

Mindset Mastery VI

An exploration of Self-Coaching

Lesson #5

Reflecting Feelings

CLASS GUIDELINES

1. I will be in a quiet place, using a high-quality headset. I will avoid distractions.
2. I will participate fully. All of my attention will be on the class.
3. I will be alone to protect the privacy of other participants and to create a safe, sacred space.
4. I will do my best to be present and on time to every class.
5. I agree to have my lesson in front of me, **PRINTED ON PAPER**, with a pen handy.
6. I understand that my role in the class is as the student.
7. I will laser my speaking.
8. I will refrain from marketing my product or service to fellow participants until two weeks after the last class.
9. I will refrain from alcohol and mind-altering drugs during class calls.
10. I understand hostility of any kind toward another person, including Dawnmarie, will not be tolerated.
11. I will not mention or discuss politics in class, with the exception of how they may pertain directly to my issues and healing.
12. I understand that Dawnmarie is a mandated reporter. If I tell her I have abused a minor or an elderly person, that I am going to harm myself or another physically or sexually, or that I am going to commit suicide or murder, she must, and will, report these facts to the appropriate authorities. I further understand that If I am in her physical presence when I make these statements, she must contain me and send for the Psychiatric Emergency Team to assist. If I tell Dawnmarie that I am depressed she must send me for a referral from the appropriate physician.

Coaching Principles for coaching others

1. Confidentiality -

- I. Medical form - You need explicit permission from the client to speak with therapists, doctors, or psychiatrists regarding their work with you as a coach. This also applies to speaking with friends and/or family.
- II. If you receive a referral for a client, it is *illegal* for you, as the coach, to let the referring source know whether or not you spoke to that person. You can't even thank the referral source after the initial conversation.
- III. Explicit Permission to use a name or story:
Even if given permission, it may work against you.
 - It can break trust with potential clients.
 - It can make you look unprofessional.
 - Existing clients may no longer feel safe or trust in your confidentiality.

If/when you do share, ALWAYS preface with
"I have permission..."

2. Higher Language -

- I. Always use equivalent or more formal language.
- II. This creates trust, connection and rapport. It also shows that you are really listening and hearing them. It's especially important in the first session before they hire you. As you get to know them more, you can relax.
 - Don't use "pee," If they say, "urinate."
 - Don't use "Ma," if they say, "mother."
 - It's OK to swear if they swear.
That's a tricky one. I, Dawnmarie, chance it.

3. Permission to coach -

- I. Always ask permission to coach. *As hard as it is to imagine*, someone might not want your coaching.
- II. It can be given directly by asking:
 - "Would you like some coaching on this right now?"
 - "I'd like to share something about that with you. Are you open to hearing it?"
- III. Permission can be implied:
 - If they are in a class or program, they have given permission.
 - However, when you are about to give instruction that you suspect might not be received well, consider asking for permission. 😊 Then, they have agreed ahead of time.

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

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.

Trio #8 Reflecting Feelings

Skills used

Silence

Deep Listening

Holding Space

Seeing the Loving Spirit

Reflecting Feelings

Timing

20/5/5

- **N.O.** - Focus your attention on the trio. Actively and silently send the sharer compassion and love.
Remember, your role is important!
- **Coach** - Focus all of your attention on the sharer. Silently send them compassion and love. Remember, they have all the inner resources to find their own answers and solutions.
- Invite your partner to share by saying something like this...
Please share with me something that has meaning for you.
- Allow for reflection by holding silence. Listen for the deeper meaning in what's being communicated. When appropriate, practice the skill of Reflecting Feelings.
(Interrupt as necessary – like last week.)
- **Feedback** is at the end of the last round for *all three partners* to share what they experienced in all three roles.

Homework

Catch up on all the prior homework assignments.

You will find the homework in each lesson. You can download the lessons again in the **About section** of your group page on the website.

If you would like, you can email your homework to

Dawnmarie@dawnmariepresley.com

Homework Checklist

- 1. Visit the class page at least 3 times.
Comment and answer any questions.***

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- Say your quality and statement at least 10 times daily.***

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- Finish all the homework assignments***

My takeaway notes
