

Alexandra coaching Alexa transcript

COACH 00:02 Recording in progress. Thank you, Alexa, for letting me record the session today.

CLIENT 00:07 Hi, Alexandra.

COACH 00:09 Hi.

CLIENT 00:09 You're welcome.

COACH 00:11 As usual, if you feel, by the end of our session, that you don't want me to keep this recording for my ICF purposes, you let me know, and I will just delete it.

CLIENT 00:21 Sure.

COACH 00:22 Thank you so much.

CLIENT 00:23 No worries. You're welcome.

COACH 00:26 How do you come in our session today?

CLIENT 00:30 Um, I'm coming really excited. Um, remember, you know, our last session, I was telling you about my acceptance towards my - I don't know if you remember - my dad's wife, Martha, and it all worked really well. So I'm really breathing in--

COACH 00:47 Hmm.

CLIENT 00:47 --reminding myself that the mes-- not everybody is equal-- the same, not equal but, like, the same, I mean, sorry. Um, so yeah, kind of like, um, I'm really happy because I managed to have conversations with her without feeling frustrated afterwards until October when they come to visit us. So thank you so much for our last session. It works so far. I'll let you know if I kind of like hobble every now and then with her. But yeah, so far, I'm really, really happy.

COACH 01:16 Congratulations then for this progress and, and for taking a moment to acknowledge your own progress.

CLIENT 01:23 Thank you.

COACH 01:24 So happy, excited, and breathing in.

CLIENT 01:32 Yeah, one, two, three, the exercise.

COACH 01:36 The exercise. Indeed. What do you wanna focus on today?

CLIENT 01:44 Huh, I was waiting for that question. So with Martha, everything is okay with saying no.

COACH 01:52 Mm-hmm.

CLIENT 01:52 So I do-- as I said, I-I'm capable of saying no in this-- in this situation with her. And I remember that, you know, we're not al-- we're not the same, that we come from different backgrounds, and that kind of maintains me centered. However, at work, it doesn't feel quite the same. So I feel like my learning with

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you last-- in our last session works at a personal level. But I seem to hobble a little bit in, in-- at work, um, in a sense that we had our, um, reviews, our quarterly reviews, the one-to-one feedbacks, and I had to do it with my team. Um, and I had to say-- I had to give feedback to someone. I didn't have to say no, but I had to give feedback.

COACH 02:47

Mm-hmm.

CLIENT 02:48

And I don't know if they are the same or not, but I had to-- but the, the feeling was the same, the feeling of guilt after. So I had to give this, this wonderful person-- she's absolutely the most loving, caring, professional, beautiful person ever. I truly really admire her. But I had to give her a kind of constructive feedback, and then I get-- I, I feel very kind of bad, the same as I did with my Martha.

COACH 03:19

Hmm.

CLIENT 03:19

So I'd like to explore that, Alexandra. To respond to your question, "What am I bringing?" I'm bringing the sensation of not feeling good afterwards.

COACH 03:27

Mm-hmm.

CLIENT 03:29

Yeah.

COACH 03:30

So this, this feeling of not feeling good afterwards, you would like to explore.

CLIENT 03:36

Uh-huh.

COACH 03:37

And although it was working with, with Martha, I feel, and you managed to integrate the fact that we are not all the same, you hobble at work.

CLIENT 03:50

Uh-huh.

COACH 03:51

You discovered this through this one-on-one feedback that you gave to your--

CLIENT 03:58

Yeah.

COACH 03:58

--the person of the team. And when you--

CLIENT 04:01

Yeah.

COACH 04:02

You're smiling.

CLIENT 04:04

I am, but I think it's nervous smile because I feel it here in my chest that sensation of not feeling very well about it.

COACH 04:11

Hmm.

CLIENT 04:14

I think it's rather a nervous smile, sorry.

COACH 04:21

It's interesting because you were saying sorry for the feeling that you're feeling?

CLIENT 04:29

Um, I think I'm saying sorry because I don't know if I'm easy to read because I realized when you said, "You're smiling," and I realized that my smile doesn't really match my worry inside, and now I just feel like I would like to explain

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more a bit how-- you know, that truly, this is important for me. Um, see, I'm laughing because I think it's nervous laughter--

COACH 04:52

Mm-hmm.

CLIENT 04:53

--a little bit, you know, trying to kinda like hide something I don't like maybe, maybe. I don't know if that was a good thing. Hmm. I don't know why I said I'm sorry. Yeah. Hmm.

COACH 05:06

You know what-- why might this be important for you today?

CLIENT 05:16

Well, it is important because-- um, it is important because, you know, um, um, I've, I've got this new team so-- and I, I need to really move forward with, um, with their quarterly feedbacks. I mean, that's gon-- that is gonna be an ongoing process. And it's important because, because I need to be able to give that feedback and support people, you know, grow. For me, it's really important.

COACH 05:50

Mm-hmm.

CLIENT 05:50

Um, but I don't wanna feel this bad every time I do it, you know. I want it to feel like business as usual so that I can-- I can do my work. I'm a leader; I shouldn't really feel ba-- I suppose so, but I shouldn't really feel bad for giving feedback, that it's, it's meant to help us. I mean, that's what they trained us. You know, feedback is the way to learn. Feedback is not to criticize. And so it's important that my team grows. It's important that I'm a leader that supports the growth of the team. Yeah. And I wanna be able to do it without feeling bad.

COACH 06:27

Mm-hmm. I remember from our previous discussions that this feeling of growing and, and contributing to others' learning is, is, is one thing that is important for you. And I hear--

CLIENT 06:41

Mm-hmm.

COACH 06:41

--"I would like to do it without feeling bad." How would you like to feel?

CLIENT 06:50

Interesting you mentioned growth. It's true. It's-- there are some learning. It's-- yeah, they are kinda like center pillars for me. I like to feel that I contribute. I like to feel that I support and contribute. Yeah, yeah, yeah. Mm-hmm.

COACH 07:05

Hmm. Okay. So this feeling of guilt that is showing up with the feeling in-inside of your chest, how is this connected with contribute and support?

CLIENT 07:27

Uh, good question because they seem parallel universes in a way.

COACH 07:37

Okay.

CLIENT 07:39

It doesn't-- it doesn't seem like feeling guilty supports contribution. There's, like, a mismatch a little bit, no? I think it's like-- they, like-- if I wanna contribute, I should feel good about giving feedback, not feel guilty. Yet here I am talking to you about it.

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COACH 07:58 Mm-hmm. And you're smiling again.

CLIENT 08:03 Yeah, I can't help it when I get nervous pro-- see, I think I get nervous when I say things, but I know that they shouldn't be like that. Nice one. Yeah.

COACH 08:11 How should they be?

CLIENT 08:12 Interesting. Hmm. Interesting. Very interesting. They should be-- I should feel normal in saying these things. I should feel like I'm contributing, and that should make me feel proud.

COACH 08:37 You should feel contributing, normal, and proud. So do I hear that by exploring this feeling of guilt, you would want to replace it with contributing, normal, and proud?

CLIENT 09:05 It's so hard that I just needed to write it down.

COACH 09:08 Mm-hmm.

CLIENT 09:09 It is. Yeah, contributing, normal, proud. Yes. I wanted to write these three words. I like them.

COACH 09:16 Hmm. Mm-hmm. Would that be the focus of our session today?

CLIENT 09:23 It is. I-- yes. And I-- yes. Thank you so-- thank you for putting the right words, you know, in the right place. Yes. So what I want-- yes. Yes. So what I want is-- I like you to help me to feel that I'm contributing rather than feeling guilty, that I'm-- that this is normal for me rather than feel like, "Oh, my God, you know, I did, I don't know, you know, something," to feel proud of the fact that I can do that instead of feeling fear. Oh, my God.

COACH 09:54 Mm-hmm.

CLIENT 10:01 All right. So I never realized that on the other side of the coin of proud is actually-- that it's true. Um, I feel like-- I think that I feel fear for not upsetting people. I don't like upsetting people.

COACH 10:20 Mm-hmm. Fear of not upsetting people is on the other side of the coin of feeling proud.

CLIENT 10:33 Yeah, I don't know if it's the proper-- like, I'm not scared to such an extent to stop me from doing it, but it's a worry that I might-- let's call it a worry. I think it sounds a bit lighter. So I'm not scared to do-- because I know I've been scared before, and I, I wasn't talking, and I overcame that.

COACH 10:49 Mm-hmm.

CLIENT 10:50 So when I was scared, I wasn't saying it, actually.

COACH 10:53 Okay.

CLIENT 10:53 Now I do say it, but it's the worry afterwards. 12 o'clock last night, I was talking to my husband, "Do you think she got upset? Do you think she felt offended?"

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Do you think she--" so there's this worry kind-- after. So I-- now I manage. I'm proud of myself because I managed to do it. But then it's like-- I kind of saw it in my head, like, a worry. Let's say worry. I'm gonna delete fear here. I'm gonna put worry for how I made her feel.

COACH 11:32

Mm-hmm.

CLIENT 11:34

Yeah, that's actually what bothers me, the aftermath.

COACH 11:39

Aftermath, the aftermath of upsetting them.

CLIENT 11:44

Uh, yes. Yeah, aftermath of doing it and then analyzing what I did, "Did I say it all right? Do you think she got upset? Do you-- do you think she got it bad? Do you think she's feeling bad? Do you think that she understood? I did it for love and good intention. Do you think that she feels--" like, that's what I was asking last night my husband, you know. And he, he doesn't know her, but he was like--

COACH 12:05

Mm.

CLIENT 12:05

--"I, I think you did." I said, "I don't know." "Do you not have a session tomorrow?" I think 12 o'clock at night, we were having dinner because here is very hot, and he-- and at one stage, he said, "Do you not have a session tomorrow? Why don't you tell this to your coach?"

COACH 12:22

Wow. Thank you to your husband then-- for pushing you to bring this into our session today.

CLIENT 12:28

Yeah.

COACH 12:30

How is this pattern of worry linked with this same feeling of guilt that you were mentioning related to, to Martha or related to this situation?

[silence]

CLIENT 12:57

I think it is-- it's a very, very good, um, remark there because it's the same way. So I do it with Martha. I say no, and, and then I worry. It's the after.

COACH 13:11

Mm-hmm.

CLIENT 13:11

And the feedback that I gave to my team, I say it, and then it's the after.

COACH 13:20

It's the after.

CLIENT 13:22

That's-- exactly. I think that it's the after that bothers me, really, whereas if you're-- I don't know if you remember, I was working on how can I say it. Now I say it, but, ugh, there's an after that comes like that [crosstalk].

COACH 13:36

So it sounds that it's coming on levels. The first level was managing to overcome this already saying it, and at that moment, it was the fear of saying it. Now, it's the next level of saying it and worry of how might they take it.

CLIENT 14:02

Yeah, exactly. It-- yeah, yeah, yeah, it is.

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COACH 14:05 Mm-hmm.

CLIENT 14:07 It is. You're right. It's getting lighter but it's still in there.

COACH 14:11 Mm-hmm. So if we focus on, on this aftermath, what would you like to take away by the end of our session?

CLIENT 14:28 Um--
[silence]

CLIENT 14:41 I'd like to kind of maybe understand a bit-- look again a bit. Like, not again because we never spoke about the aftermath but, like, look a bit into it and understand what, what makes me wanna go-- what makes me think and rethink what I did because I'm merely questioning-- or no, it's not questioning because I, I know-- I think it's much more-- it's understand why am I so worried afterwards, just a bit of understanding. I think you, you always help me. Every time I understood something, I felt like I, I got closer to feeling different about things. So if I can un-understand what makes me worry afterwards, 12 o'clock at night talking about it with my husband--

COACH 15:38 Mm-hmm.

CLIENT 15:39 --that's gonna be a huge step to calm down.

COACH 15:44 Mm-hmm. What makes you worried?

CLIENT 15:48 Yes, what makes me worry after I say things--

COACH 15:51 Mm-hmm.

CLIENT 15:51 --why my mind is still-- it's like a broken tape. It plays it and plays it afterwards. And I'd like to understand why am I replaying it.

COACH 16:03 Okay. Why are you replaying the broken plate?

CLIENT 16:13 Yes. Uh, it's like a cassette, you know, those that we used to have, like-- it's rewind-- it's like o-over and over in my head.

COACH 16:29 Mm-hmm. How we will know that you have this understanding of what makes you worried, of what makes the cassette playing over and over?

CLIENT 16:41 I know because I wanna understand what makes me press the button to go back. Like, there's-- I know. I feel it, Alexandra. I feel it inside me. I don't know what it is, but I feel that I'm going with my own finger--

COACH 16:57 Mm-hmm.

CLIENT 16:58 --and press the replay button, right?

COACH 17:00 Okay.

CLIENT 17:01 So as soon as I understand why I go and press that, that replay, why do I press the button--

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COACH 17:09 Mm-hmm.

CLIENT 17:10 --and, whew, it's gonna be super liberating.

COACH 17:14 Okay.

CLIENT 17:15 And then maybe we can-- after that - I don't know if we're gonna have time today, or - maybe we talk about how can I come to a strategy not to replay. But I need to understand what makes me go and put the, the finger--

COACH 17:25 Mm-hmm.

CLIENT 17:25 --on the button.

COACH 17:27 Okay. So it sounds that today your finger is disconnected from the prefrontal cortex. [laughter]

CLIENT 17:37 Yes, it's like-- uh, it's like an automated-- exactly. This is so good. Exactly. It's like an automated-- au-- it's-- yeah, i-i-it--

COACH 17:49 Mm-hmm.

CLIENT 17:49 --the finger goes without me thinking. It is true. It's just this hand going.

COACH 17:54 Mm-hmm. Mm-hmm. So we are trying to find out what makes this automating finger going and pressing the--

CLIENT 18:07 Yes.

COACH 18:08 Yes. You're very convinced.

CLIENT 18:11 Yes, I am. That's what I want.

COACH 18:14 Hmm. Where would you like to go first in this understanding of the automated finger?

CLIENT 18:26 I wanna dive into the worry for how others feel.

COACH 18:31 Mm-hmm.

CLIENT 18:34 I put this sentence that I'm worried for how I made her feel, and it's straight into my eyeballs. I can see it's just here. You know, I-- here on my-- on my notebook. And I, I, I, I feel that it has to do a lot with this worry for how they feel.

COACH 18:51 Mm-hmm. What does this worry makes to your eyeballs?

CLIENT 18:58 You know, the snake from The Jungle Book that, that it-- when it goes into trance, and--

COACH 19:02 Mm-hmm.

CLIENT 19:02 --it's like a hypnotic round circles going-- it's like-- hmm, it's like hypnotizing me to wanna go and look over and over into it.

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COACH 19:12 Okay. So this sentence, "How do I make other feels?" creates a hypnotic feeling on your eyes?

CLIENT 19:22 Yes, yes, I would say like drugged--

COACH 19:27 Mm-hmm.

CLIENT 19:27 --wanting to go and look again and again and again. And I don't know how to look at it and, like, turn it-- turn it upside down, turn again. And I still don't seem to understand.

COACH 19:39 Okay. So I see an Alexa turning, turning, turning things and having in front of her this sentence on the-- on the notebook, "How do I make other feels?" that are creating the hypnotic circles. And while she's doing that, she's asking herself, "Well, how can I turn it? How-- where-- what perspective do I need to take so that I can understand?" because it sounds like the Alexa that is hypnotized cannot understand what is happening over there. Would that be correct to say?

CLIENT 20:15 That-- it's just spot-on. Yes, you hit the nail. And I don't know if you can see, but one word just so resonated with me when you said perspective. Can you see I put it down here?

COACH 20:29 Mm-hmm.

CLIENT 20:29 And that's the perspective. Yes, I think that what I'm looking at is I'm trying to find a perspective, an angle from which I can actually wrap my idea around-- my, my head around the idea of how do I make others feel, why is that-- you know? I need a perspective. I need the, the right angle to see--

COACH 20:51 Hmm.

CLIENT 20:51 --what's going on in-inside that worry.

COACH 20:57 The perspective, the right angle to see-- how to look at this worry. Hmm. What do you think would be my best contribution today to look at this perspective?

CLIENT 21:21 Hmm. Maybe encourage me to dive in the worry.

COACH 21:30 Mm-hmm.

CLIENT 21:35 Maybe push me a bit.

COACH 21:38 Okay. To dive in the worry?

CLIENT 21:40 Yes. Push me in the water. Yeah.

COACH 21:43 Okay. Anything else than pushing you in the water?

CLIENT 21:56 Um, like, always tell me what you see if I don't see something. If it looks like I'm not seeing something, please just tell me. Is there something that I'm not aware of that, that really, really helps me?

COACH 22:09 Mm-hmm. Okay. Anything else?

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[silence]

CLIENT 22:33 Hmm. No, I think that's--

COACH 22:38 Okay.

CLIENT 22:39 Yeah.

COACH 22:39 Push you in the water, tell you if I see something that I might think that you don't see, and check in with--?

CLIENT 22:45 Yes.

COACH 22:48 Okay. Well, when you told me about pushing you in the water, the first thing that came to me was worry, you know, "How can I push somebody in the water?" And I just wanna check in with you if you know how to swim before I push you in the water.

CLIENT 23:07 I do know. I've got my flippers on.

COACH 23:10 You've got--

CLIENT 23:10 I'm ready.

COACH 23:16 What do you think that is keeping you today from diving in, in this water?

CLIENT 23:30 Maybe the worry about the worry that I might find something there, that, um, I might find something-- or I don't know. I think that-- no, to be honest, I think-- you know, I don't think I'm worried about the worry. I feel that I'm ready for it. Um, I'd rather would say that I don't know where to swim, which direction. I mean, I know that there are lots of beautiful things out-- down there--

COACH 23:54 Mm-hmm.

CLIENT 23:54 --but, um, I don't really know-- I need some guidance, like, "Where should I look first?" you know. I feel that it's so big. It's like the bottom of the ocean, right, and there are so many coral reefs and things down, down there that you don't know really-- you don't have a guide, you know.

COACH 24:18 Mm-hmm.

CLIENT 24:19 It's-- um, I mean, okay, I might look-- I might see a coral reef. But if you don't know that that's a coral reef, you might think it's a tree. So maybe that's why I don't do it on my own because I don't really know how to look at things on my own.

COACH 24:30 Mm-hmm. Okay. So you see this ocean. You see the corals. And you might be hesitant of diving in because you don't know where to look on your own first.

CLIENT 24:49 Yeah. Yeah.

COACH 24:53 And if we are together, where do you feel like looking first together?

[silence]

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CLIENT 25:12 Um--
[silence]

CLIENT 25:23 Um--
[silence]

CLIENT 25:35 Into the-- oh, my God. Sorry, I just blocked a little bit because I, I, I think that I might-- I think I, I, I saw something down there in the water that I never saw before, um, the importance that I give to the relationship.

COACH 25:52 Mm-hmm.

CLIENT 25:54 So I think that we need to look at the relationship. That's the importance because it, it looks like-- it looks like because of-- it looks like I don't wanna-- my work or how I make other feel is-- because I don't wanna destroy the good relationship we're having--

COACH 26:18 Hmm.

CLIENT 26:18 --like, if it makes sense. But it's so important for me-- relationships are so important for me that I just don't-- I don't wanna risk them.

COACH 26:29 Mm-hmm.

CLIENT 26:30 Wow.

COACH 26:36 So by looking at this, what we have in front of us, you saw that inside, there's this importance you give to relationships. And I remember this is something that you mentioned previously in our conversations.

CLIENT 26:51 Yeah.

COACH 26:51 And you don't want to destroy now those good relationships. You don't want to risk the relationships.

CLIENT 26:57 Mm-hmm. Mm-hmm. Mm-hmm.

COACH 27:03 So would you like to dive in on your own and me watching from the surface, or do you want the two of us to dive in and explore what's in there?

CLIENT 27:18 Uh, oh, I, I can go on my own while you watch.

COACH 27:31 Watch. And you report in case--

CLIENT 27:34 Yeah, pull me out of there if you see that I don't have oxygen anymore.

COACH 27:39 Yeah.

CLIENT 27:40 Yeah, um, I might come back every now and then for help, but I think that I'm good. Um, I think I'm good. Yeah.

COACH 27:58 Okay. What just happened now? Because I saw a small hesitancy.

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CLIENT 28:06 It's a bit of disappointment. I can't believe-- uh, uh, withi-within myself is I can't believe that I work so hard on, on this idea of, you know, relationship with you until now, on this value when-- I mean, I manage now to stop sacrificing myself for others, like draining myself down for others. But it looks like to a certain extent, it's still kind of like comes to my mind--

COACH 28:37 Mm-hmm.

CLIENT 28:39 --and we're back to the same point-- not really to the same point. It's a different perspective, but I'm still talking about the value-- I guess the relationships, which actually haunts my mind in the aftermath of things.

COACH 28:53 Mm-hmm.

CLIENT 28:53 So in a way, I'm proud of myself because I managed to until now. And thank you so much for helping me along this journey. And now I-- and now I actually go ahead and say things and I do things. I don't sacrifice my own self for others. But it looks like-- I, I thought it was close, this chapter of the relationship, but I realized that, that-- I just-- I just see it very clear. The water is very clear now.

COACH 29:21 Mm-hmm.

CLIENT 29:22 That's why I stopped. Probably it wasn't a hesitance. It was like, "Oh, I don't need to dive. I can see better from here, from the top."

COACH 29:30 Okay. So you can see better to this clear water that it's about relationships, and it's about the importance that you give to relationships.

CLIENT 29:42 Yes. Yeah, I see better from the top rather than diving in--

COACH 29:49 Mm-hmm.

CLIENT 29:50 --because I can see the whole bottom, and, and--

COACH 29:52 Mm-hmm.

CLIENT 29:53 --and that's this coral reef that is called the relationships that I'm keep staring at. And, and I can see how entangled it is in my head.

COACH 30:04 Mm-hmm.

CLIENT 30:04 You know, like most of it doesn't have nodes anymore, but it seems like this little glitch that I'm having--

COACH 30:14 Mm-hmm.

CLIENT 30:14 --still comes from the need of not destroying the relationship that, that now is in the aftermath.

COACH 30:20 Mm-hmm.

CLIENT 30:22 Wow.

COACH 30:28 What happens now to the snake?

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CLIENT 30:37 Um, now I know the-- I'm not-- um, wow. It's a good question because I don't-- I-- because it's clearer--

COACH 30:47 Hmm.

CLIENT 30:47 --I don't have this obsessive need to-- you know, I don't hallucinate anymore. I rather-- I would rather say that now I have my snorkeling glasses on, so it's not anymore, like, hypnotic kind of, "What is it? What is it?" And that, you know, addiction to, "What is it? What is it?" I would say that now it's not-- it's not snake anymore. It's like snorkeling glasses--

COACH 31:17 Mm-hmm.

CLIENT 31:18 --and I'm looking at the bottom with a lot of clarity now. Yeah, yeah, yeah. Not-- yeah, not blurry anymore.

COACH 31:36 Not blurry anymore, looking at the bottom with the snorkeling glasses.

CLIENT 31:41 Yeah, because with the snake eyes, it was quite w-wavy, blurred. And now it's pretty clear.

COACH 31:46 Hmm.

CLIENT 31:47 It's-- this relationship, that the importance-- I still give too much importance.

COACH 31:56 Mm-hmm. So do I hear that this is the answer to the, "What makes me worried?" what makes--

CLIENT 32:02 Yeah.

COACH 32:03 --your mind kind of replay like a cassette over and over?

CLIENT 32:13 Oh, my God, yeah. Yes, yes, exactly. Yes.

COACH 32:18 Mm-hmm.

CLIENT 32:18 I still don't have the balance between me important, you important. You-- remember when we were talking about it? You were more-- people are-- were more-- much more-- we were talking about the balance. The one side was hanging more than me. They were always heavier than me. They were much more important than myself. Now it's much better, the balance, as I said. But I still feel like-- I've just realized today that I thought that the balance was even, you know. Like, I'm equally as important as you are. But it looks like in the aftermath, no, I still need to put some weight on myself. And so yes and yes, this is exactly the reason for why my finger keeps pressing because it's so integrated. This relationship in me, it's so--

COACH 33:04 Hmm.

CLIENT 33:04 --in, in the background. It's a background noise but I wasn't aware. The reason for I wasn't aware is because I thought that you and I closed this chapter with relationship before. I thought it was-- the balance was even. But it's not yet that even as I thought it was. And yes. Yeah.

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- COACH 33:25 Yeah. So now that you understand what creates this automatic finger to go and press the button, what do you wanna do with this?
- CLIENT 33:47 Hmm. Gosh, I can't believe we're going into the same thing. I wanna put some more weight on me again.
- COACH 33:54 Mm-hmm.
- CLIENT 33:59 I want to understand the fact that what I'm doing is for good reason.
- COACH 34:10 You wanna put weight, and you want to understand that this is for good reason?
- CLIENT 34:17 Yes. Like, the feedback that I'm giving to people, it's because I-- it's because I have a good intention, but, you know, it-- I know it from my head now that we're talking because it doesn't seem like I knew it before. Last night at 12 o'clock, I didn't remember that I was doing it for a good reason. So it looks like I'm not getting this in my head, or I, I don't seem to have it in me naturally. When I talk to you, for some reason, I don't know what our conversations are doing to me, but I remember these things. Like--
- COACH 34:56 Mm-hmm.
- CLIENT 34:56 --you know, I kinda-- I remember I do it for good reason. I remember that. I remember I have no bad intentions for people. I don't give feedback, as they taught me in training, to criticize them. Um, so when I talk to you now, I'm capable of remembering. As I said, I don't know what you're doing to me or our conversations or something; I remember. But I don't seem to remember it last night.
- COACH 35:19 Yeah. If you would have remembered last night, what would have made to you?
- CLIENT 35:27 Sleep better.
- COACH 35:30 Okay.
- CLIENT 35:31 Not having to spend my dinner, my lovely dinner with my husband by the beach with my two little dogs thinking about those feedback I was giving. I was still at work rather than eating my sardines. Stupid. I mean, it prevents me from-- you know, spirituality is very important for me. So I realized that instead of being present in here and now, which was-- it's what I do with my mindfulness. I'm training my brain to stay in the here and now. And, a-and instead of being present, having my sardines, I'm back at work revisiting what I've been doing--
- COACH 36:11 Hmm.
- CLIENT 36:11 --10 millions of times in my head. And, and also, it's-- I would-- what would be different, it would be different about the relationship with my husband because I think I drove him mad as he said, "Do you not have a session

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tomorrow with Alexandra?" So now thinking back, I realized that probably I-- maybe, you know, he's-- he was fed up.

COACH 36:28 Mm-hmm.

CLIENT 36:30 I don't wanna make him feel like that, you know. It's not fair. He has his own work and his own problems. I mean--

COACH 36:37 Mm-hmm. How would you want to feel?

CLIENT 36:45 I want to feel free of my-- my mind free, spacious--

COACH 36:49 Hmm.

CLIENT 36:50 --and present.

COACH 36:59 You wanna have your mind free, spacious, and present instead of having the guilt, the noise, the worry, the whole aftermath. You wanna feel contributing, normal, and proud.

CLIENT 37:18 Um, Alexandra, it cut off a little bit, and I just wanted to-- if you could please just repeat. I, I heard the contribution, the guilt, or something like that, but I couldn't hear the full, full question. If you don't mind, can you ask again, please?

COACH 37:33 I said you would like to feel free, spacious, and present, contributing, normal, and proud instead of worrying, feeling guilt in this aftermath when the finger is going and is pressing the button.

CLIENT 37:50 Mm-hmm.

COACH 37:51 Mm-hmm.

CLIENT 37:52 Yeah. Got that. Yes, that's ex-- that describes exactly my whole long chat. That's what I want. Yes. Yes.

COACH 38:03 Just to check in with you, how, how do you feel we are advancing in this conversation today?

CLIENT 38:08 As I said, I don't know how you're doing it or what you're doing, but I feel that you are helping me so, so much, clarify my mind. Um, it's super clear, Alexandra. Thank you so much. I, I-- better than I hope. I do really-- I do really understand. I do really understand why this bothers me, the, "How do I make other feel?" and, and, and I do understand my worry fully now. I do understand fully that. Thank you so much. There's no doubt in it.

COACH 38:49 What are you learning about yourself in understanding this worry?

CLIENT 38:57 That I need to go-- I don't know how to say it. I do learn-- I learned-- do you know what I learned? I learned what we were talking before: self-compassion is still not yet fully practiced, adding more weight on the-- on my sca-- on my side of the scale, on my balance, you know, self-compassion--

COACH 39:22 Mm-hmm.

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CLIENT 39:22 --and through self-compassion that I forget about my good intention.

COACH 39:27 Okay. So self-compassion and remembering your good intention and adding some more weight on your balance in this aftermath.

CLIENT 39:40 Mm-hmm. Mm-hmm.

COACH 39:46 What could be your next thing you could do related to this self-compassion and balance and adding things on your side?

CLIENT 39:55 Oh, I need to practice more of that, more of that, more of that. I need to-- I need to remind myself-- the best thing I can do to myself is remind myself about my intention. I think that this is the key, Alexandra. I think that the key is I forget because you made me realize today that-- as soon as-- as soon as I remembered with you that the intention was not bad, instantly, my heart just felt more spacious. I didn't feel that in my heart anymore, this sensation as soon as I remember my intention. And so what I want to do now is, is to remind myself about my intention every time I give feedback. My intention is to do good. I am responsible for my intention, as we spoke before. I am responsible for what I-- for my intention.

COACH 40:58 Hmm.

CLIENT 40:59 If my intention is good and I know I want them to grow and I wanna help them and that's the purpose of my feedback, this is it; I have to stick with this id-- I want to stick with this idea.

COACH 41:11 Mm-hmm.

CLIENT 41:12 I want to focus on intention.

COACH 41:16 Okay. So you want to remind yourself that you're responsible for your intention, which is--

CLIENT 41:22 Yes.

COACH 41:22 --to grow and to help, and you want to practice more of that reminder. Would that be correct?

CLIENT 41:32 Yes. Yes.

COACH 41:34 Mm-hmm.

CLIENT 41:34 Yes. I will remind myself of that. Yes. I'm just putting it down. Intention is to grow and help. Yes.

COACH 41:45 Hmm. How could you do that moving forward?

CLIENT 41:55 Um, you know what-- you know what, it never occurred to me before, but these feedback sessions are, are actually-- are actually planned, so it's not something that's spontaneous.

COACH 42:15 Mm-hmm.

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- CLIENT 42:16 And so what I wanna do is I'm gonna put a reminder-- what I, I-- this is the best thing. This is the best thing because I don't feel like I've, I've got it integrated because, look, I don't have it integrated because last night, it didn't come to me, the intention. That's the proof.
- COACH 42:29 Mm-hmm.
- CLIENT 42:29 So, you know, I think I need to practice them until I integrate them, you know, like what I do with mindfulness or my meditation. It's a lot of practice, and then it becomes a habit. So what I want to do is, in these feedback sessions, the rest of them that I need to give, um - yes, this is it - I'm gonna put a reminder in my calendar. Not in the original reminder because, otherwise, people are gonna see it as well. But five minutes before or half an hour before, I will put the reminder: your intention is to grow and help, and I know what that means. So that will help me that before I jump in-- I jump into the feedback session, in the one-to-one, I remember to establish a mindset that, you know, my focus is-- "Your intention is to, to help people grow. It's-- your intention is to help. You don't have a bad intention." So beforehand, remind myself just-- you know what I mean? And that's--
- COACH 43:31 Mm-hmm.
- CLIENT 43:31 --gonna really help me because I know I'm stepping in there with a lot of respect towards myself, for this good purpose that I have is nothing bad. So I shouldn't feel bad for anything because I know that my intention is to help and-- help them grow.
- COACH 43:48 Mm-hmm. What would you say that is a perspective that you gained in our conversation?
- CLIENT 44:03 The perspective that I am responsible for my intention, and that balance is a skill. Yes, my responsibility about how I make other feel, stan-- this is the perspective: stand in the intention, not in how they choose to feel--
- COACH 44:32 Mm-hmm.
- CLIENT 44:33 --about what I'm saying. Wow. I like that.
- [silence]
- CLIENT 45:11 Yes, I put this one down because I wanna put this phrase: My responsibility is how I make other people feel-- in how I make other people feel, uh, stand in my-- in my good intention, not in how they choose to feel. That's gonna go in my reminder.
- COACH 45:35 There is a very high energy when you're saying this, Alexa.
- CLIENT 45:39 I feel really good. I honestly truly feel super good about it.
- COACH 45:45 Mm-hmm.
- CLIENT 45:46 Yes. Yeah, yeah, I've decided that. You know, that's-- yeah.

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COACH 45:52 And it sounds very convincing.

CLIENT 45:56 Yes, I decided for myself to do that. Yes. Yes. Yeah.

COACH 46:00 Yeah.

CLIENT 46:01 I deserve that, you know?

COACH 46:04 You deserve that.

CLIENT 46:06 Yes, I deserve that. Yes, I deserve this to myself. I'm a good person, you know. After I put this sentence down, I realized that actually, a new perspective would be that I'm actually a good person. I'm not mean. I don't mean to make them suffer because it's their choice, you know, in the end.

COACH 46:21 Mm-hmm.

CLIENT 46:24 Yeah.

COACH 46:25 Yeah. When you mentioned about pointing to something that I might not see, uh, well, that, that is something that I do see in front of me, and you just pointed out alone that you are a good person.

CLIENT 46:41 Thank you.

COACH 46:42 And a very spacious person.

CLIENT 46:47 Thank you.

COACH 46:51 Hmm. How do we land now at the end of our conversation?

CLIENT 46:59 The land is very smooth and very good and very peaceful. Thank you so much.

COACH 47:07 Mm-hmm.

CLIENT 47:08 Very, very peaceful. I'm super happy with, um, with my perspective. Yes.

COACH 47:16 Your perspective. So the peacefulness--

CLIENT 47:18 Yeah.

COACH 47:18 --is replacing a little bit this feeling of guilt from the beginning of our conversation?

CLIENT 47:25 What guilt?

COACH 47:28 Ooh.

CLIENT 47:29 I even forgot about it, to be honest. It's-- I'm super, yeah, super chill, kind of like really-- there's a lot of s-- a lot of silence now. I'm not hearing anything anymore. Yeah.

COACH 47:44 Mm-hmm.

CLIENT 47:44 It's really good. It feels very good. Thank you so much, honestly.

COACH 47:48 How's the ocean feeling?

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CLIENT 47:48 Thank you so much. Beautiful. It's like the Indian, you know, the Indian Ocean with lots of colored species, species swimming.

COACH 48:02 You mentioned at one moment that this coral of relationship is the one that was entangled over there. Does anything change in this entanglement during our session today?

CLIENT 48:13 Not while you're asking because I, I actually-- um, when I said species, species, I actually saw them swimming freely through a-- through it. Like, no, i-it was just-- you know, like, when you see them in those National Geographic, um, the-- or the Planet, you know, the documentaries, it's just, like, moving slowly, peacefully, and it's got fish and things, colors. It's all good. It's all beautiful. And there's a lot of-- kind of like a breezy ocean. It's got a nice flow to it.

COACH 48:47 A breezy ocean.

CLIENT 48:50 Yes.

COACH 48:50 Anything else to add to our conversation today in this breezy ocean?

CLIENT 48:55 Nothing I remember. Thank you so much. I really, really appreciate all your help and, yeah, and for calming my demons down.

COACH 49:06 Thank you--

CLIENT 49:07 Yeah.

COACH 49:07 --for your--

CLIENT 49:08 Thank you.

COACH 49:08 --honesty and for your openness, like, always in our conversations. Is it still okay for me to keep this recording today?

CLIENT 49:17 Absolutely. Yes, make it public there. That's gonna help me get more, um, commitment towards myself and my responsibilities how-- in my intention, not how do you feel.

COACH 49:31 How would that bring you more commitment?

CLIENT 49:37 Well, since it's not the best-kept secret anymore and it's out there, imagine that the whole world will know about me; no excuses anymore.

COACH 49:47 That's not-- not the whole world will know about this. Probably if you let it out in the universe, it will come back resonating, will help-- the, the play that is going over and over again will be a new song playing.

CLIENT 50:03 Yeah, it's like a--

COACH 50:04 Yeah.

CLIENT 50:04 --background now. Thank you so much.

COACH 50:07 Thank you. Let me just stop the recording. Thank you so much.