



Those Roller Coaster Feelings...

There's an old joke about a bloke who's walking the street at 2 a.m. and sees another man, obviously drunk, on his hands and knees, searching for something. "What are you looking for?" he asks him. "My house keys" the man replies. "Where did you drop them?" he asks. "Two streets away." he slurs. "Why aren't you looking there.", he asks incredulously. "Because the light's much better here."

At the time when I was first in training to become a Coach, I had a fear of totally screwing up (true story!). After all, people were looking to me for guidance and what if I did it wrong? I tried various approaches to overcome the fear, but none of them seemed to work for me. My old MO of pushing my way through didn't align with who I said I wanted to be. I had spent some time fighting the anxious feelings, then one day I said to myself "OK, just feel it." and an amazing thing happened. I felt the panicky feeling, and then it dissipated! I was stunned. All those years of trying to push down my feelings, fighting against them, and all I needed to do was feel it. Breakthrough!

One of the presuppositions of coaching is to meet people in whatever space they are in at any given time. At that moment I realized I hadn't been meeting myself where I was emotionally. Whenever I felt feelings that I didn't like, I would struggle and fight against them, and you know what they say, "What you resist persists." So I decided to stop fighting my feelings and instead to start acknowledging them. I began to start co-operating with them. So, if there is a feeling that you find unpleasant or that seems unhelpful or that you just plain don't like, try on the following:

Identify where in your body it is, what size it is, how it moves, what temperature it is, what color, etc.

While most people profess to know what they are feeling, you'd be shocked at how many people haven't got acquainted with the physical characteristics of the emotions they're experiencing. But emotions are physical, so the first step is to map out that physicality.

Accept the feeling. Become OK with the fact that you are feeling it.

This can be a bit trickier for some people, who will say "But I don't want to feel it." or "I shouldn't be feeling it." But here's the thing: you ARE feeling it. And while we don't like to admit that we allow our feelings to influence us...they do! And if you want to change the feeling quickly, the most expedient way to do it is to meet yourself where you're at and accept the present 'symptom' (i.e. the feeling). If you refuse to do this, then any attempt to change it will involve starting from where you aren't, and that rarely works out well (as our man looking for his keys on the wrong street can attest to ;-)

Find the positive intent. What is your body or your unconscious trying to tell you? Sometimes feelings have a message of some sort for us. Other times, they're just sensations that our body has some purpose in feeling. What (if anything) is this feeling doing for you or trying to tell you? In other words BE CURIOUS.

I love reading books and what I noticed over time is there were some books I was attracted to naturally and some I thought I *should* read for whatever reason. Those books I thought I *should* read always left me feeling a bit flat and resistant. What I learned is my body tells me when a subject resonates with me and as a result, I've got a very accurate way of knowing whether or not to buy a certain book.

Feel it. Just feel it. Don't struggle or fight, just feel it!

You don't have to do this for long, but it's good to feel something. Even if it feels bad, the fact that you can feel it means a) you're alive and b) you're in touch with how you feel. Both are great news!

Play with it.

Increase the feeling's intensity. Reduce it. If it's a shape, change the shape. Has a color, change the color. Please believe me you will NOT get swallowed up by it - even though many are concerned that if they 'let go' they won't be able to crawl out of it. The point is to find out how much you can influence it.

One of the things you'll begin to notice and experience is just how much it's possible for you to get a handle on your feelings. Feelings aren't true or false. Expressing them doesn't mean you're a good or bad person. They don't mean anything. They're just sensations that you are experiencing in your body. If you resist them, they'll be there for some time, but if you accept them, you can start to play with them. Truth is feelings will come and feelings will go. By approaching them in a playful manner we can begin to create more of the feelings we do want and less of the ones we don't. Have fun playing with this idea! Notice what occurs for you.

To your success,

Coach Christine

Bio:

The author of this is Christine Silvey. As a Certified Life, Career and Personal Development Coach, Christine is passionate about empowering YOU to actively create exactly what you want for yourself and for your life without struggle! To find out more about coaching or to contact Christine, please go to <http://www.empoweredyou.com>

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