

Mindset Mastery IV

An exploration of Self-Coaching

Skill Set Review

Skills 1-7

Skill #1 - Silence

Silence can be an invitation for the Sharer to go deeper, listen to themselves, and process what they, or you just said. Learning to be patient and allow some awkward silence, can encourages deeper processing.

If we as Coaches are uncomfortable with silence, we might speak too soon and bypass an opportunity for healing information to come forward from the Sharer.

Also, when a person is uncomfortable with an extended silence, they tend to fill the silence by speaking. In a therapeutic setting, this can lead to great insight for you and them about the real underlying issues.

The quieter you become, the more you can hear.

~Ram Dass~

Skill #2 Deep Listening

Feeling heard can heal years of hurt and misunderstanding. It can repair deep wounds in relationships with others, and more importantly, with ourselves. It is highly likely the most important skill we can develop, and yet, the majority will never learn or know that they need to.

Think about a time when you were confiding in a friend. They think they understand what you are saying but their responses let you know they clearly don't. Or perhaps they attempt to problem solve with you before they really understand your dilemma. On top of that, you were not looking for a solution. This can be frustrating, shutting down lines of communication. The more you try to explain, the clearer it becomes that you are NOT BEING HEARD!

When we practice and develop the skill of Deep Listening, *with the intention to understand*, we can transform ourselves and help others do the same.

Deep Listening, combined with Silence and *Holding Space*, is sometimes all that is needed for healing.

Skill #3 Holding Space

Holding space is more than passive silent observation. It is the practice of actively paying attention and honoring the person sharing, with deep listening, seeing their loving spirit, and sending loving energy for the purpose of healing and growth.

When holding space is offered and extended with acceptance, neutrality, and non-judgment, the sharer is free to explore and express with real vulnerability.

Sometimes all that is needed for deep healing is a loving witness who understands the power of holding space and the safety that is created with this practice. However, while beneficial, it is not necessary to have another person present.

You are developing the skill of self-counseling which teaches you the ability to be in all three roles of counselor, sharer, and N.O. inside of yourself. Remember, your subconscious acts like a second person. You can hold space for yourself and approach your own healing with compassion and love.

Also, your subconscious mind does not know the difference between watching something happen and having it happen to you. Therefore, it is important to pay attention and hold space as the Neutral Observer.

Skill #4 Seeing the Loving Spirit

Inside of you is a loving spirit, and its nature is just that, love. The more you look for love in yourself and others, the easier it will be to see it, and the more loving you will become. In this way, the **LOVING THAT YOU ARE** will be front and center, dictating your behavior, decisions, and your life.

Focusing on the *loving* inside of each person, including yourself, you will be able to have more compassion and neutrality.

Being seen and acknowledged for who and what we are at the core is often enough to heal wounds that have lingered.

Skill #5 Prizing

Prizing is the act of extending a verbal expression of the loving spirit you see in others. This helps identify, reinforce and strengthen the loving spirit inside the sharer.

There is power in feeling seen and safe in a supportive, non-judgmental space. This allows the sharer the freedom to explore and express more deeply.

Deep listening will help you see the loving spirit and know what and how to prize the sharer.

Examples:

- I can see how much you love your mother and how deeply you want to heal this part of your relationship.
- Did you notice that even though you felt so hurt, you still hold kind energy towards your friend.
- How wise of you to offer compassion _____.

Look for these sparks of magic in your partner... They are inside of you too!

Skill #6 Open-Ended Questions

Open-ended questions invite your partner to explore more deeply what they feel and think about an issue or challenge. They can facilitate clarity and a deeper understanding of circumstances. Open-ended questions can also lead to solutions. Asking a yes or no question can block the flow of healing and end a discussion. Here are some examples of both.

- Do you want chicken for dinner?
- What would you like for dinner?

- Do you feel like your mother loves you?
- How do you feel about your relationship with your mother?

- Is your job satisfying to you?
- What do you like most about your job?

- Other examples:
- Please, tell me more about that?
- Perhaps you can clarify what you meant when you said...

Skill #7 Reflecting Feelings

Reflecting Feelings is a powerful way to help facilitate a deeper understanding of inner emotions and ideas. If skillfully executed, entire sessions can be effective when dedicated to this skill alone. Feeling understood is the ultimate result.

Reflecting feelings is similar to Perception Checking in that it can let the Sharer know:

- you **understand**;
- you **heard and perceived correctly**;
- **you did not** hear and perceive correctly, in which case they will let you know;
- or, **they did not communicate** their feelings **clearly**.

You can mirror back to them, all or part of what they said, exactly how they said it, or you can summarize it.

You can mirror the tone of voice, body language, facial expressions, and certainly their energy. If a client is sad, you would want to reflect their sadness. If they are excited, you would want to reflect that as well.

However, it can sound and feel insincere when reflecting verbatim. Of course, it is most effective when demonstrated with full compassion and sincerity.

Skill #7 Reflecting Feelings

Examples

Client: *(with a grimacing expression)* I can't believe my father allowed that to happen. I'm so angry. I don't ever want to speak with him again.

- **Coach:** Oh... You can't believe your father allowed that and you don't ever want to speak with him again.
- **Coach:** You are so angry that you don't want to speak with your father, EVER.
- **Coach:** *leaning forward with an intense demeanor* So you are **really** angry.
- **Coach:** I can sense how angry this makes you and how it is breaking the connection with your father.
- **Coach:** So your dad has allowed something that has made you so mad, you've not wanted to speak with him since.

Notice that for some of these I used the client's language, and for others I switched it up a bit.

Skill #7 Reflecting Feelings pg.3

Examples of less than accurate responses:

- **Coach:** So, how angry are you with your father?
- **Coach:** You have been angry for a really long time.
- **Coach:** Smiling and saying “I get it.”

This is a foundational skill that when done correctly in a heartfelt way, can facilitate great healing.