# Module 7 Audio Transcript Coaching Session Part 1

Coach 0:00
Hi, Martin.

Coach 0:05
I want to thank you very much for being willing to come and have a coaching session in front of

Coach 0:13
several more people than usual.

Client 0:17
You're very welcome.

Coach 0:19
Yeah, okay. So, is there anything you need before we jump in,

Client 0:25
maybe a couple of psychological sighs or something?

Client 0:31
Okay, psychological sighs, I

Client 0:48
It's been rushing around a bit.

Coach 0:52
Great, thank you. Okay, so what would you like to focus on today, I Okay,

Client 1:03
they feeling like I think it's revisiting something that we've touched on in the past. I think it's connected to like something almost a year ago that we're discussing this idea of like letting go of what other people think, letting go of what other people think of me, sort of trying to remove, and it's been a consistent message that we've brought up again and again, of like just how to put myself out there without sort of feeling, and yeah, it's connected to letting go, I think, of this judgment of other people, I think it's a self-limiting belief there.

Coach 1:52
Okay, so letting go of what others think, you said, putting yourself, put yourself out there without feeling, oh

Client 2:02
yeah,

Client 2:06
and then putting myself in the spotlight.

Coach 2:09
Okay, putting yourself in the spotlight, and can you explain a little bit more about what you mean by what means to

Client 2:18
that feeling of I like tacky marketing or feeling sort of like shameful for being wanting to be not centered attention, but normally I've spent most of my career in the sort of in the wings behind the curtains, doing things for other people, clients, and I need to come out from behind the scenes and put myself out there, so that I can make a big, make the big changes that I want to make in my career and my life at the moment, so some of that would mean, you know, maybe presenting podcasts or something, or being on YouTube, or just putting myself out to people who aren't my clients, who I'm doing this for myself instead of doing it for someone else.

Coach 3:11
Okay,

Coach 3:13
so you said making the big changes, putting yourself out there, taking, taking yourself from behind the scenes and putting yourself in front of, in front of the camera, so to speak, or in front of the Wi-Fi. So, what's important to you about this now

Client 3:42
I think, as you know, from the journey that I've been on, or through with you as coach, it's sort of.. it's the.. it was the inception of all of my journey, and the things that I went through in the last 18 months or so, and.. and I've even recovered and

been through that burnout phase and everything else that you were there for and I've now made the space in my life to make these changes and I've given myself the time you know to take sabbatical and to be in this space for myself and I have to do this now. The impetus was there two or three years ago. I've been full circle now in the last two or three months, and I have to do this now.

Coach 4:36
Okay, so you said you've made space in your life with us. Now you've come full circle in the work that you've done over the past 18 months, and you said I have to do this, and you mentioned that you're doing this for you.

Client 4:54
Yeah, it's my, it's my career change that I have to. I enact myself as I'm independent and have always built my own career, as you know. So, this is this big sort of suppose there was a big curtain close to stick to the stage analogy. The big curtain close, and this is the second act, and for me, I want to, I want to put myself out there now. I want to be the person sharing my expertise. Move from consultant into the next phase, where I'm not dealing directly with clients, I'm sharing my knowledge, and be that education or training, etc. It's a complete upgrade, but it means me, it means putting myself in the spotlight, and that's what I've always sort of shied away from, as you know, some of the conversations we've had from the past about sort of perhaps feeling like I shouldn't put myself there.

Coach 5:59
Okay, so now that you've come full circle, and you said you've made the space in your life, and you said I have to do this, you called it a complete upgrade. I got to tell you, I'm not feeling the energy and the excitement around this that goes with those words.

Client 6:20
I'm feeling very calm at the moment, so

Coach 6:24
okay, okay. Well, you mentioned in the beginning letting go of what others think and putting yourself out there without the fear, without that icky kind of feeling. So I guess, if we were, if we're on a scale of one to 10, how much of what others think, like 10 being the highest, where would you put what others think is in importance right now?

Client 6:57
I can, I've noticed a shift in the last I three months or so, I think definitely since I started this year, where some changes happened. I feel like I care less about some of those perceptions, but I'm still. I think I'm still judging myself for it.

Coach 7:32
Okay, so you're.. did you pick a number on the scale?

Client 7:38
I was going back to the scale.

Coach 7:40
Okay,

Client 7:41
how much do I care? It's probably only a five or six now. What I care about, probably what I care about myself is still higher, I

Coach 8:03
What you care about yourself

Client 8:05
or how I judge myself. So,

Coach 8:07
okay. So, okay, so others judging you is a five or a six on a scale of one to 10. And what about the self judgment? Where is that on the scale?

Client 8:18
This is, this is It's definitely come off the top, because it probably used to be an 11, so it's down now. Yeah, let's put it on scale. It's probably the eight.

Coach 8:37
It's probably an eight. Okay, and what does it need to be in order to put yourself out there,

Client 8:46

need to not judge myself well, so you say a healthy amount of self judgment and respect for not putting out things that, or not putting myself in certain situations, but yeah, a healthy amount, obviously, that's possible.

Coach 9:06
Okay, can you, can you say that again? You said that the self-judgment wasn't at an eight, and I asked you how what it needs to be at in order for you to put yourself out there, and you said a healthy amount,

Client 9:19
let's say a two or three, then okay,

Coach 9:22
you want it to be okay, you want it to be a two or a three.

Client 9:25
I think I believe there's a healthy amount of self judgment. There's

Coach 9:30
a healthy amount at your eight, you're saying okay. All right, so we have, you know, for the short time that we're here together, what would be a good something that you don't have right now that you could walk away with, I. I

Client 10:03
maybe a little like a little model or a little mnemonic or something, I can remind myself that I don't need to, don't need to worry about other people's judgment. Don't need to judge myself that harshly. I can let go of that control around that, so something to remind me,

Coach 10:35
something to remind you to let go of the of self judgment.

Speaker 1 10:42
Okay. so where would we, where would we begin with this, I

Client 11:03
I think it was from the end of another conversation we had a few weeks ago, whenever we had our last session. I have it sort of still rattling around my brain, as like it was that what I was looking for, or what I needed is my needs. I think we went

back to my needs, and we sort of ended on I had it written down somewhere about I'm looking, my need was I'm looking for someone to pay me attention and appreciate my efforts, and I think there was something there that we, I can, I connect with, and we know that some needs, and it's not in a, we understand that it's not in a, hey, look at me sort of need for attention, but that I like, I need some of that either appreciation or gratitude, and for someone to pay attention to me, and for that to be that's almost a spotlight in my day to day when someone pays me attention, and that's normally enough, one to one, but if I'm going to put myself out there in front of all these other people, and I know the issue for me is that I don't get to respond first to put myself out there in a video or even written form, written form, you do get to respond. Someone leaves a comment, you know, but just generally the idea of putting myself out there in a sort of asynchronous fashion where I don't get to follow up or have a conversation, then I feel there's, there's, it's difficult because I can't, can't stand up for myself or defend myself when someone I don't know doesn't agree or thinks differently, and I mean there's something around that in that space, where if I were to put myself out there, then spotlights on me, and I can't respond as such. I know that's definitely something close to the deeper issue.

Coach 13:21
Okay, so you said if, if you, for example, wrote something, and then someone posts a comment, it's not really a post isn't really a conversation, you can't follow up or defend yourself. You said in case it's negative, is that, is that what you meant?

Client 13:39
Yeah, so I think, yeah, it is. So, I think it's the negative response that I'm most afraid of, and that's the bit that I need to let go of the control, because if I don't let go of that, there's never going to be any progress. So, it's overcoming that need to to respond, I suppose, or to be comfortable enough in the in what I'm saying on the outset,

Coach 14:14
so you said overcoming the response, or the need to respond,

Client 14:22
the bit that I shared, yeah, the bit that I shared about from was it session another week. It's like I say someone, my need was for someone to pay me attention and appreciate my efforts, because that is a core need, whether it's appliance and things like that. So I think the problem is when it's not for me, aside from having the

sort of judgment from other people, which is the response or the not being able to respond, that's that fear which I can let go of, I suppose. But on the other side, okay, some people may phrase it, whatever I put out there, or most likely no one will even comment on it. See it or care, because that's just the nature of these things, but I need to, I need to basically attend to my own need around this, my own attention, enjoy that, putting myself out there and being proud to kind of share whatever it is that I'm doing, whether it's a piece of creative or piece of writing.

Coach 15:35
Okay, so you said being proud to share rather than focusing, sorry. sorry, go ahead.

Client 15:43
Think sharing has always been the difficult thing. Like, I'm happy to share privately, but sharing publicly is the, is the difficult thing, I

Coach 16:11
Okay, you mentioned self judgment, so the self judgment, and then the potential negative judgment from others, and then you also mentioned that the need to letting go of the need to respond to any prospective negative judgment from others of those, is that, is that correct?

Client 16:39
Yes, Bob.

Coach 16:41
Okay, so of those three, which do you think is the biggest one holding you back?

Speaker 2 16:56
State them again, please.

Coach 16:59
Your own self judgment, the prospective negative judgment of others, or your the feeling the urge that you might have to respond to the negative self judgment of others and

Client 17:26
I think it's my own. Still think it's my own judgment. That's why that's still higher than other people's.

Speaker 1 17:32
Okay,

Client 17:34
I think it's connected to like control, and what I know is connected to control and overthinking, I what

Coach 17:45
do you get to control by not, by not putting yourself out

Client 18:00
there, along the lines of, you know, more than happy to put myself out there for clients, because I know I can do good work, and I can produce, and I've always pleased the majority of my career doing it for myself, suppose I feel it's lacking that element, which we've talked about for the needs, which is that appreciation. A client would pay their bill and be appreciative, would be complimentary, and be appreciative. Putting something out there for myself, there isn't that other person or that individual, because I'm so used to that one on one connection, that that immediate close contact relationship for the appreciation that it doesn't exist for me with this broader group of faceless people, so therefore I, it's almost to stop myself ahead of time, because I don't see the point in it, because it's well, I can do it, I have all of the skills, and I would always turn, I think we discovered this another call that I will sabotage my efforts for myself and overrule my own needs in this way, and that's what I'm worried about doing now during this time is because I'll run off and do it for someone else in five minutes time, but you know, and consume maybe multiple hours or weeks for a project for that person, but doing for that for myself now, I don't see the reward because there's there isn't that I'm I suppose instant gratification, shall we say, that other person's the human connection, saying thank you, well done, it's what I wanted, etc. How can I do that for myself?

Coach 20:05
How can you do that for yourself?

Client 20:11
I think that is the answer, isn't it? If I can, how? How can I? How can I appreciate my own efforts in the way and love it's kind of like back to the whole loving myself and that kind of thing that we looked at last year, but can I be.. it's not.. I don't know, it's

pride, and just pride doesn't really connect like the appreciation, the attention, and appreciation. How can I attend to my own needs, which would be doing the the work or the acting on this, and then it's, how do I appreciate myself? So I finish something, put this together, and feel maybe some pride in it or excitement in at least, because you know as well that I'm driven or motivated by novelty and challenge, so in that space to put the pressure on, or the right amount of pressure needed to complete something for myself that I could be proud of, and then I'm very capable. It's then I don't want to say it's like loving myself enough to warrant sharing it, because I suppose the biggest fear is putting it out there, or putting myself out there, and myself out there is through the piece of work, or the piece of music, or the piece of writing, or whatever it is, and suppose the hardest bit is to not to not be worried or not be concerned about anyone else's this is the judgment bit, anyone else's view on it. I'm happy to have critical structure of criticism, etc. but not to be concerned with other people's judgment to do it for myself, so that I don't sort of stall or stop myself ahead of time from actually finishing and putting it out there. It's putting, how can.. so the question has always been for multiple years now, why can't I put myself out there? And it is this public version of that, I

Coach 22:43
But you had mentioned in the beginning of this call, you said you've made space in your life for this, you have come full circle, you've done a complete upgrade, you said I have to do this. Do you still feel that I Know,

Client 23:04
maybe I'm this is the thing, maybe I'm so.. I can't, maybe that's why that high judge, high self judgment, so important to remove, maybe the judgment or the assessment of their self judgment is the self limiting belief now, because I feel like this, this full circle, there is this release, there is this space, maybe I'm there, but I'm still judging myself, because I've, I've been producing, I've been, I've given myself the space, and maybe it's like it's just the hangover is is worse than the condition now I which has only just dawned on me, but yeah, it could just be that I'm, you know, at some point, and I've shared this as well, like I started studying music and learning piano, and and that resolved a 40 year old limiting self belief that I wasn't musically talented, held up the fact that I had the triangle taken away from me as a child, because I was terrible, but now I know that I can, albeit quite poorly, play the piano and interact with music, and I can have it a part of my life, so I know that through smashing that self-limiting belief, although again it's a private endeavor, some of the areas there I'm proud of that I can actually share, and things, so I know

there's movement, I know there's like new pathways, but maybe it is just a hangover that's worse than anything else.

Speaker 3 24:39
Go ahead.

Speaker 4 24:42
what if I just let go of

Client 24:49
what if I just let go of the the misheld thought that I am overly self judgmental the. Irony,

Coach 25:01
well, you had mentioned in the big that what you'd like to take away is a mnemonic, so do you, did you come up with something? I heard smashing you talked about the triangle, and I was wondering about smashing, or what, what else in there that you just said. You said, "What if I just let go of my new.. my.. my.. oh, sorry, I can't even read my writing. This, this old thought that you had.

Client 25:40
Yeah, I can use the analogy. I think I need to remember, even just right now, as like a rough around the edges sort of mnemonic or memento bridge or something, to help remind myself for now it's that I know I have changed my mind and broken those, those missile beliefs, or whatever self-limiting beliefs, and the latest example, I've done it a lot of times throughout my life, because I've constantly evolved or upgraded, as I've said I wanted to. This just feels like such a big evolution now that I want to, I think I'm just, again, overthinking overly self-critical to ensure the very best outcome, and at some point when reality, reality has caught up because my expectations are always way out there of myself, so when reality does finally catch up, I've always moved the goalposts of my own expectations of myself, so I can never meet my own expectations, but just have to let go of that little bit, that's that control, and acknowledge that actually where I wanted to be is is actually where I am now, like I say, like you pointed out, I am in this place, and the the analogous scenario in my life right now is music, is this overcoming that self belief, and right now I just need to remind myself in this other space, if I need that confidence, I need to remind myself, I did it here, it's the same thing, I can do

Coach 27:08

it, I did it here, I can do it there,

Speaker 5 27:12
I can get it there, and I got it here, I see come there,

Coach 27:17
all right, we, we are coming up on the end,

Client 27:21
that's the little mnemonic. The analogy to music is all I need to remember right now. We can work on that. Say it again, say that. Say the mnemonic that you came up with, but the seek him here, seek him this. I think it's just I will remember it from that silly quip now, because we like.

Coach 27:39
oh, okay. We like to be silly,

Client 27:41
but the analogy is in my life right now is that I can overcome this self-limiting belief. I should let it go, because I've overcome it in this other area, and actually, in my expectations, I just need to let go of pushing the boundaries all the time, just accept that I am here, and where I need to be, and very interesting.

Coach 28:08
Okay, where I need to be. So, does this sound like a good place to stop?

Client 28:14
Yes, definitely. I sort of meditate on it for a little bit, and let it sink in, but yeah. really good. Thank you.

Coach 28:25
Okay. Thank you, Martin. Thank.