



Sacred Depths Certification

Wheel of Self Sabotage

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Hey everybody. Welcome welcome

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rate. So good to be here. i We're gonna spend, we're today we're diving into supporting clients off the wheel of self sabotage another one of my favorites. But before we get there, I'd love to hear from some of you. I know we've been in the Facebook group about it. But I'd love to hear from some of you. What's really been resonating either around even though nevertheless or around myth of perfection. What have you been seeing and noticing this week, either for yourself or with clients or however you've been applying it? Who wants to share?

1:55

Annalise

2:00

I'm sorry, I just arrived. So.

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Oh, you weren't raising your hand? Do you mean? Okay. I thought you took yourself off mute because you wanted to share? Well, welcome. I was so I was just asking. And I feel like there's at least one share here. What have you been seeing and learning around myth of perfection or even though nevertheless, either for yourself or with clients? Janay.

2:32

Hi, I am going to have to keep my video off right now. But I hope that's okay. Yeah, so it's interesting, because that was has been such an empowering template to follow. It's, it's hot. It's shifted my perception of my husband's of all things.

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Talk more about that. Yeah.

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Yeah. So it'd be like, Oh, he never does this. He never does that. But, you know, it's, it's, it's, um, it's helped me. See his love for me and different forms, like his own forms. So even though like his love language is different than mine, and his expression of love, for me is different than I would imagine that I would want. I'm seeing more clearly his support and love. So it's, it's lovely.

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Oh, I got chills when you said that so nicely. Such a great example of how so much can shift. Yeah, so when you change that perception, and that also, whatever comes after that, even though like even though he doesn't, whatever it was for you, or for any of us, that doesn't mean that there aren't places to go with that. Right? Like, you might have one need that isn't being met right now that you're like, I also need you to do this has been, right. So it's not like and that just has to be it's like full acceptance of but you can also work towards changing Yes, exactly. This bigger picture and not just Yeah,

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it's more embracing what is and then you know, of course, being clear about what you really want or need. But there's, you know, there's this balancing that comes from that template. And it's also I think, helping me get through this bit. I mean, we're like literally, like, it's so crazy. Last week, I had a procedure on my It's fine. And then this week, we're preparing to hand the keys over to our fully furnished house for renovations in preparation for an overseas move. And I, it's it's been interesting. I think it's helping me through this whole complexity of major life events, as well. So it's a really powerful tool.

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So, so happy to hear it. So

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yeah. Thank you.

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Thank you, Jana.

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I loved hearing that from Jana. That was That was great. Yeah, so I just did a mini coaching practice on on somebody and she's engaged to be married. And she's really driven perfectionist, amazing woman. Incredible at our job incredible. With her relationship skills incredible with her and physical health and her the way she dresses herself and just everything she does. And there's a 10 year old child that that her fiance has. And so she's also taking that to like, suddenly helping this child with homework, you know, on her one break during the day and all this stuff. And she's trying so hard to be perfect. And then her fiance was actually, she thought he was like getting cold feet and pulling away. And he was praising her like crazy, but he was also pulling away from her. And so we talked about the myth of perfection and that she went had a conversation with him, and ends up that he was feeling like she was too good for him and feeling uncomfortable. And like he couldn't be himself relax. And I started to think how's it going to be live with somebody who like is perfect at everything and does better at everything that everybody? Yeah,

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what uh, how amazing that she was able to kind of see that through the work with you just that that perfectionism piece, and then go have that conversation with her fiance.

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And, and then she's not actually client, it's a friend, but I just didn't think that then. But after that, I felt before this that we were acquaintances, I felt like we kind of became friends. Because before that, I never felt like she opened her heart and ever felt, I didn't really think about it. But I just, I didn't realize until this happened that when she came back after that conversation with him, after the conversation with me, then have these realizations that she just felt like a totally different person that she was letting herself, like, be messy, letting herself feel what she actually felt and her own needs and how tired she really was, instead of just having this wall up all the time. And instead of feeling like a robot, she felt like a real person. And I actually felt like our hearts could connect.

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Yeah, I love that. And I'm so glad that you're highlighting that and robot was the exact word that went through my mind. You were talking this, this idea of perfection, again, born out of capitalism, patriarchy, white supremacy, like, right, all the things. It is has that entered that robotic energy, the heart isn't in it, when we're deeply in that vortex of the myth of perfection. Everything does have harder edges. there that that that? I don't know, for me, it's kind of like that softness that can allow for the heart to shine through. So I'm so glad that Yeah. And that your underlying,

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there's something I don't know if it's a religion, or some theory of government, but there's some idea of like some punch, some figure that's going to punish you if you aren't perfect. And so then everything becomes a lie. And it's really hard on our nervous systems. I'm realizing so hard on my nervous system to have that front up. And I'd never realized how much it was a lie. You know, trying to be perfect. I always thought that was just doing my best or trying to be a good person. I didn't realize how much that's actually very dishonest, and really hard on our physical health, that our nervous system and almost like our nervous system has to create a whole separate nervous system or something and run to nervous systems. And I just have been thinking about it a lot since then, and watching myself and watching other people.

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Yeah, thank you. And yeah, I love this piece that you're sharing about the nervous system piece too. I want to think more on that one. I feel like there's some real something really, really important. So with that, thank you. Good. feel like there's time for one more brief share. Who else wants to share? Like, there's one more out there? What have you been seeing learning, noticing what's been resonating for you around all of this?

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Cecil,

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and then Barbara, and then we'll move on.

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Hey, thank you. So I've had also helped by the coaching partner session yesterday, this insight into in a way how perfectionism has been and still is related to an internalized you, some might call it toxic masculinity, but especially to sort of do that could be the doo doo doo, or go on like, kind of thing that is very, it's physically, it's in my right side. And I send so much that now is the time to let go of that and transform it into something that is much more holding and protective of the more receptive receptive side. And yeah, there is something that is quite, it's quietly powerful, and sort of happy. I don't like content on fallen that

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sensation,

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I see that even just in your expression on your face, yes, you described it, I would really encourage you to continue to lean into that happy power. And to you to come back and to feel that. And if it lands, even to some writing from that,

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yeah. Yeah. And then I'm also celebrating that I'm, for the first time, I'm in my new office, everything is like empty, and nothing is installed yet. But I'm here and it's been such a long journey that started actually, just when

this sacred that started. And it's just, it's, it's been long, and it's so good to be here. So there. Yeah, I think that, uh, that sweet today, that's nice.

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I'm so happy to hear it, I'm so glad you're celebrating it celebrate. You.

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And Barbara,

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I just wanted to speak kind of an in a different direction about perfection. Just kind of acknowledging the satisfaction that we get, you know, not like for, I have to, you know, be this amazing rock star kind of thing, but just the little, you know, at least for me, now, my dishes are put away and it's clean. Now my, you know, I have, the laundry is going to happen at this time. And I know that will get taken care of, like, there's just a certain you know, and it's like my definition of perfection, you know, I didn't have some professional organizer come in and tell me how to do it or anything. It's, you know, it's, it's just my version. And I kind of don't want to, like, override that. Like, there's a, a satisfaction, that's the best word I have for this is achieved, you know, and, and anything, it's just like this band on the bed. Right? It's it's a little thing, but it still feels good. And so I think that, that if we don't like acknowledge that there's a value in achievement, you know, when those are achievable, like if it's achievable, then we get to that, and then maybe Perfection isn't the right word. But you know, how I organize my drawers is perfect. Right? So I don't know, there's just something about it that that I like about that, you know, and I don't feel like it's an imposition. I feel like, even if, you know, that's how I was raised that I've taken that on, and I don't mind it.

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Yeah, yeah. So well said, Yeah. And I don't, it might be perfectionism, or maybe there's another word for it. But I know what you mean, I have this and I'm a Virgo. But this feeling of all as well in the world, when there is organization or when I can say the laundry is done or when the thing gets finished. So yeah, it's absolutely not about not honoring and celebrating and going for achievement or whatever our own definitions of this is. This is what makes everything feel aligned in the world. But it's doing that without getting caught in the I am a failure, right? It doesn't look this way.

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That makes sense. That makes sense. Absolutely. Right. And so that there's really that really large spread between perfection and failure. And we, like you said black and white thinking about it and just go to either end. And you know, and I feel like it's good for us to create our own definitions of perfection. Or, you know, I mean, really, I say soft, fluffy all the time. That's sufficient, you know? And that might be my version of perfect for the moment to, you know,

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look good, thank you. Okay, well, just because we are moving on to look at self sabotage doesn't mean that you need to move on from working on myth of perfection or working on even though nevertheless, or whatever it is for you. We're, we're linear and cyclical, right. So, so if this is resonant for you don't ditch it, and only move on to the next thing, continue to come back to it in ways that are aligned, see how you can continue to integrate this more for yourself.

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All right.

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And speaking of which, um, you know, as we look at, we'll have self sabotage today. Um, I want to just remind you that so this is another this whole kind of overarching module that we're in right now is another tool to support yourself and to support your clients, through obstacles, which eat with each of these have giving you different angles and different ways of understanding and creating awareness and supporting yourself in clients to move through stuck places. It's good to have a tool box, because we always want to coach the WHO based on the what, and each who is a little different. And each who on any given week is a little different. As a reminder, with all of this to our brains, because they they like to do this, they want to compartmentalize to put everything in a nice little category and tie it up in a bow like Joanna, just tell me what to do when this happens. And then tell me exactly what to do when that happens. But I can just tell you after 20 years of being a practitioner, and 47 years of being on this earth that the compartmentalizing while it does have its purpose, sometimes it's a little counter productive. So similar to what we were saying last week, embrace the messiness, embrace the crossover of the tools. And the understanding that there are 1000s of different scenarios and lots of different ways to move through any one scenario, it's not just one road leads to the result that the client wants. And that it's an art not a science. Never go in with any expectation of what exercise or methodology you're going to use, be open, be present to the moment and then feel free to mix and match all of this, adapt it to exactly what your client or what you need in that moment. The other thing that I want to mention, and I, you have heard me say this many times, and I'm gonna keep on coming back to it because it is easy to forget, is remember the difference between a breakthrough and a transformation? I wish that I could say that things shift forever, right? Like, you know, like Janae I hope from now on forever, you're gonna see the husband, your husband in the way that you see him right now. But I cannot promise that. I haven't seen that happen for myself. And I haven't seen that happen for clients. And the point isn't for it to just be now now you're on the other side completely and fully, perfectly, forever. The point isn't to eliminate myth of perfection forever. The point isn't to eliminate self sabotage forever. Even if this is weird to say, but even to eliminate not good enoughness forever. I mean, I wish I could say stand here and say I, once and for all. Always feel good and don't pay taught. That's not the point of any If this, the point is different, and it's twofold, number one, to work with the obstacle enough, whatever that obstacle is, to be able to take the very next steps or series of action steps and aligned and empowered ways. So that you're loosening the obstacle up enough, you're creating that breakthrough that's going to inspire the next steps or series of steps. And then the second point, and this is where I get philosophical, but hang with me here for a moment and see if this resonates for you, is to live a more meaningful life, a more layered life, a more deep life, if you will, one where we know ourselves, well, one where we can have awareness when the myth of perfection comes up again, when the self sabotage comes up again, when the not good enough comes up again, when that old fear of visibility comes up again, and know that we can handle it and work on it.

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So to me, it's about meaning and sacredness and awareness, to continue the work and to feel satisfied.

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Oh, that makes sense. Yeah. Okay.

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All right. So what is self sabotage, there are lots of ways that we can define self sabotage. And for our purposes, I'm going to define it in this way, when your client consciously or unconsciously, gets in the way of achieving their goals and desired evolution. When your client consciously or unconsciously gets in the way of achieving their own goals, or desired evolution. And as we've been working on the last few minutes, fears can show up in this way, negative thought patterns can show up in this way myth of perfection can show up in this way resistance archetypes. So because I like to categorize things. I want to offer that there's kind of two different buckets of self sabotage. And sometimes they can be mix or match. But I think it's helpful to think to approach it in this way. So there's two types of buckets. There's what I call single occurrence, self sabotage, single occurrence, or explicit, and I'll explain what that means in a moment. And then there's patterned or subtle self sabotage. So single occurrence, explicit. Self Sabotage is when you self when you sabotage. And it it, it's dramatic. It's like you can

notice, you can take a look at what happened and be like, Oh, that's self sabotage. Usually, if it's not single occurrence, it doesn't happen day in and day out. It's like noticeable because it's more happens more sparsely. So maybe for someone an example of a single occurrence or explicit sabotages, they had a really important meeting. But they stayed out really late the night before, and then they show up 10 minutes late. And it's, you know, the, whoever the interviewer, the potential partner or the potential prospect is like, I'm not into this, you showed up late, right? Didn't study for a really big test, instead, did something the night before. Maybe an example of single occurrence, or explicit self sabotage is not using birth control when you don't want to get pregnant. I always some of you may have heard this I gave I always share this example one of my biggest examples of a single occurrence explicit self sabotage. This is years ago, an old boyfriend who I wasn't dating anymore. invited me to a meeting with Bano from you too. He invited me to it was going to be five, six people around the table, including Bano to help Bono brainstorm for his organization, this ex boyfriend was in creative and branding and marketing and all of that. And he happened to think I had something to contribute to that conversation. I was so I love you, too. I was so excited that he asked me, I was like, Oh, my God. And then from the moment I said, Yes, to the morning of that meeting, everything else set in, I'm not good enough. I'm going to embarrass myself, I'm a fraud, why am I there, I shouldn't be there. They don't really. And it turned into, they don't really want me there, they're not really going to notice if I'm not going to be there, which then turned into I just didn't show up for the meeting. Because nobody was gonna notice that I wasn't there. This ex boyfriend was not very happy with me, I'll just say that. And I missed out. On the same credit, it was explicit self sabotage, right, I missed out on just such a beautiful opportunity. So that's single occurrence explicit. Right, I could see that I could see that as soon as it happened, I could see

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the second bucket of self sabotage, which we're gonna look at, really, this is where the wheel comes in. But first, let me explain what patterned and subtle is this is a trickier kind of self sabotage. This is one that you may not notice, right away, not your client, or even you as you're listening to your client, unless you have all this information that we're looking at today. And you're using your listening skills, may not even notice it self sabotage, because usually there are really good excuses involved. So for example, let's say, you consistently stay up too late. And then you don't have enough energy during the day to do all the things that you want to do, or to show up in the ways that you want to show up. That consistent staying up too late might be pad earned self sabotage. Here's another example. Let's say you consistently over schedule yourself. And then because you're consistently over scheduled, you never really have enough space or bandwidth. You're always feeling overwhelmed, exhausted, and can't catch up and miserable, patterned, more subtle self sabotage that may not look like self sabotage at the outset. Let's say that you consistently, don't follow up with referrals. You get referrals from places and you don't really follow up or you don't follow up with your full presence and then there aren't prospects. Pattern self sabotage. Here's one from my personal life that happened for a long time. It doesn't happen anymore. Let's say you know that you your system is highly sensitive to Keene wha but you love eating keen, wah. And so you eat it all the time anyway, and then you don't feel good. I wouldn't, right? I wouldn't say oh, that's me self sabotaging myself, but in a way it was. So take a moment and jot down what are one or two examples of the explicit self so and again, you know, like I said before, we like to compartmentalize as I do, too, which is why I'm presenting these two buckets, but there might be crossover. But what are what are two examples of explicit self sabotage for you? Do you have a Bano moment for yourself? Doesn't have to be that dramatic. And now, what are some places have patterned and subtle self sabotage for you?

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Angela, Angela, I'm gonna come back to your question in a moment. Sorry for the noise outside. And I'd love for you to share in the chat are examples of explicit examples of pattern. Randa saying Can procrastination be a form of self sabotage? Absolutely. So you can look and this is what I was saying before you could look uh you know, let me move loud over here you can look at procrastination through the lens of resistance archetype. You can look at procrastination through the lens of fear and you can also look at procrastination through the lens that we're

looking at it today this wheel of self sabotage right so that's always saying there you can use multiple tools for the same thing so please share some examples in the chat either have explicit or have patterned and subtle

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Lena saying pattern subtle checking my email before a writing session. Yeah, I would say one of my pattern places still is over attacking my email and social media instead of getting things done. And Elisa saying going to bed late being rebellious towards schedule with the excuse of going with the flow staying up late and then ending up tired Melissa saying I'm late for social events that are supposed to be either fun or important. Michael in missed a call with a friend because you didn't write it down in your calendar. And also to say like sometimes we just forget to we don't want to be hard or harsh with ourselves on this always with compassion.

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overscheduling something akin to eating bread and cheese staying up too late. Barbara had a time where she was late. But on her way to an audition for a TV show host I was lucky to have the opportunity. But on the way my car started making noises and I decided I needed to. I just needed to check out the car right then in there instead of going to the audition. Of course. Yeah, these are all great. Okay, so this next question, and Angela, this, I think this will answer your question about the myth of perfection. But if not, well, I'll just I'll make it clear. So the first of all, ask the question, what are the roots of the self sabotage for you? So pick one of your examples? What's the root of the self sabotage? So what I mean by that is, what's the fear at the root of it? Or what's the negative or unhelpful belief at the root of it? And myth of perfection can be a fear or an unhelpful belief? Right? So what are what's at the root of your most pressing self sabotage right now? So for example, if you consistently stay up late and that is sabotaging for you, what's the fear or the belief behind it?

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So,

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Annalise what I would ask you is what is the thing that you're telling yourself when you're staying up late? What is the belief that you have around why you need to stay up late? Or what is the fear that you have around if you were to go to bed earlier? Okay. Yeah, absolutely, the pattern is a habit. And then sometimes the habit is just the habit. But how did it start? What's the root of it? And if you can't find an answer to this, that's okay. as well. I'm seeing some rebellious inner teenagers Yeah, and analisi work too late in your previous job. So it might just be what your body is used to, or there might be a belief there around working late, and why you need it.

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Okay, let's keep on going.

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So while the explicit occurrences absolutely happen, a lot of self sabotage happens in this patterned way. And it happens in a cycle, or a wheel, if you will. And the way it often works is like this, you start out with a fear, or an unhelpful belief, or a myth of perfection, or a resistance. And because of that unhelpful belief, or fear, or resistance, you take an action, that's self sabotaging. So you take this action, that's self sabotaging. And then there's a result, oftentimes an impact of that self sabotaging action. And the result, or that in or the impact mirrors and provides evidence that in fact that unhelpful thought, or belief or fear or resistance is true and valid. It creates false evidence to appear real. And because this false evidence appeals appears real because now you've gotten more validation, for the belief, the fear, the resistance, the need to be perfect. It strengthens that fear that thought that resistance and then you take the next self sabotaging action, which provides more evidence that the fear the belief, the resistance is real and valid, and should be listened to and should be followed. And then on an On you go on the wheel. Yeah, John jollies saying so like a cascade? Exactly. So let me give you some examples of this. Let's say you start out with a belief that it's hard for me to date. And because

you believe that it's hard for you to date, the action that you take is that you don't go on a dating website. Because you don't go on the dating website, you get a result. And the result is you don't have any dates. And because you don't have any dates, it reinforces this belief that it's really hard for me to date. And maybe from there, you continue to not go on the dating website. Or maybe from there, you get set up on a blind date. But because you have this belief that it's really hard for me to date, you end up acting like a total weirdo and not a good way to be a weirdo in a good way. But you end up acting like a total weirdo and not such a good way on the date and it's a disaster. And then that reinforces the original belief. Even more was really hard for me to date and then next time you get set up on a blind date, you don't even go on it. Or here's another example. Let's say you have a belief that you really suck at sales that there's just like no good no part of you that kick can ever be good at sales. And then referral comes in. But because you have this mindset and this belief of like, I'm just not good at sales, you mess it up the referral. And then there's a result. The result is you don't get the client, and it didn't go so well. And so then it reinforces, I really suck at sales. And then maybe you take the next action from there, you don't even ask for referrals anymore. And on and on, you go in the wheel. So yeah, Aiyana saying self fulfilling prophecy, prophecy, in essence. And there's another way to say it, the wheel doesn't naturally allow for a positive outcome to happen unless a miracle happens and they're right, the wheel doesn't naturally allow for a positive outcome to happen. And it's sinister, because the wheel and the cycle produces evidence. That's not real, but masquerades is real.

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It produced this wheel, this cycle produces evidence that isn't real, but it looks real. And then it becomes a downward spiral that cycles in on itself. The belief or the fear then ends up dictating the outcome.

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So this is one of the reasons. Also, while I'll also ask clients, like when they set out to do something, I'll ask a client, what is the belief that you want to hold as you work towards dating? You know, as you step into the dating world, what is the belief that you want to be holding as you move through bringing on sales call or as you move through your sales? What is the energy that you want to have? Right? So that sometimes that can just help that even stepping on to the wheel in the first place? Sometimes not always right? But to kind of have that let's get clear on what is this energy that you want to be holding? What is this belief that you want to be holding as we step into the school as we step into these action? All right, I'm gonna give you just like two, three minutes to take a moment and draw out the wheel for you like a scenario and let me share my screen here I feel very fancy because I always never share screens but can you all see that so take a moment and draw out a situation for you where you're on the wheel and what it looks like for you.

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Sorry I'm in surround sound with mowers Alright, so take one more moment with that. Okay. And let me ask you a couple other questions about this. What are the thoughts or feelings or mood that you experience when you're on the wheel? What are some of the thoughts, feelings moods that you experience when you're caught in the wheel?

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Shame, weakness. Hopelessness. Yep, shame. We're going to talk about shame and going a little bit a little later on the call, because the wheel is a shame machine

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one more question on this. This may not be the case for everyone, but check it out and see. Are there any new unhelpful thoughts or fears that have evolved for you simply by being on the wheel? So in other words, use maybe you started with original it's hard for me to date but then by being on the wheel, the wheel itself actually then created other negative thought patterns or other fears?

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All right, I'd love to hear one or two voice to voice shares. What are you seeing what's feeling important around all of this so far?

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Angeles saying it feels like breaking the cycle is almost impossible is one thing leads to another. And that is why we want to create awareness on what's happening for ourselves for our clients, and then find places to break which we're going to get to in a few minutes. Good. Who else? I'd love to hear one or two voices. What are you seeing? What's feeling important here? For you? Mike Lynn?

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Oh, my God. Like that last question just kicked me in the butt. I stay up too late. I know I'm not the only one in the group does that. And the belief is that I deserve this reward time this riband bedtime thing of, I'm awake, I'm alert. I'm having fun. I'm even watching something my like I'm crocheting. I'm talking to a friend, I'm doing whatever. And then I'm tired in the morning. And that fuels my belief that oh my gosh, I'm just doing too much. And I'm too tired. And I don't have enough time to do everything. And therefore I need to stay up later. So I have that time for myself. And then the last question was, the new thoughts was, maybe there's something wrong with me physically, that I just can't get rested. I can't feel energized during the day. So I need to look at what do I need a supplement? Do I need this or that? And then the other one that's from that is maybe I'm just not cut out for having my own business and all that it takes and maybe I just need to scale back and Oh, my God, I mean, it just kind of goes blah, blah, blah, blah, blah, blah, blah. Yeah,

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I know. It's not hard to see it. But I'm so glad that you're seeing all of it right? Because it's like, when we don't take the time to slow this down and create the awareness then we just believe those stories like we just take them as this is true. You know, but really, when we can look at it this way we can see they're very particular reason Then things and circumstances that are happening, right. And and it doesn't mean that you have to start going to bed earlier at night, by the way. But what it does mean is that when you choose if and when you choose to stay up late, you get for that to not be because you don't ever have time, the belief of like, I don't ever have time. So I need this time you get to say to yourself, I know that by choosing this time, it makes me feel more scrunched during the day. But I'm choosing this time anyway, even knowing that right? You may or may not, but just that alone, very different feeling than being on this wheel.

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It's top like, I can feel like the desire to keep it going. And the idea of breaking out of that cycle feels like monumental like it would take so much out of me and away from me in order to change that belief. So it's pretty rooted. You really feel it. Yeah, thank you. And we're

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gonna talk in a few minutes about resilience and vegan discomfort as we break the cycle. Because absolutely, that what you're saying is true. Like sometimes it is. Many times it is really hard. Yes. But not impossible. Randa, and then we'll keep on going.

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Yeah, michelena, that was very interesting, had the pseudo similar cycle. But I didn't realize how deeply rooted and where it can go to with that one. What's interesting is this something that keeps coming up for me, and I keep dropping out of the psychs the cycle of or the wheel of self sabotage and that cycle of the I'm not valuable and good enough at what I do. So I sign up for more courses. And then I get deeply involved in them and all my money that I'm making with my clients, because back to these courses, all of my extra time. And then by adding all of that, it I get overwhelmed because I have so much coursework, and I'm like constantly behind and trying to

catch up on things. And I'm doing this so that I can have more value to present to people. But then, with all this new stuff, I'm throwing it at my clients. And sometimes it's like, landing is not well, because I'm not practiced at it. And then a jump off this wheel and go, Okay, let's go back to what I'm already doing. And that because I'm already good at this stuff, and these will be added over time. And then I jumped back on the wheel. And I'm like, no, no, no, but this is good stuff. I want to keep it and it's like it's exactly the stuff we were talking about last week, the resistance and I have a specific example. I threw it on a client and it was not received well. And she was like resisting my resistance. And it was like, Oh my God, and it was a terrible session. And then I had to like, Okay, I have to step back and say, new information. Amazing. I still am really good at what I do. But it's a constant drawback into that cycle. And it's really hard to fully jump off that wheel and be okay with this where I'm at. Exactly, Julie. Okay. Learning certificates.

53:24

Yeah, yeah. It's what you're saying it's so it's so important to have that awareness. I think a lot of people can resonate with it. And it's like, you know, one action can either be helpful or self sabotaging depending on the route depending on where it comes from. So I always say like, don't sign up for a training if it comes from not good enough, and will never be good enough, right is usually the subset sign up for a training from a different place sign up for a training from I am already good enough. And I couldn't get better. So at and this is why the pattern and the subtle can be so sneaky because the actions themselves don't always look like self sabotage. It's about the root. Yeah. Good. Okay, good. So let's keep on going. As Angela mentioned in the chat, we need a pattern break in order to get off the wheel. And we want a pattern Break into places when we're on the wheel of self sabotage it, it usually requires a pattern break into places on an inner level and on an outer level.

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So,

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in terms of pattern break, on the inner level, we've already learned a whole bunch of ways so far. To work on that pattern break we've learned working with resistance archetypes we, archetypes we've learned, befriend your fear process, we've learned rewiring process we've learned even though neg even though Nevertheless, we looked briefly a little bit at you know, we can or could typically work with the perfectionist, et cetera, right, so when so when there's that we'll have self sabotage, we want to work pattern break on the inner level. But we also need a pattern break on the action level, as well. And braking pattern as Michael and said, on the action level, is hard. Sometimes it can be uncomfortable, it's easier to just keep on staying up late, right or whatever it is. To break the pattern on the action level, we need to be willing to be uncomfortable. We need to be willing to be uncomfortable. Now I want to remind you that there is a difference between discomfort and pain

57:07

for a moment for yourself, define both take a moment and jot that down it's what's discomfort and what is pain.

57:49

Can you repeat that question? joylynn?

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Yep. What's the difference between discomfort and pain? I'd love to hear from one or two of you. Or if you also want to share in the chat. What do you see is the difference between discomfort and pain? Who wants to share? Tina,

58:21

to me the discomfort is temporary. It's just this little hurdle I have to get through and the pain is chronic. It's no longer lasting and can be unbearable.

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Nice, good. Who else? How do you see the difference between discomfort and pain? Ha in

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this moment, I'm feeling discomfort as

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supported change and pain as being forced into a change and not feeling acknowledged or seen or understood in

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the struggle.

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Beautiful Yeah, these are great. So routine temporary versus more permanent and this supported change versus pushed changed or supported moving forward versus pushed. Moving saw word. Good. Aiyana

59:42

Yeah, all these are great, but I was thinking of it in terms of like there's a discomfort if you're lifting weights and it starts to burn. You know, getting out of your habitual patterns. certain ways that we identify him can have robotic patterns that we Don't think about and the growing can be uncomfortable. I know when we're babies, you have to like, learn to walk London is a toilet. And yeah, that's definitely uncomfortable in the sense of parents usually kind of egg it on. Some kids just run for it. But a lot of kids are really uncomfortable to like stop breastfeeding or different things that just depends on the kid. And it's adults, a lot of times we think that we don't need to keep doing that. Yeah, it's like, this is the way I am, it's like, well, when you're a baby your pants, you don't want to still do that. And then the pain would be that there's, instead of like, with, you know, exercising and having the burn would be actually having an injury or something where the burn would be like hand on the hot fire, and it's a signal to change something to take to move your hand to stop doing that thing.

1:00:45

Yeah, beautiful. Another great definition. So discomfort, a little bit, what I'm hearing and what Aiyana saying is discomfort as part of the process of change and growth and evolution, you can't move from one status to another status without discomfort, whereas pain may be an indication that something has gone wrong.

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Good. And Annalise? Yeah,

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I was thinking about yoga, when they say to you, you know, you stretch. And if it's uncomfortable, it's okay. But if it's painful, it means you have to stop. So I would say that discomfort brings growth and pain means that you just didn't have to do it. And I just feel like there is a metaphor about the lobster that when has to grow as to break the shell. So it's actually a, you know, pretty uncomfortable. But if someone breaks the shell for the lobster, then that's painful. Because it's not like a gradual sort of like organic process. Well, and

1:01:59

it sounds like a little bit what AJ was saying, as well, kind of the forced versus the supported. A beautiful and I'll take one more jolly little hard to hear you jolly are breaking up.

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Sorry. Is that better? Can you hear me now?

1:02:33

Much? Yeah, yeah, sorry.

1:02:36

So it's similar to I think what Angela has shared in the chat, which is pain is not aligned. And discomfort is aligned. And I know that's like real shorthand, but I think Angeles said it better where, you know, with discomfort, there's this recognition somewhere that I'm doing something. And then there's almost like a vision of where it's going to get me even if it's not completely comfortable. Whereas pain is again, kind of like Annalise was saying it puts a stop, and then create this, you know, cascade of negative events and harm and all of that. I feel like I'm not being coherent. Hopefully that makes sense.

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Yeah, no, it does. I love that. Thank you.

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Okay, good.

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And I haven't read all in the chat. I'm gonna go back later and read them all, but there's some great distinctions in the chat as well.

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People

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generally hate to be uncomfortable. And that's for there are a couple of reasons. And I'll just name a few right now. Number one, because they conflate discomfort with pain. They think they're the same thing, but they're not. Another reason why people hate to be uncomfortable and don't know how to be uncomfortable is back to capitalism and patriarchy. We are not taught by our culture, that it is okay to feel discomfort. We are taught by culture that it's only right if we are comfortable comfort is something that we strive for. And so what we're conflating discomfort and pain. When we're thinking that the goal is to be comfortable all the time, then it is very difficult. Old to have resilience it is very different it is very difficult to then have the resilience that we need to move through discomfort to the growth just want to let that land for a moment.

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John Yeah, sorry can you repeat it please?

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Yeah, so sometimes people don't like to be uncomfortable or don't know how to be uncomfortable or stay away from being uncomfortable because they think discomfort and pain is the same thing and they don't want the pain. Other times people don't like to be uncomfortable or stay away from discomfort avoided at all costs because they think that the goal is to be comfortable when really we don't want to be uncomfortable all the time. But we do actually want to go through spurts of discomfort in order to get to the growth on the other side because that change of status often as we said earlier requires discomfort

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take a moment for yourself what's your relationship with discomfort What's your relationship with discomfort? And what before this conversation whether it was conscious or not what have you believed about discomfort?

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Both AJ and Amy in the chat are making an important distinction I love how Amy's saying it one that's on the way to pain and another that's part of growth for sure

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whereas one place in your life right now where you're staying comfortable but it's actually not serving you

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Where's one place in your life right now where you're staying comfortable but it's actually not serving you? Yeah, and again, I like what Barbara is saying discomfort can be a warning sign that pain is ahead especially physically so we do want to distinguish between the discomfort For. So we're looking at the more aligned discomfort here.

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So then how do we

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support our clients or ourselves to become more comfortable with the discomfort that comes along with growth? How can we support our clients to become more comfortable with discomfort?

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Well, one way is remember back, we looked at this exercise way back in our visioning module, the stretch risk or die, exercise. So helping a client take a look at it at a situation and we can even make it comfortable, stretch, risk or die. Right? And so they can name like, what's the comfort here? What's the stretch here? What's the risk here, what's the I'd rather die than do this here. And then it's not even that they need to choose any of those, they get to choose that, but then they have that awareness of that. So that's one way we can support getting comfortable with discomfort. Another way we can help our clients get more comfortable with this aligned kind of discomfort that we're talking about, is to create awareness around the places in their life where they've been uncomfortable. But it's but it's served them that it's created strength and resilience and the growth that they've wanted, because they've been willing to hang out for a bit in the discomfort.

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Another way we can support clients in getting more comfortable with allowing discomfort is to create awareness around how the comfort is actually subtly causing pain, that might be a truth for that client. So just see how the comfort is actually causing pain.

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Another way, is to normalize discomfort during the growth process. So back to what I said earlier, as a society, you know, privileged, especially, the more privileges we have, the more we've learned that we need, we have a right to always be comfortable, we need to always be comfortable.

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But

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the more that we can normalize that discomfort is part of a growth process sometimes then the less fear around it. There it's

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another way to support comfort with discomfort is to strengthen and give focus to the parts of your client that either trust or have confidence or have passion. So we've worked so far on befriending fear. But we can also use

the same process to support clients to befriend their trust, to befriend their confidence to befriend their resilience to befriend their passion. And the more that we can strengthen those parts of ourselves that the more they can support in all of this.

1:14:48

So if you go that route, when you're working with a client, after you create awareness of the We'll and the belief or the fear, you can ask your client, well, what part of you believe something else? What part of you believes something other than I'm really bad at dating? And they can name that part of themselves? Confident one, the Compassionate One, the one with self love the one that knows I'm awesome. The believer, right, whatever it is. And you can ask them well, what is tell me more like what is that confident, one believe, or you can do an actual befriend your fear process, have them feel where does that part live in their body and connect with the wisdom of that part. They can also create a collage that represents their confident one, their Compassionate One, right, whatever they name, so you can strengthen that and lots of different ways they can have writing dialogue with that one.

1:16:10

So a bunch of you named that one of the feelings on the wheel is shame. And I just want to mention briefly, the wheel can manufacture shame, it can really be like a shame manufacturer. And sometimes the shame is actually even more potent than the root fear, or unhelpful belief that started with in the first place. And I point this out just for us to know but also again, to make this point that we keep on coming back to that we always really want to be checking our filters, to make sure that we're not shaming our clients in any event and when they're self sabotaging. Oftentimes, when a client is self sabotaging, if a practitioner isn't being conscious and isn't being conscious of their filters, like how they say it can end up being shaming in and of itself. And so we always want to create awareness with love and compassion and normalization. I often say You know, when I'm co creating awareness with a client on self sabotaging, I'll sometimes, you know, like normalize it and say like, Oh, I've been there before, you know, like or whatever it is, um, sometimes if it's the right who I'll say gosh, there's no shame in this at all. Like I'll just you know, preempt or you know, whatever it is, but I'm always thinking about energy follows energy. And how I lead with this is really important. Okay, so when you see that a client is in this car on the wheel, just to kind of sum up everything we've looked at, or quickly some of everything we've looked at. First thing you want to do is create awareness of the wheel. Right, so you can tell them about the wheel, you can consult on it, you can have them draw it out, then the way that we did here, you can talk through it, whatever makes sense for that client in that moment, but just creating awareness as you know, can go such a long way and so important. Number one, create awareness of the wheel and how the wheel is functioning and what's going on there. From there, start to poke holes in the pattern on the inner level, guide your client through a fear process, unhelpful thought pattern process myth of perfection process etc poke holes on the inner level of the wheel that that root cause

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number three, create awareness around resilience and support your client to build resilience I think is kind of like a muscle you know, we have to like keep on building it and work on it right. So create awareness around you can speak to discomfort you can take a look at some of the pieces we looked at today. We looked at lots of different ways to build resilience and support client to be comfortable All with discomfort. And then from there, support your client to identify where on the outer level, they want to break the pattern. So basically identify an action step that they can take to step off the wheel, one night of going to bed 15 minutes earlier, for example, and sometimes around this, we want a tighter container like we might check in with them the next day or three days later, you know, whatever it is. So create a little bit of a plan of strategy. What's the action step that's going to support the new belief so that they can get on a very different kind of wheel? Right? And create a very different kind of evidence can be a baby step can be a bigger step, whatever is right for the client co create that together.

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All right.

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What questions do you have? I know there's a lot going in the chat and I wasn't able to catch all of it. So if you ask something in the chat that I didn't answer, now's a great time for that. So what questions do you have? And what are you what's feeling important? What are you seeing? Around the saying, and beyond this? Well, then beyond this, remember the difference between a breakthrough and a transformation. So continuing to come back to strength in the inner, the new inner peace? Continuing to work on that, and then continuing to come back to then and what's the next baby step or larger step? And then what's the next step after that, and like I said, next week, we'll talk about accountability. But just for now, I'll say like, with something like this, this is where I'd like to hold if the client wants a little bit of a tighter container, and I may check in with them a little more as they're creating the new pattern, the new habit, The New Wheel. Alright, what's feeling important? What are you seeing? What are you taking away? What questions do you have? Jaldi

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this might be really obvious, but I'm thinking that I'm just thinking about what you just said, which is just as there is a wheel of sabotage, there's a wheel of virtue, you know, where you can? Set? I mean, you know, I don't know, like, I hear that. And my ears pricked up, it's like, oh, that gives me hope. Right. It's like, if I make this, it makes me think of atomic habits by James clear that if I make a tiny, you know, change, and it could move where that can go, you know, that kind of thing? I mean, I guess that's something we can consult on with the client as well, then.

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Absolutely. And you can you can kind of play that out for them, or, you know, work that through with them. So, okay. You went to bed 15 minutes earlier. So what belief is this evidence for? Right? And work on that? Maybe work on embodying that, that and then okay, so then from this place, what's the next action that you want to take? And then you're on that wheel?

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Yeah. Thank you. That's great.

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You're welcome. Good. Who else? What are you seeing? What are you taking? What are you excited about? Or what questions do you have?

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Cecil?

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Hi. So it's a little dark here. But I was just wondering, I got to know about self sabotage through the mother wound practices of sort of the inner child work and so forth. And one of one of the things that some of these people say is that when you are sort of for instance, when your self sabotage was food or stuff like that, you're reaching out for connection. So that there is this Yes, I was just wondering if you have any thoughts on this in terms of I mean, maybe with going to bed late in the sense of perhaps that sort of self care practice of both the inner mother and the inner father in terms of having kind firm boundaries now you're tired. You need I will put you to bed Come let's snuggle up here. It's so sweet. And yeah, come you know, that kind of self speak. Yeah,

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absolutely. Yeah. 100%. So, you know, it has to resonate for the client. But absolutely, like if you create awareness around that, and that's, you know, then absolutely you can go into strengthening, like we said earlier

strengthening different parts. So let's strengthen that inner mother. Let's strengthen that nurturing, all loving, supportive Mother, let's, let's speak to her what, you know, what does she want you to know about going to bed earlier? What does she want you to know about this or that or the other thing? And your boundary play? But absolutely, you can follow those lines for sure. I love the the ways that you're thinking with that. Yeah. Okay,

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good. Yeah. Thank you.

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Who else? I'd love to hear one more share before we wrap for today.

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I'm curious how this relates to trauma.

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Talk more.

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Because when you're talking about the difference between discomfort and pain, I get confused. The discomfort gets so intense that it's like, Okay, I can't go there. But I guess that's considered pain. I don't know.

1:26:30

Yeah, I hear what you're saying. Yes. So if you see, I think so much to say on this. But I'll say a couple of things for now. And let me know if any of it lands. I think that, first of all, if you are consistently conflating the discomfort and the pain or not knowing the difference between discomfort and pain. Or you see that in a client, it may be that some of that is out of the scope of coaching. And if the client consistently like we've spoken about before, goes back to the there and then without holding the awareness of the here and now and the new information, then that could be an indicator that working with someone who that's in their scope of practice alongside the coaching can be really helpful. So we do want to look for are we are a client's if we're consistently going back to that pain, even if that's it's not in the moment pain, right? We're going back to that there. And then that is something that might require different kinds of tools and skills. Does that land for you? Yeah. Yeah, I'm so glad that you're bringing it forward. Because I think that that is common when there is trauma present. And it's just so good for us to know, and for us to be aware of as practitioners, thank you so much. Thank you. Good. All right. Well, as always, thank you so much for your presence. And all he brought forward whether we heard your voice or not, I felt your energy. I'm excited for you to keep on moving in with all of this. If you're working with partners, the invitation is to look through if possible, you know, bring something to look through this lens. You're who you're coaching, they may already have created the awareness step one, because we did that here in class, but see if you can work through the steps and then reflect on what you're learning what worked, what could work differently. And I'm around if you need anything. Our class next week is on Monday, not Tuesday. I'm going to my I'm doing my first in person retreat since before the pandemic next week. So, so I'll see you all on Monday, and I know I'll see some of you tomorrow too, for transform the room. Have an awesome rest of your day.