

THE COACHING HUB

Podcast Episode 4 - Leaning into feelings and silence to help you thrive.

If, when leaning into our feelings, if we're feeling that range of emotion, we can also start to look at how we're changing our state from a negative state to a positive state, how we're able to reframe with

hello, welcome to conversations to help you thrive with me, your host. [inaudible] I am super excited to have you here. This is a place where we're going to challenge you to think differently, to have those difficult conversations, both with yourself and with others, so that you can thrive in your life, in your career and in your business.

Hello, and welcome to episode four. Today, we're talking about conversations with yourself. You may have realized that to have those conversations, to help you thrive a lot of them, I guess, to start with you. So today I was talking about leaning into feelings and silence. I think it's so important for us to acknowledge that some of the conversations that we have run selves are going to be difficult. They're going to be painful. They're going to be emotional and it's completely okay to feel emotions. In fact, if you're not feeling emotions is often a sign, that something is not right. So let's feel into those feelings. Let's learn to lean into them. I'm feeling into that silence. I want to ask you a question. When did you last sit with yourself and your feelings? When did you last give yourself time in silence to feel those emotions?

Now, some of us that silence may include meditation. Others. It may be that we're sitting on the sofa and we're really making sense of what's going on with us. We're taking a pause, actually say what? Go to stop. We don't need to be operating at a million miles an hour all the time. We don't need to be constantly thinking, actually at some points we can take a break from our thoughts and we can start to lead into what's going on. And why is this so important? Well, actually, if we're not able to take a break, we often miss things. We often miss what is going on. We often miss the fact that our courses, all levels of sky high, which is clouding our thinking and our judgment is making us respond from our emotional brain rather than our rational brain. We often mess that maybe we've been feeling this sadness or this loss or this guilt, and we've been carrying it with us for a number of weeks, but we haven't unpacked it.

We haven't looked at that. We haven't understood. Why does it come from? How true is it right now? I'm I carrying this feeling from somebody else? Am I carrying this feeling my past? I got somebody else's backpack on. So take a moment to sit in silence and lean into what you're thinking and what you're feeling and ask yourself is what I'm feeling still valid. Is it still true? Why did it come from? How long have I felt like this? How would I like to feel? What's a different way of me perceiving what is going on? What's a different way of me feeling and thinking. If we're able to do this, we're able to change our perceptual positions. We're able to start to look at things in different ways. And that allows us to go from negative effect to positive effect. It allows us not only to feel those feelings and I'm a big fan of fitting the negative as well as the positive, but it also allows us to reframe.

It allows us to take stock. It allows us to look at those silver linings, however small they may be. It allows us to change our perceptual positioning. So we're able to look at those positive things take cause did you know, we can remember negative events. We paid more attention to negative events than positive events. It's due to evolution. We're keeping ourselves safe, but if we're leaning into our feelings, if we're feeling that range of emotion, we can also start to look at how we're changing our state from a negative state to a positive state, how we're able to reframe with optimism. This doesn't mean that something bad happens and we're laughing or smiling. What it does mean is able to see the learning, the lesson, the growth from things that are negative. And trust me, there have been some significant things that have happened in my life, which have been incredibly negative.

Having a car accident when I was 18 years old, could have been an experience that changed my life forever. And in many ways it did. But I remember, and it was an accident where somebody lost their life. I remember after the accident, I remember that I made that decision consciously that I was going to see the learning in that, that I wasn't going to allow it to impact my whole life and that I was going to still move forward. Even when it was really difficult. And I was able to lean into that depth of my emotions. Now, this didn't happen overnight. I had PTSD for many years, but that happened because I was able to take ownership of what had happened. I was able to look at different perception, possessions. I was able to understand why some people were looking at it differently to me.

I was able to relinquish responsibility cause it wasn't my responsibility. And I was able to increase my awareness of myself and what has happened and how I could learn that in the future. So I really recommend that we lean into the things that have happened to us, that we feel there's emotion. And that we ask ourselves, what is this showing us? What can we learn from this? How can we move forward? Even when it's really difficult, I didn't survive for many years. I did survive. I went through the motions. I drank, I did many things to numb those emotions because I hadn't really dealt with it. But when we're able to actually deal with those emotions, when we're able to feel them, then we're able to

move forward. And often the reason that we're not able to move forward is because we have emotional ties to a negative situation.

And some people will argue that those emotional ties maybe go back to before we were even born. I know that when you look at timeline therapy, you often cut those ties that happened before you were born. So if we acknowledge that none of this is awful. It's things that happen to us that we need to work through. And if we've got situations, which we feel that we're still emotionally tied to, we need to go back and look at our perception of those situations. We need to go back and work through those situations so we can get rid of there's emotional ties to me for it. So it's a little bit of a deeper one today. It's really looking at how are you acknowledging your feelings? How are you having genuine conversations with yourself? How honest are you about how you feel and how are you overcoming those feelings? We all have negative things that happen to us. We're all able to reframe all able to move forward, but we need to understand that sometimes those negative ties need to be explored further. To allow us to break free. Whatever's happened in your life. It's not your fault. Whatever's happened in your life. You're able to move on for, and we can change. We can make that decision to change.

Thank you for tuning in to conversations to help you fly with me. Ruth could see, I hope that you have enjoyed this podcast. If you have lays, remember to give it a rating and to share it with others, I would love you to continue. The conversation over in my Facebook group is called the coaching community. I would love to see that.

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