I've been on this constant will of learning, learning, learning, learning, and all I really want to do is serve. And [01:25:00] so this learning,

learning, learning keeps me on a will of learning, learning, and growing. And I'm past the place, at this time, that I actually have way too much information and awareness and education and knowingness and experience, but I'm still on this will. And so it perpetuates the cycle that I still have to learn in order to be of service.

Joanna: Yeah. Got it. So what's one step [01:25:30] that can break that for you? Not forever, but just the very next pattern break on that?

Jessica: I'm having a really hard time seeing it because it feels so big. And I feel like I have such a blind spot and my next step is to say, "I have to finish everything that I started." And it's just like, okay, I don't know how to break it down into one simple step because it feels like it's never going to get me there.

Joanna: [01:26:00] Part of the discomfort might be that it's going to take a little time to get there. Right? I don't want to pretend like it's just push. That may be part of the discomfort. That is important to build resilience and trust around and really activate that trust. But of all the things that haven't been finished, if there was one that would get you the farthest in the quickest [01:26:30] amount of time, what do you sense it would be?

Jessica: This was the one stuff I took, but I think it's over. I'm not sure because it feels like I'm still stuck in the cycle. I put everything on a schedule that I need to complete, but the schedule is so overwhelming and things happen and things get disrupted and then a week's gone by and I didn't do anything on my schedule just like there's others that have shared this.

[01:27:00] One idea I came up with, but I just don't know. I think there's this thing, "Is this really going to break the pattern?" Because if it is, I will do it, but I still have this thought, "Oh, I've got to do way more than this." But I was deciding that, okay, if I just finished one of my trainings that I said that I think I need, right, which is ridiculous, because I have so many. But if I just sit down and finish it [01:27:30] in like three days, because literally I could probably go through it four hours a day. I don't know, just finish one thing. I don't know. That's the only thing that I could really come up with and then move to the next instead of trying to do everything every day.

Joanna: Is the finishing of all the trainings necessary for you to take other action that will help you create what you want?

Jessica: It's not necessary, [01:28:00] but for some reason it feels like it is. And it comes back to the feeling that I want to make sure that I ... It might be a little narcissistic, as I'm saying it, I want to make sure I have everything down so that I can perfectly help people. And it's my job to make sure that I don't make any mistakes because I'm here on a mission and I got to have it all dialed out. And it's

[01:28:30] a little narcissistic as I'm saying it. So I'm hearing that it's a little narcissistic, cause it doesn't leave any room for the other to really be empowered in their own growth experience. So I don't need to have everything dialed in and it's not my job to worry about that. So it's kind of like a savior hero complex-

Joanna: Let's pause on that. I don't need to have everything dialed in. That's not my job, [01:29:00] right?

Jessica: Yeah. Yes. Yeah. Ah.

Joanna: I'm hearing also maybe some myth of perfection in there as well.

Jessica: Mm-hmm (affirmative). Yeah. Right?

Joanna: So I want to invite you to take some time to identify what would actually be good enough. And I have a feeling it's already [01:29:30] good enough, Vessica. Yes. Of course, [inaudible 01:29:34] first finish the training. Two things can exist at once, right? Finished, but you're actually in a good enough place, but get clear on that. Is there this module or that module that you actually feel you actually need. Break it down, get clear and specific [01:30:00] in order to move forward. Right. Good enough. Not perfect. Not that you don't need any. Right. We'll get to it as you need to.

Jessica: Yeah. Yeah.

Joanna: And from there, and I'm just moving through this quickly right now for the sake of time. But the very next baby step to put your idea out, your business idea, your work, your offer out in the world.

Jessica: [01:30:30] Yeah. I'm seeing, as you're saying that what I actually ... My step is to sit down and write out my journey that I want to take my clients through, the ones that I'm here to take them through. And I already have all the pieces. I just need to put it on paper so that I can see I'm already on the path, and I just need to do that. That's what I need to do, is ground myself. Yeah.

Joanna: That is the next baby step. Right? And then just for you, and I know we're at time, but just [01:31:00] to help everybody, and if we were in a private session, we might go deeper into this, but I just ask you now, what is the part of yourself that really believes that you can take this next step and you're putting down the journey?

Jessica: Well, my higher self is already done.

Joanna: That's beautiful. Tune in for a moment to your higher self. What does [01:31:30] your higher self want you to know about all of this?

Jessica: That I need to let go and trust myself. That I've got this. I mean, probably nothing that I'm learning is is nothing that I ... It's already inside of me. I'm just reaffirming that. And I just need to let go and trust and be grateful for the journey that I'm on, trusting in every moment, whatever I need is going to be provided in the moment. I don't need to get so pre-prepared [01:32:00] for things that I may not even need to deal with in the sense. Yeah.

Joanna: Beautiful, beautiful. Well done. And so before you go to sit down, that might be enough, and you go to sit down and put down the parts of the journey, or, as you go to sit down to put down the parts of the journey, connect back into your higher self for a moment.

Jessica: Yes. Okay. Yeah.

Joanna: Right? And then we use that energy to move forward.

Jessica: Yes, absolutely. Absolutely. Thank you. Thank you.

Joanna: You're welcome.

Jessica: Thank you very much. [01:32:30] Thank you.

Joanna: You're very welcome.

Jessica: Thank you.

Joanna: Okay. So we're at time, I am going to hang on for other shares. I want to give homework and then whoever wants to hang on, I can hang on for a few minutes if there's something that you want to share. You'll have some worksheets. So look for those. If you're working with a coaching partner, take this deeper. Use the session to look through the lens of the wheel. Maybe you want to practice strengthening a more optimal [01:33:00] part. Maybe you want to practice looking at the difference between the pain and the discomfort. Maybe you want to look at outer actions or all of the above. You can use with a friend or fear process in it or rewiring process, all of that. And then the other piece I just want to mention, interesting to think about, is creating awareness of this wheel [01:33:30] can be very valuable in a sales conversation.

We're not in a sales conversation going to, not that there is any solving to the wheel, right? But we're not going to solve it. We're not going to get into the individual pieces, but as you're doing your deep listening skills, supporting a prospect to see how they're on the wheel just is so [01:34:00] valuable in general for the prospect, just to have that awareness. But if you're the right practitioner, it can also help support really seeing the gap in a different way that can be more hopeful and then ultimately support the sale. Okay. So if you can hang on for a

few minutes, please do, if not, I'll see you [01:34:30] next week and I'm going to kind of take [inaudible 01:34:32].

Speaker 2: Thank you, Joanna. I love what you just said about bringing it into the sales process. Could you elaborate on this? How would you work with that in an enrollment conversation?

Joanna: Yeah. So as one of the things that I do when I'm speaking to a prospect to see if we're a good fit to see if I can help them, is essentially [01:35:00] asking them, where are they stuck? What's not working so well? And sometimes as I listen, I can see some of the wheel starting, but because they're sharing, "I'm not doing this," or, "Last minute, I-," whatever it is. So I can kind of see. So I might share in the way that, I've taught to create awareness. Now I might not be getting this right. But [01:35:30] it sounds to me like, you may be on what I like to call the wheel of self-sabotage, and I'll kind of lay out for them what I'm seeing. And I may ask if I haven't heard, what that fear or the belief is, but they're resonating with what I'm saying. We may just do a little exploration on what's the fear or the belief.

Then I just ask, "How is it impacting you to be on this wheel?" I may just [01:36:00] bring it in that way. And then later in the conversation, if I feel like I can help them, when I'm speaking to the bridge pieces of, "If we were to work together, we would do this, we would do this," I would say, "So that belief that's at the top of the wheel, and we're going to work on befriending that. We're going to work on building your resilience." I'll build some of the pieces into [01:36:30] the bridge. Does that make sense?

Speaker 2: Yeah, completely, completely. I would like your support on this piece of self-sabotage that I've identified for myself. So my big thing is, and I know you and I have worked together on this, on my curriculum. So when I teach and when I create content for my program, and I obviously have team that that's like video editing [01:37:00] and different persons looking at different things. And when I see that the work is not done well, it ultimately like the end product goes to my students and my clients to receive the learning, receive the teaching. I literally get like this subtle type of pain. Like it's so deep and it's so uncomfortable. And either I eat, or I just [01:37:30] like run away from it, but my most common behavior is actually try and micromanaging everything. Everyone and everything on the team. And I get so displeased and so dismissive with my team members. They don't necessarily hear it, but within myself, I'm like, "Oh my god, they're such a loser. How they don't see it?" But ultimately, I feel such a deep pain that I feel like I'm going to fall apart.

Joanna: Yeah. Yeah. So [01:38:00] first, I just really want to honor and acknowledge you for even being aware that you've got that going on. Because I think for so many

people, they just go and then they're jerks to their team or they eat, like all the things that you're ... That awareness is key, and what I would say for you is now that you're aware of that, instead of reacting, which is what all of those other actions are, [01:38:30] respond by leaning in to the discomfort and I'll tell you what I mean by that for a moment, but I want to let that land. Respond by leaning in to the discomfort. All of those reactions, the reason why you're taking them is so that you don't have to feel uncomfortable anymore. Whether it's eating or the energy like that biting energy to the team, putting it right, it's so that you can avoid [01:39:00] actually the discomfort.

So what I'm suggesting is intentionally be with the discomfort. So how can you intentionally be with the discomfort? Well, one way is to take some moments and literally to be right in an intentional way, feel it. Where am I feeling this discomfort in my body? [01:39:30] Why is this making me so ... I know I'm not perfect. My clients don't expect me to be perfect. So why is this? This sheet didn't turn out right, or this or that. What's the actual fear? And then you can dialogue with the discomfort in your body. You can write on it, et cetera, to get you in a less reactive place and in a more regulated state with it and [01:40:00] to create more spaciousness so that then you can make an informed decision on what you want to do next.

Speaker 2: Yeah, totally. Totally. I feel I still have a capacity to sit with the pain somatically and being that energy. But what comes over me is like this manic energy around, if things don't get solved, if everything doesn't look perfect, like the whole program [01:40:30] will fall apart, people, they'll leave and there's like a full on catastrophic thinking just takes over me.

Joanna: Yeah. Yeah. We've looked at different tools for that, right? Just first of all, sometimes it's getting what's in your head on paper. This is the catastrophic thinking that my manic one is telling me is going to happen. You make the list and you're like, "No, that's crazy. That's ridiculous." Right. [01:41:00] That's the one thing you can do even though nevertheless. Even though X happened, do that for a while. You can dialogue with the one that's manic, that's hyper vigilant, and have a conversation with that one and continue to soften and warm up until you hit the higher wisdom inside of it.

Speaker 2: Yeah. Yeah. That's really beautiful. [01:41:30] Thank you, Joanna. I'm excited to apply this.

Joanna: Good. Thank you. Again,

Speaker 3: When Vessica was talking about finding the right first step, for the first time, I realized that the one step, the first step, probably isn't going to break the wheel. The wheel is been worn in for a long time and maybe one little cheek isn't going to [01:42:00] do it. So we're talking about needing to do additional steps. But you

can overwhelm, even if you do one, when you first talk with them, how long do you let that go before you add another step to intervene in that wheel, to not overwhelm your ability to hold it as well as to continue to make progress? I know that's probably not something you can answer [01:42:30] directly, but I'm curious about that.

Joanna: No, for sure. It's such a great question. Such a great question. First, to say again, yes, we want to break the wheel, but it's not like one break and then it's done. That's the difference. That's part of the difference between the breakthrough and the transformation. It's a step, and then a settle, and a step and a settle, right? So for example, for me, I'm still working [01:43:00] my wheel with the videos. I hate doing videos. It brings up a lot of stuff for me, but you have to find your own peace thing. But for me, it's like, "Okay, I did that Facebook live. I hated it." So that was the first action. "I hated it. I feel so uncomfortable. I want to hide." But I did it.

I let that settle. I maybe do a befriend your fear with like all the fears [01:43:30] that I'm feeling or the vulnerability, or maybe I speak to my confident one to give me advice and wisdom. I strengthened that part of me. Not forever, this isn't once and done. But enough, and that might be a day, that might be a week, until it's like, "Okay. And now what's that next action?" And that's going to bring up things, work with the things. [01:44:00] Let me stop there. Is that helpful to think about?

Speaker 3: Yeah. So I was still trying to break the cycle, and it's your point is that it's not going to necessarily get broken. We're just going to be able to see it better and to make choice within it, as opposed to being just on a merry-go-round or something.

Joanna: Exactly, and that word choice is so important because when we're in it, [01:44:30] we don't have access to all the parts of ourselves that, together, can make good decisions. We're only seeing certain parts of ourselves that, if we haven't dusted them, can't really help us make the best decisions. We need those parts, too, but we want more access to all the pieces so that we have a choice.

Speaker 3: Great. Thank you. That's [01:45:00] helpful.

Joanna: All right, everybody, hopefully this is generating a lot for you. I want to continue to hear your thoughts and what comes through in your questions. Let me know. And I'm sending you all a lot of love, have a wonderful rest of your day.

PART 4 OF 4 ENDS [01:45:22]