

THE COACHING HUB

Podcast Episode 40 - Triggers

[00:00:00] Often when we see this comparison, we feel this comparison. It is a sign for us to really consider. What is going on for us and to work through that and to explore it and to actually shine a torch under those covers and realize why are we on? Hello? Welcome to the coaching hub podcast with me, your host, Ruth could fee.

If you're a coach or you're coaching curious, this is the place for you. So we're going to be talking all things, coaching, personal development, business development, and a really fun way. You're going to have live coaching sessions and you're going to come away with tools and techniques. That you can practically use and take away.

If you enjoy this podcast, I would love you to subscribe. And if you really enjoy it, give me a review. Welcome to the case. She helped her car. So maybe kids say [00:01:00] today, I'm talking about how we can use comparison to fuel us rather than to. Basically stop us taking any action. So I'm going to tell you a little bit of a story a few weeks ago.

I was in clubhouse. I'm not sure if you know about clubhouse, but it's a new social media platform. And I was in clubhouse in a room. I felt massively triggered. I felt like I was back at school. The cool kids were up on stage. The cool kids were in that clique. And I did

not fit in. I was not cool enough and I was not good enough to fit in.

And I took myself out of the room. I had a little bit of a set with myself on what was going on. And then I went and I spoke to my mastermind sisters, the people that are in a mastermind that I'm in. And I spoke to my peers and I shared it in my group. I thought if I feel this, who else feels that. And it was really [00:02:00] interesting because what I found, which is probably what we all find is that it wasn't only me.

I was not the only person who had been triggered and who'd felt this comparison wave from being on clubhouse. When honestly, I started to think about what was going on and I started to reflect on how. Comparison is the thief of joy. So why do we do it? Why do we naturally take ourselves back to those times when we really didn't feel good enough?

And I think comparisons often fueled by not feeling good enough, it's fuel by those emotions that we had. And I'm sure that many of us had of maybe not fitting in at school feeling that we were different, not being part of the in crowd, which now on reflection. I thought I got over years ago, I'm 43 years old.

It's quite a long time since I was at school, but it's still there. [00:03:00] And I want to talk today about how we can use comparison in a positive way and how we need to really take ownership of. What's triggering us and how we interact with things. Because as I always say, we cannot control what is going to happen to us if only we could, but we can't.

The only thing that we can control them. Boy, 20, 20, 21 has taught me, this is how we respond. So. Comparison often triggers things within us, things that we need to work on, things that we're thinking, okay. Maybe I'm not good enough. Maybe I really desire

what that person has got. And I'll be honest. I think that that was a bit of what was going on for me.

I saw people. It actually, in all honesty, uh, no Fiverr hadn't that business in may, but they were holding a room and they were talking with this authority and [00:04:00] confidence. And I was like, I want to be doing that. What is stopping me doing that? And then that comparison triggered in me, those feelings of maybe I'm not good enough, but also that resentment in myself that I wasn't doing more.

And that was the interesting thing to compare on. These people had done absolutely nothing wrong. In fact, I went back into that room later on in the week and I thought they were doing a brilliant job. It was where I was, and it was what it amplified and illuminated in may, which was what I needed to work on that feeling of not being good enough.

It doesn't go away. And I think for me, when this happened, it was in January. I was looking down the barrel of my biggest month ever. It was my biggest month ever. And the definitely came a lot of stuff with that as I was going to the next level in my business. Am I really good enough? Can I really [00:05:00] deliver, and I don't, if anyone else gets those questions, like for me, it's always like cannot deliver.

And that, of course my logical rational brain knows that I can, there is nothing that I'm delivering now that I haven't delivered before I've got the results. I've got the evidence. Great. But that wasn't my logical rational brain. It was my unconscious brain. And it was going back to old patterns to keep me safe.

Those old patterns that have stopped me doing so many things in the past were triggered again. So often when we say this comparison, we fail this comparison. It is a sign for us to really

consider. What is going on for us and to work through that and to explore it and to actually shine a torch under those covers and realize where we are.

So I see it as a gift. I see it as a gift that we can then [00:06:00] unravel those things that are in our brains. There's voices that were talking to us about ourselves in, and also to start to lean into those emotions that we're feeling. If we're feeling resentment or jealousy, who are we really aiming the art because honestly it is most likely to be at ourselves and it is understanding why the emotional connection comes from and then being able to process it.

And that processing, as I said, I think it took me three days to process it, to be okay with it, to work through it, to talk to people about that, to be on my own with that. And then I went back into that room and I didn't feel it. I wanted to do that because I wanted to say to myself, look Ruth, what you're feeling, isn't even real.

So why are you getting yourself into a state about it? So comparison often highlights something we need to work on. It may also highlight something that we need to avoid and adjust quickly. And this [00:07:00] wasn't the case here, but maybe it's highlighting a difference in values. And I want to be really clear because when I say difference in values, I think that we can then make value judgements that are values of right.

And somebody else's values are wrong. I'm not about that. I'm about okay. If it's highlighted a difference, what do we want to do about that? Maybe that is about someone who I'm going to avoid or something that I'm going to avoid or reduce the amount of time that I interact in any way with something that does make me feel a values conflict.

But again, it's something that we can explore on that deeper level. So it may highlight something that we need to work on. It may highlight something that we need to avoid and often. Comparison allows us to take ourselves as seriously because in reality, nobody else is living our life. Nobody else is living in our head.

Nobody else is living in our house except the people that lived there. [00:08:00] And even they have a different perception of what is going on. So I want you to treat the comparison with a little bit of humor. And to really understand why are we taking ourselves quite seriously and where we can have a bit of fun and where we can do the work and explore how we're feeling and how we're connecting to ourselves and to others.

Yeah. I thought that I'd given up wanting to be cool. And I said at the beginning, am I in my school years, but really? Yeah. I still had this obsession with being caught probably a decade ago, but I obviously hadn't. I'm looking at that and actually saying to myself, that's okay. It's okay to want to fit in.

It's okay. To want people to like you, you can't control it, but it's okay. So have those feelings help me to move forward. So I think that with all of this, it is a [00:09:00] great idea to actually connect into yourself and what you want. And what is going on, like what is making you feel these emotions? My advice, if it triggers you reflect and deal with it, that may be online.

It may even be as a coach when we're holding space for our clients. And it's great advice for our clients too. Obviously, as coaches, we don't give advice, but we may reflect back to them. Okay. If this is triggering a. What would you like to do? How do you want to process it? I hope. But that's been useful and please feel free to reach out if anything on that resonated with you.

And I would love to know what you do in your trip. Take thank you for listening to the coaching hub podcasts with me. Ruth could say, [00:10:00] if you enjoy this, I would love you to join my Facebook group, the coaching community for more of the faith.

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