Module 9 Audio Transcript Coaching Session Part 1

Coach 0:00
So let me ask you, Tara, right up at the top, is there anything specific that we can do here that might help you feel as safe or grounded as possible going into our conversation?

Client 0:12
No, I've been breathing as we've been introducing, so I think I'm okay. Yeah, I'm ready.

Coach 0:18
Okay, good to know. So let me ask you, if you check in with yourself, Tara, do you have a sense of where it is we need to start our conversation this afternoon?

Client 0:30
Yes, I think that, well, yes, I have found myself in my old pattern of managing or trying to manage people around me, and so, yeah, I want to explore, like, how to relieve myself of that pressure.

Coach 0:53
An old pattern of managing the people and situations around you. Okay, so let me ask you, Tara, when it comes to all of the different things that we could be talking about today, what is it about this one that seems so important or urgent?

Client 1:11
I think that it just, like, I just have seen it so many times, and even just this last week, and I think it feels like I like to explain it like I feel like a cat on roller skates trying to find my footing, and so I scurry and hurry to try and manage things around me, so that I get back to that safe place.

Coach 1:36
Yeah, yeah, I hear that, and I relate to it as well. So, Tara, if you can imagine us getting to a point at the end of our conversation where you feel something different than you feel right now, do you have any idea what that might be?

Client 1:54

Yeah, I mean, I would so super love to just feel peace and grounded in myself, not having to make myself into anything else.

Coach 2:06
Yeah, you repeat that, Tara.

Client 2:11
Yeah, I don't.. I don't.. I want to get to a place where I am confident enough in me, and, and how I show up that I don't have to be a chameleon and try and make myself into something or make someone else into something in order to be able to be with them,

Speaker 1 2:30
yeah, yeah,

Coach 2:34
so digging into that deepest, most holistic, most intuitive part of yourself. Where is it that we need to begin this conversation?

Client 2:50
I mean, I just have so many examples from this past week, unfortunately, but I think we probably should just start with my husband, like I've had a lot, you know, I've had a lot of hard things this summer with him, and on Sunday he told me that he was struggling, and immediately I went into, in my head, luckily not anywhere else, but it kind of sent me into a spiral of having a really hard day because I was trying to manage how he felt about things, and yeah, just to make myself feel safe, I think.

Coach 3:35
What is it like when you're able to access a sense of safety, I

Client 3:42
feels peaceful, and like I can take a deep breath, like I'm not, like, yeah, like I'm just grounded and solid. I like to say solid on my own two feet,

Coach 3:59
taking a deep breath with you right now as you say that because it really resonates in me too that sense of what it is like to feel safe within our own bodies within our own lives within our own relationships so in that moment with your husband when you responded the way you did what did that tell you about yourself.

Client 4:26
I started to beat myself up, because, like, shoot, I thought I was over this. I thought I was better than this. I had a lot of judgments about where I was in that moment. Yeah, so, yeah, I beat myself up pretty good, and then that doesn't help, it just contributes to the spiral.

Coach 4:49
So, do you know the way out of the spiral?

Client 4:57
Intellectually, I do. I think it for me it has to be with presence, like I have to be aware enough of it, and I've spent so much time in my life not aware that it's really easy to go back there,

Speaker 1 5:20
yeah, I so

Coach 5:28
I'm curious, Tara, in this moment, as you're reflecting upon what happened during that conversation this past weekend, in contrast to the peaceful groundedness in yourself that you are craving and longing for. What is it that we need to do next, if anything?

Client 5:57
It's funny because I say I'm after safety, but is.. I wonder if that's really what I'm after. I wonder if we need to explore that, like what, or what is, because honestly, the crazy pattern isn't safe, so I don't know why I go there.

Speaker 1 6:18
Okay,

Coach 6:22
so if the crazy pattern isn't safe and safety may not be what you most need to reach for, what is there instead

Client 6:45
Belonging, that's what's coming. That's what came out.

Coach 6:50
Okay, say more.

Client 6:56
Maybe it's a sense of being seen and known. I think that's what it is, like I said, I have several examples from this past week, and some I did more skillfully than others, and I think at the I think that that's what I'm after, is being seen,

Coach 7:18
so in that, in that equation, who's doing the seeing

Client 7:25
me, me,

Speaker 1 7:28
okay?

Coach 7:32
What do you see?

Client 7:39
I see fear, and uncertainty about the future. I see trying to figure out what my part is and what to do next. Yeah, clear steps forward.

Coach 8:06
What else?

Client 8:10
Connection, you know, connection is one of my biggest core values, and it feels very.. I have felt very disconnected for the last few weeks from myself and from other people around me,

Coach 8:28
so I'm sensing that that might have something to do with that longing for belonging that I hear in your words as well.

Client 8:36
Yeah, I think so.

Speaker 1 8:38
Okay,

Coach 8:41
so when you see yourself afraid for the future, that uncertainty looming, and you see yourself seeking to figure out your place, or your role, or your next steps in all of this, what emotions do you feel toward yourself?

Client 9:11
Toward myself, I feel well off the top. The first word is ambivalence, and maybe some pity. Actually, I also feel like a fraud some days, and, and I have a lot of compassion and grace in there too.

Coach 9:45
Okay, so I hear those are the things going on in your heart space. What are you sensing in your body as you're seeing these parts of yourself come up.

Client 10:00
Yeah, I'm definitely not taking deep breaths, and I have a lot of like fear in my stomach. I would call it fear. My body wants to run at this very moment. Yeah.

Coach 10:23
so of those things that you're identifying, your thoughts, your emotions, your bodily sensations. If your goal is to reground yourself and feel that sense of peace, where you're not trying to manage and coordinate everybody and everything else around you. What can you employ to move yourself in the direction you want to go

Client 10:59
first? My breath and awareness of what, where I am, so that I can stop. I think what, what I need is to stop trying to be somewhere else, to just be really honest with where I am right now. Okay,

Coach 11:18
so in this moment of honesty, what are you inhaling?

Client 11:29
Permission to not be perfect,

Speaker 1 11:32

a

Client 11:34
permission to not have to have all the answers right now to just be present, permission to love and breathe, and shower everything with grace, I guess.

Coach 12:01
Okay. and in order to make space in your being to inhale all of those things, is there anything you need to exhale?

Client 12:15
Yeah, the desire to be seen as and the belief that I can actually make decisions for other people instead of just allowing them to be where they need to be,

Speaker 1 12:39
I

Coach 12:44
This being and breathing that you're describing seems quite opposite from that cat on roller skates image that you painted at the beginning, so what does that tell you?

Client 13:00
And I need to shift that I need to be more aware of when I get in that space.

Speaker 1 13:11
Okay,

Coach 13:15
so in this relatively sacred moment

Speaker 1 13:20
where

Coach 13:20
you're here and you're present with yourself and with me and with some of our fellow human beings, is there something here that you can carry forward to the rest of your life on the other side of the Zoom screen that might help and

Client 13:43

I just, I think it really has to do with my breath and being present, just allowing myself, because my immediate, immediate, like jump to action can, can bring awareness to me that I could just come back to my breath, ask myself what I need,

Coach 14:04
so in those moments when somebody or something comes to you with information or problem or an issue or something that that triggers that part of you that wants to fix it, what do you say back to that? I I

Client 14:28
think I can go back to my, I don't know how I feel about that right now. I'm going to get back to you about it, or just really taking a breath and asking myself, what that

Speaker 1 14:42
is. Yeah, yeah,

Coach 14:45
that strikes me as being a response that is saturated with that kind of self-compassion and self-permission that you mentioned.

Client 14:54
Yeah,

Speaker 1 14:57
okay, yeah.

Coach 15:02
So let me check in with you at the beginning of our admittedly short conversation here. You mentioned wanting to feel more peace, more grounded, less responsibility for managing everything else and everybody else around you. Where are we at with that challenge and that opportunity for today,

Client 15:22
yeah, I think I'm breathing down into my belly at this point, and I'm, I have an idea of a conversation I need to have with my parents around a wedding dinner for tonight, and traveling to get there, redo on a conversation already, which is good.

Coach 15:38
Ah, you get choices to redo conversations, that's a thing.

Client 15:44
Yes,

Coach 15:46
love that. Pretty sure you taught me that once, but so I'm wondering, Tara, in the, in the five minutes or so that we have left, what else might we need to explore, or express or experience to make this the most meaningful experience and opportunity for you it can be

Client 16:20
I I am not sure. I feel blank. Yeah,

Coach 16:39
yeah, it's okay. It's okay. I know you well enough to know that you absorb a lot in those moments, those seemingly blank moments. But a moment ago, I heard a lot of energy in your voice as you kind of shifted toward what's next, meaning ideas of conversations you need to have what's going on later tonight. How do you feel about pausing and acknowledging that shift? What, what does that tell us, if anything?

Client 17:14
Can I share an analogy that my son shared with me the other day? He said

Client 17:20
he's an engineering student, and he came home, and he said, 'Mom, did you know that when an atom releases an electron or a neutron, that it actually creates energy? And I've thought of that a lot lately, like, as I release things, I actually.. it doesn't drain me, it actually creates more energy

Coach 17:44
that's beautiful.

Client 17:46
Yeah, I like it.

Coach 17:48
So, what does that mean, or how does that translate into your experience in your own life today?

Client 17:55
Yeah, I think I.. you're right. I thank you for pointing that out. I did. I did feel a shift when I was like, oh, there's something I can do about it, not in a.. I have to tell you what to do or how to get to the wedding dinner, but in a.. I can just share with you why I'm concerned, and why I think elderly people shouldn't drive during rush hour, and you can make your own decision.

Coach 18:17
Nice, I hear the release in that, and I hear the. you're kind of opting out of that role of needing to manage everything and everybody.

Speaker 1 18:26
Yeah, okay.

Coach 18:31
I know I asked you, Tara, at the beginning of our conversation what it might take, or what you might need to feel as safe as possible, kind of entering this very brave conversation, I'm wondering if there's anything you need as we start to wind down, and you consider exiting the conversation. Is there a sense of safety or bravery that you need to carry forward that deep belly breathing that you're encountering right now?

Client 19:02
I I think I'm gonna go to my jewelry box and find my Wonder Woman bracelet that you and I share that we have the same one up and put it on today, just to remind myself. Maybe I'll wear it for the next few days to remind myself that I, I can make brave choices.

Coach 19:19
Yeah, can you say that last line again?

Client 19:24
I can make brave choices.

Coach 19:26
Yeah, can you tell me one more time?

Client 19:32

I can make, I can make brave choices.

Coach 19:37
Now you can't see me right now, but I'm giving you sign language applause with my little jazz hands, because Tara, in this moment, not only do I feel grateful for what you've been able to identify and carry for yourself, but I also feel inspiration for myself, and hopefully that carries over to the rest of our group here today as well, I.

Speaker 1 20:04
Thank you,

Coach 20:05
as always. You get the last word on any of our conversations. Anything else you need to say as we close out for today?

Client 20:15
No, I say no, and then I say something. Thank you, Ray, for sitting with me. I really appreciate it. It's

Coach 20:29
my privilege, Tara, and you've done the same for me on so many occasions. So, I'm grateful for this moment. I'm grateful for you, and I believe in you as well.

Client 20:41
Thank you. I am grateful for you too, very much.

Coach 20:45
Thank you, Tara.

Unknown Speaker 20:46
Bye.