

Two Life Skills You've Got To Have!



By

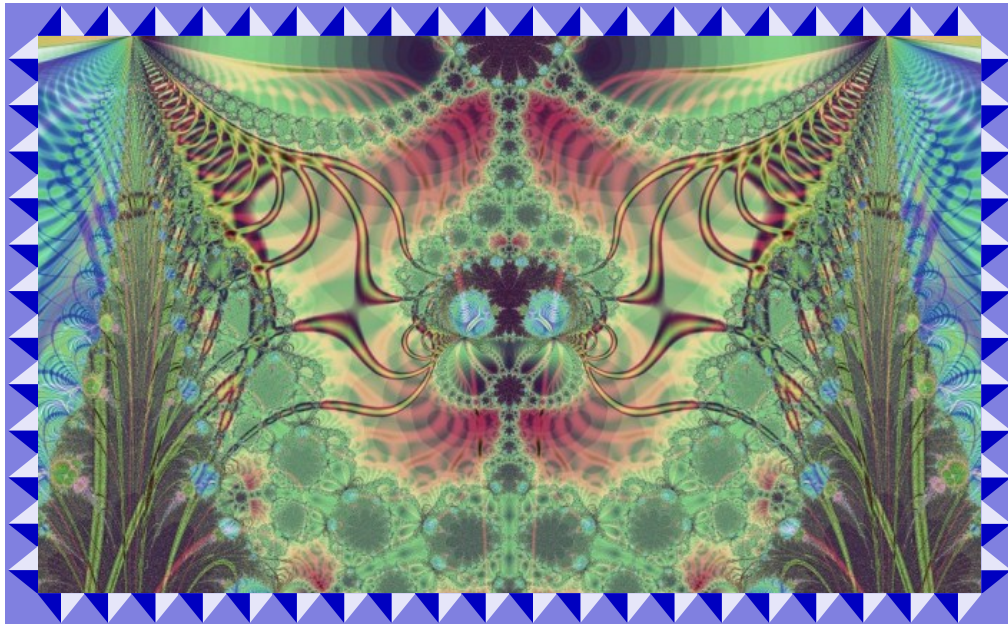
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There's a specific human behavior it's essential for a coach to understand and to recognize.

The best way to explore it is in your own experience. Many times, you can feel yourself being assaulted by memories of the past. I say assaulted because it feels as if you're being forced to re-experience them completely.

And, in fact, you actually are. You have been transported right back into the event and are thus subject to all the ups and downs of the experience.

Now if it's a pleasant experience, it's usually sweet; unless it catapults you into nostalgia or grief at its loss. If it's an unpleasant or painful experience to begin with, it's definitely not fun, and often not useful, to revisit the event in this way.

Your experience of these past events (whether positive or negative) reflects the development of one of two basic life skills it is imperative to develop.

If your desire is to continue learning how to live a happier, more mindful and engaging daily life, these skills are essential – for both you and your clients.

The Two Basic Skills Everyone Can Consciously Develop

Being free to *go back into the past* and re-experience an event is a powerful and useful skill. However, if you don't realize that you're using this skill, it can make the past seem more present. And its' repeat in the future seem probable and daunting.

The balancing skill is the ability to step *out* of an event and free yourself from *having* to experience the emotions, thoughts, and perspectives associated with it.



Stepping in and stepping out of our inner memories (past and future) are two skills essential to measuring our capacity to be happy humans.

To be fully alive is to first have life experiences. Second is to gain the wisdom and insight tucked deep within those experiences.

Your Challenge – Should You Choose To Accept It

Can you consciously step into an event and access the thoughts, emotions, and perspectives it carries?

Can you consciously step out of an event and see it from an observer/neutral position, thus gaining access to a new perspective on the event?

Once you have developed these skills for yourself, you will more easily recognize their presence, or absence, in your clients.

People struggling with a 'problem' often only explore it from one of these two perspectives. Each viewpoint offers valuable information and discovery.

How To Assess Your Client's Viewpoint

You can assess how your client is viewing the event by listening to their language and watching their body and gestures. Here are 4 ways to do it, plus a powerful tip:

- ◇ Speaking in 1st person means they are *in the event*, re-experiencing it.
- ◇ Speaking in 3rd person means they are *outside of the event* and observing it.
- ◇ When the *body and gestures match the dialogue* or events being described, they are usually associated (in the memory again) and thus re-experiencing it.
- ◇ When the *body and gestures remain relatively still and mismatched with the dialogue* or events, the client is usually outside the event and observing.

Tip: *The observer is always neutral and never critical. Be aware that if the observations are judgmental, the client has now brought in a 3rd element – commonly called the Critic.*

The Power of A Flexible Perspective



Your client can hold their ‘problem’ in place by being limited to the use of only one of the two life skills. This causes their perception to focus, but also blur, into overly dramatic, or overly stoic.

When a person is polarized to either of the two options, imbalance results. This imbalance freezes the perception of the situation as a ‘problem’. And that cuts off all creative options.

When a person learns how to move in and out of a memory, or an on-going event, drama and objectivity begin to find a new and more workable balance.

*Each perspective is then free to offer up
the gifts and wisdom of that particular point of view.*

*And when you learn how to balance your perspective, a solution to the
perceived 'problem' will generally arrive on the scene.*

*A balanced and flexible viewpoint invites greater
clarity and creative possibilities.*



Explore your own level of development with these two life skills. The better you are at executing both of these viewpoints in your perception, the easier it will be for you to recognize them operating in your clients.

You can then be even more effective at inviting in the ever developing wonder of balance, and the power of its' transformative power in action.

May you enjoy exploring your own dramas by stepping in and stepping aside as well.

And may you delight in that wisdom and insight, always awaiting your arrival just on the other side of this play of life.

Much love,

Ragini

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