

**AWAKEN YOUR PRECIOUS PRESENT**  
**Discover What's Missing Find The Answers**  
**Ignite The Spark Within**

- **Welcome To Issue #31-October 2006**
- **\*New Phone #! 847-566-3122!**
- **Article: "Reacting or Responding?"**
- **Article: "Keep Your Edge by Scaring Yourself"**
- **Relationship Coaching Definitions: Triggers**
- **Upcoming Local Events**
- **Visit our website at [www.trulyhumancoaching.com](http://www.trulyhumancoaching.com)**

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 questions or  
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 write Jim  
 directly at:  
[Jim@trulyhumancoaching.com](mailto:Jim@trulyhumancoaching.com)

Have an  
 upcoming  
 event? Contact  
 Jim to submit  
 today!

“Seeing is for  
 impeccable  
 men. Temper  
 your spirit  
 now, become a  
 warrior, learn  
 to see, and then  
 you’ll know  
 that there is no  
 end to the new  
 worlds ...”  
 (Don Juan in  
 conversation  
 with Carlos  
 Castaneda)

**Welcome to Issue #31**



Welcome Friends,

In the 2+ years I’ve been writing this newsletter, I have not missed a single month... until September. So...let me publicly announce

my engagement!!! 🎉 Yes, moving, becoming engaged, adjustments, and just a whole lot of living the life I want and the September newsletter just seemed to be a lower priority... YES!! Folks, you know I am all about doing the things that are most important to each of you... to stepping outside your comfort zone, to live the kind of lives you truly want! I do love ‘walking the talk’!

Yes, there were some ‘shoulds and oughts’ there for me about the newsletter, hmmm... How many times have you or someone you know worked feverishly to get something done because you thought you ‘had to’ or ‘should’? Please visit my website right now if that is the case... (‘cuz you really can do whatever you truly want!)

Please enjoy the articles, the first about “Reacting” instead of responding and the next article “Keeping Your Edge by Scaring Yourself” written by my coach (Jeff Jacobson) and printed in the Coaches Training Institute Monthly Newsletter (see [www.thecoaches.com](http://www.thecoaches.com) for more info). FYI: The latter article’s original audience was coaches, so if it the article draws a ‘reaction’ you’ll know why I put the articles in the order you will be reading them in ☺ The definition of “Triggers” offers more insight into common things that ‘go wrong’ in intimate relationships from a

Relationship Coaching Perspective. Most months, I also include a section for local events and trainings, for this month it is blank. Have any events you want marketed to about 1200 people? Let me know!

Enjoy the articles in the spirit they were written: with love and fun, with the hopes of helping other folks to also live with intention, to be truly human and live the life you truly want!

Namaste,

Jim

*Jim*

### **Reacting or Responding?**

Reactions.... As humans, we often 'react' to our environment... when someone pulls out in front of us quickly in traffic, we react, to maintain safety, to avoid an accident... we react. From the very beginnings of our existence, we react... to loud noises, to our parent's voices... we react.

Now however, as adults, we have formed 'different' reactions. That certain look that a husband or wife gives us, that tone of voice that means "trouble"... an emotional reaction about being stuck in traffic, or the frustration (emotional reaction) when we see our spouses clothes on the floor "WHEN WE'VE TOLD HIM HUNDREDS OF TIMES TO PLEASE PICK UP AFTER HIMSELF!".

#### ***How do you want to react?***

My question is: How do you want to react? As a Professional Speaker and Professional Coach, I talk with groups of professionals, clients and couples daily. I ask the question:

#### ***How do you want to feel?***

When we are 'reacting', we are 'acting' in response to another... often times there are little or know conscious (or at the very least) rational thought involved... We become emotional, and we take action. Often, at our own demise or with the result of drawing others into our 'realm' and dispensing our emotional distress on them, sound familiar?

In 2002, Thomas Leonard conducted a Tele-class called "Becoming Reaction Free". In that class, he suggested a 3 step process to become 'more' reaction free:

1. Notice 10 things you react to most.
2. Figure out why you're reacting
3. Asking: how can I grow as a person (transcend) or re-design the situation relationship so the reaction doesn't come up?

**Awareness brings choice:**

## Choosing not to decide is still a choice!

In relationship coaching, the terms are called “realm” (the place of yuck that us humans end up in, normally very emotional and hard to get out of quickly) and triggers: those things in our world that ‘set us off’, albeit it is not really ‘the things’ in our world but the buttons we wear openly that are ‘triggered’ by things in our world.

### *Reactions, realms, triggers... none of them feel really good.*

Thomas Leonard was a genius; he created Coachville, was a pioneer in the coaching field and recommended that once you start this ‘list of reactions’ to hire a coach, work through each one at a time. The first one could take 6 months, or 6 days... the more insidious, the longer it may take. Of course, it is the getting started, isn’t it.

Troubled by your reactions? Troubled by the reactions in your relationships? Write me at [jim@trulyhumancoaching.com](mailto:jim@trulyhumancoaching.com) and begin to get past the reactions that bind you ☺

To learn more about Thomas Leonard and Coachville, visit [www.coachville.com](http://www.coachville.com). Membership is free!

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## *Keeping Your Edge by Scaring Yourself*

by Jeff Jacobson, CPCC, PCC

*Scare yourself at least once a month.* This is a tip I give to CTI course students when they ask me how to be the best Co-Active coach possible. “Do the thing or things that you know will make your toenails shudder.”

Why? Do I want you to raise your blood pressure to dangerous levels? No. Do I think that terror is a useful strategy with which to coach people? No. Do I think you coach better when you are trembling? No, no, a thousand times no!

Here’s why I think it’s a great tip. Co-Active coaching works best when coaches are fully alive themselves and believe that anything is possible for their clients. Now, I don’t know many people who would argue with what I just wrote. But doing this is easier said than done.

Have you ever noticed your own propensity to talk about something when you could be out there doing it? I believe that this can make us a little stale as coaches. Remember that silly pain reliever commercial where the man says, “Hi, I’m not a doctor, but I play one on TV.” HELLO?! We were supposed to believe that he had good advice on medication because he could memorize a script and looked like Charlton Heston?

If you end up talking a lot and doing very little about your own exciting life, you, too, come across like that actor. “Hi, I’m not a real risk-taker but I play one when I’m coaching my clients.” You get stale and more than a little removed from your own life and what really awakens you to its bounty. That can’t help but spill over into your own

coaching. I know it does in mine.

Case in point: for quite some time I had been “working on my writing.” I sort of pretended that I had a writing practice, when, in truth, I couldn’t even call it a hobby. This began to interfere with my coaching ability. My clients wanted to do big things in their lives, and I was good at asking them lots of powerful questions and creating accountability. But because I kept avoiding the dreaded keyboard, I began to lose my edge. I became more like an automaton and less like a vibrant guy who could wade through the flotsam and jetsam of my clients’ lives and help them see what truly mattered.

What worked to get me unstuck? When I finally decided to get serious about writing. I hired a writing coach/director to help me convert some of my essays into monologues, and I booked a theater date so that I could perform my first ever one-man show.

The idea scared the hooties out of me. Who was I to do a one-man show? Did I have an acting background? No. Did I think I knew what audiences liked? No. Did I do it anyway? You can bet your sweet self I did. The year of writing and editing and finally putting the show on stage yanked me out of the rut that I had been in. It also helped me believe in myself more, which transferred over into believing in my clients more, too.

Alas, the thrill of the solo show faded. Things got a bit stale again, as things are won't to do. I knew it was time for another scare. My boyfriend and I went to a spa, and while there, we got pedicures. He decided to have his toenails painted pink and turquoise and electric blue. I was ready to run to the hills in fear.



Instead, I opted for the pretty brick red. Now this may not seem like a stretch to some of you pedicurists out there, but for me, whew, what a thrill!

And I didn’t stop there. I also joined a multilevel marketing company with two of my good friends. Do I think I have what it takes to make huge sales and become the darling of the network marketing world? I have no idea. Am I afraid that all my family and friends will want to flee from me the minute I walk into a room? Yep, sometimes. But the possibility of seeing if I can do it is so exciting. Holy Toledo, Batman, what if it works?

My advice? Get out there and scare yourself. Do that wild thing that you think of when your mind is wandering, before the Voice of Reason sends in its Storm Troopers to shut down operations. Rent that castle in Italy that you’ve been dreaming about. Ask the attractive clerk at the local grocery store out on a date. Go skydiving. Doing something like this will spice up your own life and will give you just the right amount of edge so that you can scare your clients into the lives they want.

As for this month for me? I am this close to going to a pedicure salon and having them paint daisies on each toenail, after touching up the red polish, of course. What?! Should I do it? But I...but...but...of course I should! J

**Jeff Jacobson, CPCC, PCC**, coaches and plays with people who yearn for bold, technicolor lives. He has been involved in coaching and human growth work for the past 12 years. Prior to coming to the world of coaching and leading for the Co-Active Leadership Program, Jeff worked in the field of language teaching and Chinese/English interpreting. His experience living in East and Southeast Asia for three years ripped apart his world view and taught him to love things like seaweed, good directions and fine, fine storytelling. [jeffreyjacobson@sbcglobal.net](mailto:jeffreyjacobson@sbcglobal.net)

## *Triggers*

Triggers; buttons, hot spots... Most people will refer to these triggering events as “having their buttons pushed” or the phrase, “she pushed my buttons” to explain their own emotional reaction... and notice... it is explained in the terms of how THE OTHER PERSON is pushing THEIR buttons...

Let’s think about the premise... if I have a button, and wear it, am I in some way waiting for it to be pushed? And whose responsibility is it to make sure it is not pushed?

In relationship coaching. We refer to such emotional reactions as “being triggered”. This refers to the reaction that occurs within us when we are ‘triggered’ by people and events. Being triggered is associated with a memory or memories with past associations. Characteristics of being triggered have been described as “feeling blank”; “like a deer in headlights”; having an over-exaggerated response to a situation or feeling like you are responding like someone not quite like you. Notice... the “external event” is simply a stimulus to YOUR internal response... yeah, ultimately up to each of us to deal with our ‘being triggered’ or having our buttons pushed. What to do?

1. Recognized you are triggered.
2. If possible, remove yourself from the trigger. Go somewhere and listen inside to find out what is being stirred up.
3. Accept this part of yourself (I say, embrace it!); learn from it, there is great wisdom here for each of us.
4. Identify 3 other ways to respond in the situation (much like the reaction article above 😊)
5. If it still comes up, call an experienced relationship coach to get past it (that would be calling me 😊)

Triggers continue to happen; I have learned that sometimes when we least expect it, there one is... reminding each and every one of us of our humanness; as well as creating the space for us to DECIDE what we want to do, how we want to act, and ultimately, how we want to live.

Call Jim for a sample relationship coaching session at 847-566-3122 and begin the work on a trigger in your life!

**Did I mention I have a new phone number?**

**847-566-3122!**

**UPCOMING TRAININGS:**

No upcoming trainings and events this month! See this space next month! Or better yet, have an event? Write [Jim@trulyhumancoaching.com](mailto:Jim@trulyhumancoaching.com) to have your event listed for over 1200 readers to see!