

Carly coaching Christine #1-2019 transcript

Client: [00:00](#) I'm fine with that.

Coach: [00:02](#) Thank you Christine for allowing me to record for the learning and mentoring purposes.

Client: [00:06](#) Yeah.

Coach: [00:07](#) And uh yeah, so it's a few weeks since we've spoken and we had our intake sort of chat. And uhm, I wanted to to find out how you've been since then?

Client: [00:23](#) Uhm. It's been fine. I reflected very much of what you said. And where you had the extremely uh told me thatyeah. What are you playing, a little bit clarified certain consequences of my choices, for example, that I have taken and what kind of role am I doing? Am I being a player? Or what am I being?

Client: [00:52](#) And what is withholding me? And one thing that I have done uhm as this has not been perfect, specifically again in school or at work, ah has been it's just standing up and telling what it is. And uh asking that this is not okay and what can we do with it. So it's been very interesting, the awareness that I have gotten. And that I didn't allow myself to play the role that I was playing before. Uh, that's something that I feel like I spoken my mind, I have said my concern and then I have said, "Okay, where we need to act?" And this, we need to do it together.

Coach: [01:44](#) Well, your energy is even much different today than when I spoke to you, what I can't remember when, a few weeks ago.

Client: [01:52](#) Yeah, exactly. Maybe 10 days ago, we spoke together.

Coach: [01:56](#) Yeah. Something has shifted already.

Client: [02:00](#) Yeah. Yeah. I think sometimes you just need to hear it, because you don't know that ... Yeah. You don't realize what you're in. And I think this would make me more aware of the need, that I need to take that further and I need to understand how do I. You know, getting into that trap again even though you coach other, how can you get yourself into it. And definitely the choices we make are very much impacting whatever we do.

Coach: [02:35](#) Hmm. That's a great awareness.

Client: [02:37](#) Yeah.

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- Coach: [02:39](#) Well, we have agreed on three sessions for you to explore, and I wondered whether you had some more thoughts on overall what you wanted to accomplish in our three sessions, or whether you want to start straight away with something for today. Where are you at?
- Client: [02:58](#) I think one thing that stood up that something for ... And I don't know how much would do, but it's why do I, even though sometimes I know I'm right, what withhold me from getting my point through? And what is holding me uh to state my to state what is right or what is. And not shy away because it doesn't look good, it doesn't see well on me or it doesn't you know. If I have right, if I have the right way to say it, if I have correct way, why should I not say things. And sometime this is extremely important now with the awareness of what I'm through. It's like I should have acted much longer, because I know I had some point that they were right. Uh that's what's happening, neither at work nor in my personal life or with my daughter, or at the level where they were okay to just be silent and not act. And this is sometimes I recognize that I fall into the trap of yeah, letting it go or postponing or not acting on things as fast as I should be acting on them.
- Coach: [04:29](#) Hmm. Did you want to say more?
- Client: [04:30](#) No. No.
- Coach: [04:34](#) So it sounds like there's something about even though you know what you have to say is right as you said, the challenge is why am I not saying them, or saying them sooner? Is that-
- Client: [04:47](#) Yeah.
- Coach: [04:50](#) So for today, what would you like to explore around that?
- Client: [05:00](#) What I would like to explore about it is like. Uhm. And here, I know that sometimes when I do things, I want people to appreciate me, you know to keep a certain image of me. And sometimes that image I get more worried about that image and not beyond what is correct to be done. So it doesn't damage the way I am. I want to explore the fact that you know when we worry about. It's not if we want to be liked, but this is how we frame the way we behave. This is how we frame the way we interact. And then when we need to go beyond it and state right and it's hard, and it might show another face of us, how, why shouldn't I do it. I want to do that.

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- Client: [05:59](#) I want to do it because in certain instances, I got hurt by you know staying in that frame. And I don't want that. I don't want to be liked any more, because it hurts me. It becomes affecting me. I want to state what it is in the right way I do it, in the ethical manner and the respectful manner, but I don't want any more to withhold stuff and just to yeah be the nice person or the person that is like no problems around her, or uh accept things. Uhm, because I'm courageous in many other places. You know, I have, I take steps that others don't. I do things. I jump from one place that is completely secure and nice just to go into more challenges, and I love that. But why do I really care all the time about that frame image that I maybe set for myself?
- Coach: [07:12](#) Are you saying that this only happens in certain situations, or is it happening in many?
- Client: [07:18](#) In certain situation. In certain situation where maybe things are more at stake, maybe what I need to face, like people, and tell them, "You're doing wrong. You're hurting me right now. You're acting not in nice things." I just stay silent. Uh, at work, I can allow it long as well. But this not a strategy. I don't feel this is the right strategy any more.
- Coach: [07:53](#) Hmm hmm. Well, given that you have an awareness around this, what is the ideal image or way of you being that you are striving for? ...And that may not be the right word either.
- Client: [08:09](#) No, it's in a way stronger. Stronger to state my mind, to say, "Yes," for example, "Your daughter has bullied my daughter. And stop asking me that you want her to join our camping." You know, she wanted, one mom, she made me to say, "Should my daughter go with your daughter to that camping?" And in school, she has been not nice to her. And instead I excuse I said, "No, this week we are not doing that," instead of saying, "You know what. Your daughter has been not nice with mine and I don't think it's a good idea for them to meet." I couldn't say it.
- Coach: [08:58](#) What stopped you?
- Client: [09:04](#) Maybe that they will come too heavy on her, it will hurt her. But it's like, I got hurt so much myself. It's like, sometimes it's about I don't want to hear it, I don't want to see it, I push it away. And that's what I don't want to do any more. I'm so fed up of myself sometimes when I act like that because, why? I have the right. Why don't I need, as I have been affected, why don't I say it out loud? Why do I want to always show the good, the happy, the smiling you know?

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- Coach: [09:53](#) Yeah. Well again, your self-awareness is very high. And I know you've done a lot of previous work. We talked about that last time. You're very aware of conscioius, consciousness. And interesting is, you're talking a lot of, what I hear you saying so far is what I don't want. You do mingle it in with what you do want around being stronger, being more courageous. I think you mentioned courage already, that you have courage, but maybe it's also courageous as well to speak up and say these things. Is that resonating or not with you?
- Client: [10:31](#) Yeah. Yeah.
- Coach: [10:33](#) Yeah. So what do you feel we'd need to talk about in this session for you to be able to have that strength and courage to be able to speak up in, let's say, situations to do with your daughter?
- Client: [10:53](#) Maybe sometimes to think, "What am I losing? Why would I stop myself, you know what do I lose by saying it?" And just to say that, "If this is what has really hurt me, it's okay, the consequences, whatever they will be. It doesn't matter. As long as it's the right thing to be said." So it's that stopping or pushing. Why do I push stuff? Why do I don't want to say it any more? I don't want to.
- Client: [11:31](#) Because one thing that I have been aware of that things comes back to me on and on, like, "Could I have said it better?" So it create that guilt in me. "Did I do something wrong? Did I do something bad? Did I hurt that person? Did I not apologize properly, didn't." It's all about, what could I have done? What about what they could have said? You know, and this is a point where I need to change the way behaving, you know getting that guts much more. Because in other places I can say I state my mind about, I don't know, political points or. But when it comes to, [cough] excuse me, to people, one-to-one, then it becomes much harder.
- Coach: [12:26](#) Okay. You're noticing it in particular situations. However, I get a sense that this is something about your uh maybe approach in a thought process. You've mentioned a couple of times now, "Why do I push things away?" And when I asked you what we'd need to talk about, you said "What am I losing by speaking up or saying." So I'm wondering whether the opportunity for us in this session is to explore more the what you're losing, the belief set or something that's there that is affecting your behavior? How would you describe what the. What would tell you you've made some progress around this in the session?

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- Client: [13:21](#) To explore why do I stop? Why don't I go in and say it? And what is that thought process that goes into my mind that drag me back, knowing that it's correct. Knowing that I will say it in the right way, knowing this. Overcome the fear of it, of saying it, "Yes, that hurt me and this is the reality." To say that reality instead of sugar-coating it.
- Coach: [14:02](#) So it sounds like you want to be able to speak more directly how you're feeling.
- Client: [14:07](#) Yeah.
- Coach: [14:08](#) Is that? All right. If you're okay, it seems like we've got an idea. I've got an idea that just if I check in with you how you're feeling in being able to speak your mind or speak up and say what's true for you, would that be a good way to check in on progress here or is there another way. Yeah?
- Client: [14:27](#) Yeah.
- Coach: [14:27](#) All right. Well, what would you like to explore first?
- Client: [14:36](#) Just the way be able to speak more directly, maybe.
- Coach: [14:40](#) All right. And you did mention, "What am I losing by saying it?" So I'm wondering, what would you be losing if you were speaking directly?
- Client: [14:56](#) One is the self-image you know which is there, maybe nice or. And maybe it's all in my head I don't know. But it's, if I say that, what would the impact be on return on me. Say, you will that person still yeah. That's the wrong way to say it, but I will say it anyways. But will that person still like me or want to talk to me or want to maintain a relation with me or whatever that context is, if I will say it. Or when I go down that road, that is no way of return to it. You know then I know that I crossed it and I'm ready to take the consequences of it. So uhm, it's to have that visibility of, "It's okay." As long as I know that this was something that the purpose of it was good.
- Coach: [16:12](#) Yeah, there does seem to be some conflict between the image that you want to have and the truth that you want to speak. At times at least.
- Client: [16:22](#) Yeah.

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- Coach: [16:23](#) Yeah? What would need to happen for your self-image to include speaking your truth?
- Client: [16:40](#) It's stating that here I'm, the intention of it and being honest. It's stating more for like hey, the intention, why I'm going to say that, because. Or why am I saying it, to say that. And if I've been hurt, nobody can say, "No, you have not been hurt." Because yes, I've been. And this is something they can't take it away from me because it is there. Of course, it's not maybe good, or it was not that, but it is really the honesty. Maybe that, I need to put it forward clearly. ---And facing the consequences that it will have, you know. That it's okay to have a conflict as well, and to take that conflict. So one is the conflict and one is the state, the intention that, what is my intention out of this?
- Coach: [18:02](#) Hmm. When you say that, it seems like you got something. Did you, or was that just confirming what you already knew, what is your intention is important, to think about?
- Client: [18:13](#) What do you mean?
- Coach: [18:14](#) Seems like that was very clear when you said that, is that, "I need to think what my intention is for speaking my honesty." What does that bring to you when I say that?
- Client: [18:33](#) Is that enough to take me through it you know? Is that enough to. And here, when I took the second one, is to be ready to take that conflict if it comes, because the consequence of it is to have a conflict between me and the person no matter what the situation is. And it's okay to get that conflict instead of leaving everybody on this nice, floating relationship. If it's at work or it's whatever that is. It's to say, "Yes, here. You know what? I snap back. I reply back directly." That's not okay. Instead of being that silence. Because that, I don't do at all. You know I don't. I absorb much more than I can, absorb sometimes hits more than I reply directly. Like in meeting at work, if somebody like said something you know that was not nice, I wouldn't step up and speak. I just like, "Okay. I take it." I might take it later on or I might think about it, or somebody else would have snapped directly, took that.
- Coach: [19:53](#) [coach laugh] You put your hand up here. Was this a shhh. What was that?
- Client: [20:07](#) I just. It's was me who was like, "Okay, am I realizing what I'm saying or am I just stopping here?"

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- Coach: [20:13](#) What happened?
- Client: [20:18](#) You know what, sometimes when you speak up, when you speak, you are not used to say those things that have been. And that's sometimes like, okay, am I saying too much? [cough] Sorry. When you start talking about thing, you recognize when you hear them out loud, that that's not that may be difficult, or that's not. But it's the behavior that I have been embracing all the time.
- Coach: [20:59](#) Hmm hmm. Yeah. It's okay. And again I notice, I would call it may be overly sensitive about what you may not be doing right. And so far in this conversation many times so far you've said, "I don't do this, I don't. I don't, I don't." And there's nothing wrong with that, and just noticing that you're very aware of what you don't do. And uh, when I say that, what comes to mind? Anything?
- Client: [21:45](#) Like, I, I what I do good, is it that I push it away more, in a way. Well, I have a lot of high, how do you say. Expectation on myself, in a way that I don't do this right, I don't do this good, I don't do this to the extent. Uhm.
- Coach: [22:26](#) So far, what this brings to me is a couple of opportunities for where to go next. So I want to offer them to you, and maybe you have another option. You let me know, what feels right for you. One is exploring what these high expectations mean to you. One is exploring situations where you have been really happy with the way you've communicated, and learning from that. What did you do differently, or how were you behaving differently? Another is that we could, in fact, go into a situation that you're facing and you could practice how you might say directly, and then notice what you, what happens when you say that and we can work with that. Ah, I don't know, there are couple of thoughts. Not sure, one resonate with you, or does that bring something else that you want to explore?
- Client: [23:30](#) Uhm, what is it more I must say beneficial if, in your mind, maybe to go into one that is more tough. That were to say okay, if we correct this one, if we work on this one, we will be able to evaluate other easily. Or is it because they are a little bit as well connected with this situation that-
- Coach: [24:07](#) Yeah, I don't know. Interesting you would want to choose the tough one. [client laughing] "Which one is the toughest? Let's figure that out. Is it tougher to think about things where I've done well? Or is it tougher to think about where I'm not doing well? Or something else?" Why are you laughing?

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- Client: [24:31](#) That's. Okay.
- Coach: [24:31](#) What was funny?
- Client: [24:40](#) Because I always look for the most difficult things, and I want to do it. This is something I. It's like, "What is the most difficult thing that can help me most?" Of course, there are examples that sometimes it's hard to come to mind and to say, "Okay, in this situation." But for example, I would say it's important for me to uhm understand where am I going wrong. Where it does you know this wiring that I have in my brain, it goes directly somewhere else rather than the point, just the straightforward, state what you believe in, state what you want to say and don't leave it. Don't be worried about uhm yeah, the hearsay and whatever. Uhm, so definitely, I would say I could take an example, for example, if you want to.
- Coach: [25:59](#) Sure.
- Client: [26:03](#) Previously, I have, I've been working in a company and the farewell. Uhm, I've been for 23 years in one company where I have had very high positions. And uhm, when I had my farewell, the new Head of HR that was there was late, so I did my speech before. And then she came and the only thing she had to say about me in this place was that she's so kind, Christine, and helpful. And that really didn't resonate nice with me, because I've been you know, I've delivered, I have grown, I have made impact, make everything, and you know when she sat with me the first time, "I don't know you." And that she's been with me for many years in many situation. That really hurt me. That really.
- Client: [27:09](#) All what I have done, all what I have delivered in this company, many people respect me, and you know you just tell me, "I don't know you, and you're just kind and helpful." No matter how nice kind is and how helpful, you know those are two good things. But I was not, I was expecting more than that. And I didn't say anything to her. Uhm, and this is something still annoys me, and I could have replied to her, in another way.
- Coach: [27:50](#) Hmm. Yeah I get a sense that was uhm disappointing for you. And maybe I get even a sense of anger at her for not seeing you, is that?
- Client: [28:01](#) Yeah. It's like yeah in a way she was not, that basically she didn't see me in this way. For me as a person, she saw me as a person because she gave me quality as a person. But she didn't see a

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professional person there. And for me, I've been professional. I've delivered. I've done all what I you know, all what it is and I have had very, very many people respected me for what I delivered. But she just saw this kindness that in my view she doesn't have you know. But that's good she said that she saw it. But that's made me very uh disappointed true.

Coach: [28:50](#) And what did you really want to hear from her?

Client: [28:57](#) I wanted to the professional, the delivery that I've done, the way I have done things that any you know result in bragging and showing off and you know telling all what I. In a way, the arrogance thing, in a very humble manner that I've delivered and I have always been on time and I've always been one step ahead of others. That is something that I could have. Because she's seen that hard work, and she's seen not only hard work, hours, but you know delivering. And if the numbers should say X, I would have delivered X, of course. So that uh consistency, that ability to go in uh and do whatever it takes to do.

Coach: [29:46](#) Hmm. Yeah, so a lot of the qualities you're describing are about what you do, and they certainly do speak to your maybe dedication and commitment. When you're talking, these are the words I get as well. And, yeah. I'm wondering, if there were no consequences, in this moment if you could say anything to her, what would you want to say?

Client: [30:37](#) Uhm, I'd have said that it's good that you saw the good traits in me, being kind and being helpful, but what I have done is beyond that. And if you might have not seen it, fair enough. But I want you to be aware of it, because many that I have delivered and I have gone beyond that. So uh maybe you only need to talk about yourself there. [client laughed]. I know it's like, ah. And maybe that ability to quickly come up with this. I would have much felt better at the moment to say. And not maybe talking about it right now, but I would have felt much better that yeah I have proven to her the point who I am, beyond what she thinks.

Coach: [31:37](#) Yeah even when you were speaking then, I felt some anger, or uh, I even saw in your face a little bit of a tightening of your. And I'm sure if you delivered that to her, she would possibly notice your words and then notice your, maybe, the emotion that's not being said. I am wondering if, cause you wanted to be able to speak honestly and just say it, is what is the whole honesty of what you would want to say to her, if there's more than just what you told me?

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- Client: [32:21](#) What really what you said hurts me. What you said, it's not right. What you said is completely, for somebody in my mind, that haven't uh, doesn't know me, so please don't talk about me. Ask before.
- Coach: [32:40](#) Wow. That feels very auth, phew I mean, I got a different feeling when you said that. How did you feel saying that?
- Client: [32:48](#) Much better.
- Coach: [32:53](#) What was different?
- Client: [32:55](#) Because that was true. That was the feeling, the real feeling how it felt. That's the way that you know she did hurt me, and I should have. And if this is the feeling, then this is what I should have said.
- Coach: [33:18](#) Yeah and I know I said I'd check in with you on how you were feeling about speaking, what did I say, what was your words? I said speaking your truth, but just checking in with you. Uhm, how, honestly, authentically, this is what's coming to me right now, honestly or authentically do you feel now versus when we started this conversation? So how do you feel about where we're at right now and exploring your, "Why don't I say what I feel?"
- Client: [33:51](#) It's to be more true to say what I feel, you know to say it rather than camouflage it with a lot. To say really, it's not to say thing around it. It's to go really deep in it. Maybe that's what's more deeper than just yah honesty or whatever the answer is. But it's more to go deep into what is it really felt and say that.
- Coach: [34:27](#) Hmm. So if you said that to her with your feeling involved, how would that impact you? How would that affect you?
- Client: [34:41](#) I think that would have made me feel better, that I you know have pointed out this. And then to be honest, I wouldn't care if wherever she would answer about it, but I would be for me stating it and telling her. It's not proving her wrong but proving her ignorance that she doesn't know. Ah, because I was leaving anyway. Ah, but still, I regret to be honest, I regret that I have not said this to her. Because in her mind, I'm the nice and helpful. And I should have said that ah this is beyond that.
- Coach: [35:32](#) Ironically, how would you feel if the nice and helpful person said your truth to her?

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- Client: [35:37](#) Oh, I don't know. [shared laughed]
- Coach: [35:50](#) Well part of your self-image, you told me, was about being nice and being seen as being nice and wanting people to like me. So I want to just poke a little bit here and find out. If you say your truth, how does that improve or affect your image of yourself? Or maybe it doesn't.
- Client: [36:18](#) It shouldn't be. It shouldn't. It should, it should be. For me, it's equality that I miss, maybe. Not maybe, but I miss. I should be able to do that. I should be able to say it and stay the person I am. Ah so, why not? It doesn't maybe contradict it, it's an add-on to what I want that self-image to look like.
- Coach: [36:51](#) What is the ah quality that you would name and add to your self-image?
- Client: [37:04](#) Which is [client laugh], ironically, honest and straightforward.
- Coach: [37:13](#) If I was to ask Christine now what her self-image is, what does it include, the expanded definition?
- Client: [37:27](#) Just straight. Just straightforward. She tells what she believes in in a professional, in a right manner.
- Coach: [37:36](#) Is she nice?
- Client: [37:40](#) Yeah. She's nice. But that will not take her nice that will not take her uhm, nice, nice piece, but it will be. Maybe I need to redefine nice for me as well, but it's ah to be straightforward and to say truly what it is.
- Coach: [38:07](#) How would you redefine nice for yourself?
- Client: [38:17](#) That's a good question. Respectful. And uhm, yeah.
- Coach: [38:40](#) So if you were to have a conversation with this woman now and you were being respectful, honest and straightforward, how would that sound?
- Client: [39:02](#) Yeah, it would sound that, "You know what, I really want to tell you how it feels when you said that. It hurt me, and I wanted to let you know that what I have done is beyond that, ah what your word you have stated. Ah, and if you have not seen that, then you shouldn't have said anything. You should have said that I have not seen that."

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- Coach: [39:30](#) How do you feel, saying that?
- Client: [39:33](#) [client laugh] Good, easy, light, not heavy. Not the one with anger.
- Coach: [39:43](#) It felt much more clean in terms of when you said that, I felt the first time the energy of blame. This time, I felt the energy of just clarity and straightforward, and certainly it's going it like Uhh, okay. It felt very clear and clean and powerful. What do you want to do with that?
- Client: [40:18](#) I want to learn how more to practice it and do it. Uhm and see what is more at stake as well. Uhm, and understand that it has nothing to do with my self-image. It has to do with what I truly uh stand for. Uh, and I might gain more respect in that manner, rather than the other way around.
- Coach: [40:56](#) Yeah. What great courage you have, Christine. You've really moved through in this short time with us together today some pretty heavy stuff and done some pretty heavy lifting here. That's really, so uhm. Yeah. What would you. Well, we can either, there's two ways. Go straight to designing actions, which seems to be where you're at now. Or talk about what you've learned and then how to put that into action. What feels right for you?
- Client: [41:29](#) See what I've learned and go into action, yeah.
- Coach: [41:34](#) All right, yeah. What have you learned about yourself in this 40 minutes or so?
- Client: [41:39](#) That I could stay with the frame that I am, but add to it. And uhm, that there is nothing wrong for me to state or to say things, ah and not withhold them and keep that anger in me, maybe. Ah, and if I really state what hurts me, ah it will make me feel much better. You know it will release me more. Uhm. And, yeah. But it can be done as well. And I can do it.
- Coach: [42:35](#) Yes you can. You did. You just did, with this, with me. You illustrated that very beautifully. And what did you lose by saying your truth, your honesty to me?
- Client: [42:57](#) Nothing. By saying what I would have said, you mean?
- Coach: [43:07](#) Mm-hmm.
- Client: [43:14](#) Nothing, it just to, maybe I gain more, a little bit.

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Coach: [43:20](#) [coach laugh] Yeah, I saw your smile go there too.

Client: [43:23](#) Yeah.

Coach: [43:23](#) What did you gain?

Client: [43:25](#) I gained more respect. I gained more, maybe confidence. Or I gain more the ability to say that what I said is right, what I said is the ability you know. As I mentioned, yeah. I can do it. I can handle it. And I can articulate it in an proper manner.

Coach: [44:02](#) Hmm. Yeah. And it seemed to me that the qualities you brought forward were honesty, straightforward, respectful, and courage. Courage to say, to speak.

Client: [44:21](#) Yeah.

Coach: [44:24](#) You said you wanted opportunities to uh practice, so to speak, practice doing this, not sure what the word is now that you used.

Client: [44:36](#) I said that I need to do it more.

Coach: [44:37](#) Okay.

Client: [44:39](#) I need to do it more, the ability to do it even more of that and to. Yeah, and to get over that hurdle. You know it's like when you practice something, it become part of what you, the way you do it and the habit that you do it, and I think this is something, yeah.

Coach: [45:06](#) Hmm hmm. Who's on the other side of that hurdle that can help you practice? Or where can you practice?

Client: [45:24](#) Uh, I can practice everywhere. I can start practicing at home. I can practice you know about if my stepson needs the car and he needs it and he still keep on pushing, "When do you need the car?" And it's like, "I need the car you know." But then instead of being honest, like, "You know what, right now, I don't know when it is. Tell me, when do you need it, I will help you. I will see if we manage or not." It's just to say that, "Maybe I cannot accommodate all what you want right now." So maybe practicing more in situation where I feel like I don't want to be pushed into it, but I want to be part of it. Uhm. So, practicing at home, practicing at work uh, outside work.

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- Coach: [46:19](#) Interesting, when you spoke just then, I think there was a difference. I sensed that you were talking from, "I don't feel, I cannot," Versus before, "I should be able to. You didn't see me. You didn't recognize me." And now you're going, "I didn't. I can't." Very different. Felt different. And it seemed very clear when you said that. And you seem to be lighter as I'm looking at you as well, in your energy. What's your sense of what I just said there? Did you notice it?
- Client: [46:57](#) I feel more clear, myself. I feel more maybe that it's not maybe hard as I thought, or it's not that impossible. Ah, that it is maybe within me that I couldn't. Why would I not say it? Uhm. It's to be more aware of it. Maybe it's awareness that it is there, and, and what you help me, I think that to add on to nice something more, or to clarify what nice is and to put that it's honest straightforward and courage. And I think this is for me what helped me out into those words, use them. And make them into life, rather than it's not only a word on the paper, but it just, yes, this is who I am as well. As well as, rather than I couldn't, I shouldn't, I didn't, all the-
- Coach: [48:08](#) That's a really nice shift. Maybe that is you as well, yeah.
- Client: [48:13](#) Yeah. [shared laugh]
- Coach: [48:18](#) Well, we're coming near to the end of our session here, and I just want to check what uh, what else you want to experiment with these next few weeks before we speak again?
- Client: [48:32](#) If I need to do more of it, or if I need to practice, is it something that you will say don't overemphasize this or try it, even though it's more the practice maybe on it? Or more the awareness on it?
- Coach: [48:55](#) Are you asking me?
- Client: [48:55](#) Mm-hmm.
- Coach: [48:57](#) What are you asking me for? I mean, what do you want from me? I'm not sure.
- Client: [49:02](#) What I would like is that is it something that I will benefit from doing you know, to be more aware of, to be more attention it, to not fall into the other trap, to the old one. And to get into the new definition of me, or the new as well as?
- Coach: [49:27](#) What does the confident Christine say is right, for her?

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Client: [49:40](#) Just do it. [laugh]

Coach: [49:49](#) Then that is it. [laugh]

Client: [49:49](#) Just do it. [shared laugh]

Coach: [49:49](#) Just do it.

Client: [49:49](#) Yeah.

Coach: [49:50](#) I mean, I'm sure you'll find your way. You've got such great self-awareness. You know what you're working with. I do want to ask you about the woman, though, that you resent not speaking your honesty to. Do you want to take that on, to still speak with her, or not?

Client: [50:12](#) I will take it on to. The woman that I referred to, I haven't been seeing her for the last one and a half year, maybe two years. So uhm, I don't have anything to do with her. However, maybe the day I will see her, I will tell her. And that I think I will promise myself that this is something I would do, because I think I owe her that explanation. But what I will do is to speak honestly for the mother that came to me, and her daughter you know was not nice with my daughter. That, I will do.

Coach: [50:56](#) Wonderful. Would you like me to ask you about that next time we speak, or do you just want to tell me about it, or what?

Client: [51:04](#) I will tell about it.

Coach: [51:06](#) Okay. I will let you choose how you do that. I have one other thing that is just sort of sitting with me that you said that I want to ask you about, if there's anything you want to do about this. You said you wanted to possibly keep the anger within you instead of expressing it. I got a sense that once you said your truth, the anger went. So I'm not sure whether it's a language thing or whether there's something how to process your anger that you feel before you get to the honesty and the respectful communication. I'm wondering if there's anything you want to do with that anger when you feel it?

Client: [51:52](#) Very true, because that could lead to the behavior that I don't want to. And it because when I feel that anger I could uhm either take a step back, go on a silent mode, uhm just take it in, get the hit, uhm rather than do something about it and maybe face it directly, in a way. Uhm, yeah.

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- Coach: [52:40](#) So do you feel like you've got a sense of something to explore there with anger?
- Client: [52:44](#) Yes.
- Coach: [52:44](#) Yeah.? Do you need anything else, any resources or support or anything for that?
- Client: [52:51](#) How to express it without feeling very angry, maybe. That's the only. You know sometimes when it goes very, even though. Then you're not solving, then it becomes not very helpful. Uhm, in a way, you could maybe process it quicker and say, "Okay, what is the outcome that I want to get out of it?" Because otherwise it goes to emotion, and emotion goes to, yeah. Mediterranean blood, and then it becomes difficult. [laugh]
- Coach: [53:37](#) [shared laugh] I like Mediterranean blood. I like your Mediterranean blood. Alright, it sounds like you've got some exploration around that as well. So how are you feeling now about this whole idea of wanting to be, I guess, more expressive and looking at your self-image? And where are you now versus where you started our session?
- Client: [53:59](#) I think much clearer of who my self-image is and what you know beyond that nice that I you know it's more my label. And it's more than that. So I feel like it's like you grow a little bit bigger, ah beyond you know the nice ah thing. And it's still nice to be honest and straightforward and respectful, so it's just that I haven't used it to the extent it is. And I think this is extremely helpful for me.
- Coach: [54:44](#) Hmm. Well, I feel your energy shift and the difference in the language you're using about yourself. And uh, yeah, it's nice to work with you today, thank you.
- Client: [54:56](#) Thank you.
- Coach: [54:57](#) What else, if anything, do you want to say to complete the session?
- Client: [55:05](#) Uhm. Yeah, no more enlightened, I think. I feel happier. Thank you.
- Coach: [55:14](#) That's good. Yeah. I'm glad. All right, well, I wish you a good time experimenting until we speak again. I'll look forward to hearing whatever you want to share about it, and uh yeah.

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Client: [55:30](#) The next time we speak, I'm looking forward as well to take that to the second level. Thank you.

Coach: [55:39](#) Wonderful. All right well, I will say goodbye. Goodnight, I know it's very late for you there.

Client: [55:44](#) Thank you so much.

Coach: [55:46](#) And I wish you a good evening, and I look forward to connecting. We've already got our time in so.

Client: [55:52](#) Yeah. Thank you so much, and have a nice rest of the day, a nice weekend.

Coach: [55:57](#) Thank you, Christine. And you.

Client: [55:58](#) Thank you so much.

Coach: [55:59](#) Okay.

Client: [55:59](#) Thank you. Bye bye.

Coach: [56:00](#) Bye bye.

Client: [56:00](#) Thank you for the tip.

Coach: [56:02](#) Oh, yeah. Microphone, yeah. That worked really well. Yeah. Thank you.

Client: [56:08](#) Yeah. Yeah. Thank you so much. Bye bye.

Coach: [56:10](#) Bye bye.