
Realm

(July 06) Feeling 'yuck'; making bad pictures in your mind about potential bad things that could happen, listening as your gremlins tell you how something that you really want won't work out, how you really know that you deserve less than you want... YUCK!

These things are some of the characteristics of 'realm'. Realm is a place that we all 'go to' at some point normally when things seem 'really tough'. "Realms are like small personal enclosed worlds that have their own 'weather', their own irrational beliefs and their own 'geography', (desolate, desert, etc...)

How do you recognize a 'realm'? One moment, a person might be holding their own in a conflict or discussion when suddenly they become fatigued, overwhelmed or they simply appear to run out of skills. It's as if a trap door has appeared out of nowhere and swallowed them up!

Realms are normally self-protective; people go into a realm when things are 'too tough', they can no longer stretch to stay engaged in the situation.

What do you do when you or another person you are with is in a realm?

For yourself, recognize it as the realm it is, that is a familiar place yet not a very productive or positive place. Allow yourself to understand this and become objective as if observing this 'realm space' from the outside, and making a decision on using some time to move past the realm and back into conversation.

For others, be compassionate, give them some space and know that what they may be doing or saying has little or nothing to do with what is going on with you, and almost entirely what is going on in them. I also suggest giving the other person some space and then, depending on your relationships with the person, you may want to share your experience about realms with them.

How often do you or those you care about end up in a 'realm'?

Realms are often associated with a disappointed dream or desire, or may show up when a person is operating too close to their own edge for too long and become fatigued, overwhelmed or triggered. If you find yourself in a realm or involved in realms in your partnership or family (yes, they are contagious!), connect with me for a consult. Often times relationship challenges and realm issues can be overcome in as little as 1 or 2 sessions, call and find out more: 847-566-3122 or write jim@trulyhumancoaching.com.

The notion of realm comes from information provided in the Relationship Systems Training through the Coaches Training Institute; created by Marita Friedjhon and Faith Fuller. See <http://www.therelationshipcoaches.com/index.html>