

Debbie coaching Mary Pat transcript

Coach (00:02): Something. Hi Mary Pat, how are you?

Client (00:06): I am good. How are you?

Coach (00:08): I'm really good. Good for a Monday.

Client (00:12): Oh, I know, I just came back from a walk and had a little lunch. So, I'm like, okay, start the day.

Coach (00:19): Awesome, awesome. Um, thank you for allowing me to record for my training purposes. I so appreciate it.

Client (00:27): You're welcome. My pleasure.

Coach (00:29): So, what's caught your attention today, Mary Pat?

Client (00:35): You know, I have been thinking about a few things and what keeps coming back is anger. Anger.

Coach (00:48): Anger. Can you say more about that?

Client (00:52): I am so uncomfortable with anger. And I'm wondering if, in my divorce, and if in Eric's death, I have skipped anger in those processes, because I have a bunch of, you know, beliefs about anger, that it's, um, uncouth, unladylike, un-Christian, um, shows a lack of control. Yeah, I just have a bunch of thoughts about me expressing anger. And, and when other people express anger to me, like how my ex-husband used to do, it just scared me. Like, anger scares me. And it reminds me of like when I was a little kid, and my dad was angry. I was like, oh, man, if my dad was angry, run for the hills.

Client (02:02): So, I really am a baby when it comes to being able to express anger. You know, trying to say, because I know, it's possible to express anger in a way that is still rational and calm, and, you know, I was angry when: duh-duh-duh-duh, kind of a thing, and I don't have to be screaming to say it. But my template for anger has been like out of control, upset, men. So, now I want to kind of think about did I show anger? I don't think I did in my divorce. And when Eric died, I think I just was like, oh, I'm so in my head and so rational, that anger just seemed like, um, I don't know, just didn't want to go there.

Coach (03:04): Hmm. I heard you say that, um, you're acting like a baby with anger. And then I thought, well, what do babies do with anger?

Client (03:20): Yeah. They show it. Well, at least show it, but I mean like, in my, um, level of maturity with anger, I'm in the baby phase. You know, I'm not like in the adult, able to convey, you know, I'm angry, duh-duh-duh-duh. I'm (Coach: Got it) more, not literally a baby, but just taking like tiny little baby steps towards even thinking about anger.

Debbie coaching Mary Pat transcript

Coach (03:53): Yeah, so what I sense is that you want to be able to embrace your anger as an adult.

Client (04:00): Mm-hmm. Yeah. And feel like this is a normal emotion, not to be avoided, and I can, I can work with my anger. You know, I don't have to be afraid of my anger. I don't have to deny my anger. I don't have to be ashamed of my anger. But it has been just pounded into me that anger is like an out-of-control parent, you know, who's yelling and just saying like, "All of you get upstairs, go in your bedroom," you know, just frustrated and out, that's what anger is to me. It's just out of control. That's so not me. I am the picture of control [laughter].

Coach (05:09): Yeah, what I, you know, what I'm sensing is there's a Mary Pat that just wants to be out of control.

Client (05:17): Mm-hmm. Very much, who just wants to let it rip and not have to think about what is the polite thing? And what is, how is everyone else feeling? And how is this going to be interpreted? Um, are people going to think I've, you know, lost my mind? And how do you know if you skipped something in grief? Or how do I forgive myself for like not recognizing and using my anger, because now I've learned that anger is a warning sign. And it's, it's, you know, your body is trying to help you, like warning, something's out of whack, and so you're feeling angry. But I've always just pushed that down.

Client (06:20): And being a teacher of young children, I mean, that was my job every day was to, when I got frustrated, or if a child was like bugging me, I had to have like a, and I was an expert at it, neutral face and just be like, you know, "Johnny, you know, can you make a better choice? Or can make a different choice?" or, I never flew off the handle, you know.

Coach (06:50): So, how has by doing that, suppressing your anger, how has it served you?

Client (06:58): You know, in, in, at my work, it was good. It was good. Um, in certain relationships it works, because it keeps everything the status quo. Although I pay the price. And then, you know, obviously in my marriage, I think I would have been respected more if I showed my anger. But also, in my marriage, I think I was always trying to be like more mature than my ex. And so, not showing my anger was also maybe a manipulation? Like, you just go there and have your hissy fit, I'm right here, totally got my shit together watching you have a rough time. When inside I was having a rough time. (Coach: Yeah) And you know, could be other emotions too.

Coach (08:39): And so, what is it that you'd most expect to happen by feeling your anger?

Client (08:52): I would think I would be out of control. I think I would be viewed as all those things I listed in the beginning, like "Oh, look at her, she's gone crazy. She's, that's so tacky, that's so classless." You know, I think I'd be judged, harshly.

Debbie coaching Mary Pat transcript

Coach (09:18): So, let me rephrase my question. It sounds like you came here today to really address your anger. And so, by addressing it, what is it that you most want to experience by doing it?

Client (09:39): I guess I'm looking for a feeling of forgiveness towards myself. Because I didn't use a, I ignored a warning sign my whole life. You know, my body was telling me, "You're angry." And I ignored it. And because I ignored it, you know, who knows what would or wouldn't have happened like with my ex? But, when I think about Eric, there were times that we disagreed about courses of action. And because I was so afraid of my ex's anger, that I like grudgingly agreed with him on courses of action that turned out not to be good.

So, I kind of have, I have guilt, you know, that my compliance, and my people-pleasing ended up, you know, hurting Eric, although I know rationally we did the best we could, and blah, blah, blah. You know, how, how do I forgive myself for, like in my marriage, I always, or before I was married, you know, anger was available to me, and I, and I just, I didn't use it, I guess because I just was so co-dependent with my husband that I just didn't want to draw a line in the sand.

Coach (11:37): So, I'm hearing two themes. One is that you want to learn to embrace your anger. And you also want to forgive yourself.

Client (11:51): For not embracing it earlier. [Yeah]. Like I don't, it's like anger would be if you gave me a tool that I didn't know how to use. Like, if you gave me a miter saw, I don't know how to use it. I don't know what to do with it. I mean, I've heard of it. I know it's for making cuts in wood or something. But it's like, what do you do with it? How do I use this to help myself heal now?

Coach (12:32): Yeah. I can really feel your desire and passion around shifting.

Client (12:37): Yeah. Now, I'm going to back up and tell you an example of anger I had recently that was not stellar. Um, I think I had told you my mom's been having a lot of medical issues, and it's been complicated by the fact that she's not wearing her hearing aids, and she probably has some dementia going on. It's really hard to talk to her on the phone, she keeps interrupting and her head isn't all straight. So, I had a phone conversation, my sister called me and my mom and dad were on the other line. And they were trying to establish a timeline of something that had happened in the hospital, how some information had gotten transmitted incorrectly to the family. And I said, "Oh, I was the one who sent out that text, um, I got the information from dad."

Client (13:32): And then my mom just kept interrupting and interrupting and saying stupid stuff. And I was like, "Would you just shut up?" And I said that right to my, in front of my mother, my father and my sister. And I just needed to say that so much, that at the time I was like okay, that was bad, and it took me a few hours and I did apologize and she graciously accepted, but I was like oh my God, I just did a Joe Biden, like just shut up. In the first debate, it was like "beep!" So, like a button was pushed and I just went "beep!" It's not, it's not what I want to do with my anger. Now, that's a whole different topic of button-pushing, and I acted in that moment, I

Debbie coaching Mary Pat transcript

acted like how my ex used to act towards me. Like occasionally it would just come out, like he'd be like "Fuck you!" or, you know, something like that, where I would never say anything like that.

Coach (14:33): So, if you left this session today feeling some movement towards healing, what, what would you most want to have happen Mary Pat?

Client (14:45): I guess I would like to have some clarity around am I using my anger? Like, like do I need to go back and do some anger work around my marriage? Do I need to go back and do some anger work around Eric? Like, how do I know? And I think I have to also be real with myself that when I'm not angry, I'm kind of like patting myself on the head. You know, I'm giving myself a gold star. I'm telling myself some really unhealthy stuff. You know, like, oh, you know, to people, like, you know, Dave and I have an amicable divorce, or Dave and I have a very, you know. Uh, really? I'm pissed. No, I'm fucking pissed. I like fucking wasted, and I said to him once, "I feel like I wasted my life."

Client (15:50): So, I have anger under there that is still bubbling up, and I would prefer to just find a way to like let it out, instead of it just constantly being this oozing of snarky comments, and. Coz you no, because he can still push my buttons.

Coach (16:19): So, um, it sounds like you want clarity around whether you should go backwards and process through the past.

Client (16:34): Mm-hmm. Or is it right, or is it done? Or is it like Mary Pat, that's over. That's, you know, that was four years ago.

Coach (16:44): Yeah. How would you know, by the time we're done talking, that you gain that clarity?

Client (16:53): Hmm. I mean, I guess I'm looking to you. Do you have any wisdom on that? Um, because I know, I tend to ruminate. And so, you know, and I know everybody says, like, you look in the front, through the windshield way more than you look in the rearview mirror. How do I know if I'm ruminating or if I'm, you know what I mean? Like, how do you know the difference between reflecting and ruminating, and, and, um, thinking that is productive, or thinking that's digging you in a rut? Well, if it was productive, I guess I wouldn't be having my buttons pushed. Maybe the, maybe the ruminating I'm doing is digging me into an anger thing. It's like a frustration cycle. Not positive.

Coach (18:21): Yeah. So, you want some kind of clarity, by the end of this session. And it sounds like you're not sure what clarity you need.

Client (18:46): Yeah. I don't know. Maybe you could ask me some questions, and that would lead me to some kind of clarity?

Debbie coaching Mary Pat transcript

Coach (18:56): I'm just curious, is it clarity that you most want to gain from this conversation? Or is it something else?

Client (19:04): Hmm. I mean, of course, I wouldn't mind if you just said, "Sure Mary Pat, you need to just in throw stuff, and then you're going to feel better and it's all going to be gone tomorrow." Or "That ship has sailed. That divorce was four years ago. So, anything you're thinking about in the past is the past. Forget it. Go on." Blah, blah, blah, blah.

Coach (19:37): Well, let me ask you this. What feeling would you like to leave this session with?

Client (19:45): I'd like to just feel a little bit lighter, and that, you know, that there was some sort of like, "Aha!" clarity-ish.

Coach (20:01): Okay. And how light do you feel now?

Client (20:06): Yeah, on a scale of one to 10, you know, I feel very grounded right now. So, you know, I'd say more like a five or six.

Coach (20:21): Okay. And you, obviously you want more light. Hmm mm.

Client (20:28): Yeah.

Coach (20:29): Mm-hmm. So, how would you like to begin exploring accessing more light around what you shared so far?

Client (20:45): If I, okay, I want more light, but maybe I just want to bitch. Maybe I just want to be angry. And then as a result of like offloading the anger, I'll feel lighter. Do I keep, like, you know, when I keep my anger with me, is it keeping me heavy? You know, because Debbie, my divorce went very quickly. There, imagine a divorce, there were hardly any arguments whatsoever. There was a heated argument that led to the words "Well, I guess we're getting divorced." And then there was some snippiness and, you know, around a garage sale, anger over who's paying for what and duh-duh-duh. And that was kind of it. That's not I don't think what typically happens when people get divorced. I think there's a little more emotion and a little bit more drama, and it was just pent up, bottled up, you know?

Coach (22:02): You, um, you used the term, you mentioned a miter saw, like, I would have no idea what to do with that. So, what would you do with that, that miter saw?

Client (22:21): If I had one.

Coach (22:23): If it were your anger, you didn't know what to do with it. What would you do with that miter saw?

Client (22:30): Well, you know what, I'd get a book, I'd go on YouTube, I would talk to you. And being so Mary Pat, I'd probably spend all my time polling different people on what I should do

Debbie coaching Mary Pat transcript

with a miter saw that it might just lay there and never get used, because I'd be so busy getting consensus about what I should do with it.

Coach (23:01): Okay, yeah, I'm wondering what would have to shift in your mindset to want to even pick that miter saw up and learn how to use it?

Client (23:18): I mean, I guess I would have to say something about like I'm going to give myself X amount of time, or X amount of people, and then, and then I'm just going to pick up the saw and use it. So, I mean, I suppose I could at least, I've acknowledged I have anger, but I haven't used it. So, I'm not that I'm going to go call up Dave and say angry things, but at least I journal or something about all the things I am angry about and see where that leaves me.

Coach (24:10): Well, what would you have to know about the benefits of using miter saw?

Client (24:20): Well, I mean I would have to have a goal in mind of like, "Oh, I want my trim to look like this." And so, what I want is healing. And so, I have this idea that maybe my discomfort with anger is keeping me from the healing that I want to experience. So now, it's like I have this idea and I have this end game, but now how do I get to that end game using my anger?

Coach (25:05): I'm curious about that smile.

Client (25:07) I'm like looking at you like OK, got any ideas? Well, I mean, I think I have to rearrange my beliefs about anger, and have those more front and center than I was easily able to tell you my old beliefs about anger, but yet, I'm a little fuzzy on the benefits of anger.

Coach (25:41): Mm-hmm. So, would you, perhaps that's the clarity that would support you?

Client (25:48): Yeah.

Coach (25:49): Okay, so let's, if you'd like, kind of explore the Mary Pat that has no issues with expressing anger.

Client (26:02): Yeah, I don't know her.

Coach (26:09): Are you willing to?

Client (26:20): Yeah. Yeah.

Coach (26:14): And so, if she were standing across from you, what would she be teaching you or telling you about that new mindset, anger mindset?

Client (26:25): Oh, well, if she would be encouraging me to be a more powerful version, and a more healed version, and that, you know, anger done right is powerful because it's a boundary, and it's communication, and that people will respect you when they know where you stand. And I guess that's where I get a little afraid, like sometimes, like on Facebook, I'll think about

Debbie coaching Mary Pat transcript

replying, and then I'll think, "Oh, no, I'm not going to take a stand on this. You know, I don't want to be that person." And then I just think, "Oh, it's so wimpy, like, just take a stand." And if people like it, they like it, and if they don't, they don't. Like sometimes it's like I don't want to be known, because I just want to be like "Everybody like me!"

Coach (27:22): And so, what would that Mary Pat, who has embraced her anger, what would she tell you about that?

Client (27:29): You know, she would say that's bullshit. That if you want to live in integrity, that you have to let people know where you stand, and that the people who love you and care about you and respect you will still do that, even if you have a different opinion. And then the people who are like, "Oh, that's a deal-breaker," well, then that's just information you needed to know. And it would be like dating somebody who appeared to be a great guy, but then there was like a deal-breaker thing. What's the point? The deal-breaker thing, you got to let it go. Yeah.

Coach (28:09): And how would she teach you to use that miter saw to her advantage?

Client (28:17): Well, I mean, I think there is a way to go about showing anger. And obviously the way I did it with my mom was not it. Um, but I know, you know, I've talked with, I've talked about this with my sister who's really good at her anger, better than me. And I mean, I know there's a way to say "I was really angry when," like it's possible to have a conversation with somebody. And it doesn't mean like you have to scream at them. "I'm so angry!" you know, you can be like, "I was really angry when you," or "when the," you know, duh-duh-duh, "that I felt this and you know, in the future I need," blah, blah, blah, "is that something that can happen?" I mean, I know there's a right way of doing it, or a healthier way. It's just like speaking a foreign language to me. Very awkward and very uncomfortable. And I, yeah, it's, it's, in my head as soon as something happens that when I'm angry, my brain just is like a mush of thousands of thoughts of what I should do, what'll look good, what gets all thick.

Coach (29:52): And you, being a retired teacher, um, you know, you said that it's like a foreign language. What tools did you use to teach your kids something totally unfamiliar?

Client (30:10): I mean, well exposure to that topic. And then you break it down in little bite-sized chunks, or you make something sound interesting. Or you get real excited about it. Model it. You ask them what they would like to know about it.

Coach (30:42): And so, how might that be symbolic of what you're doing now?

Client (30:54): Yeah, I mean, I'm definitely dipping my toe in it. Except I would like to be like in it.

Coach (31:04): Um, how are we doing so far around what you wanted to get out of this?

Debbie coaching Mary Pat transcript

Client (31:09): We're getting there. So by, but my question is, so, you know, I had an issue with my ex-husband where he didn't call me when he said he was going to be called, when he said he was going to call me, it pushed every button I had, I was angry. Um, but was it worth it, because it just doesn't seem like it's worth it with him. Like, like he's not capable of processing, he doesn't care. So, it's not worth it for me to actually tell him, you know, "I was really angry when you didn't call me, I had set my alarm. It's, it, you know, brought back all those feelings, duh-duh-duh-duh-duh," you know what I mean? Like, what do I do with that anger?

Coach (32:03): Yeah, how would that be worth it for you to find a way to utilize the anger in the way that I sense you want?

Client (32:14): Okay, so it's, um, how would it be worth it for me to use my anger? Oh, well, I would get rid of those nasty feelings. But instead, I look at it all rational, like, "Well, of course, he pushes my buttons, he's my ex-husband. Of course, I feel this way, this is how I felt in my marriage." Like, that's how when something comes at me, Debbie, I look at it through the lens of like very cognitively, and not emotionally, although I can get emotional. So, how, how do I, like how do I let, I don't let it go. You know, I'm still remembering the time that he said he was going to call it nine in the morning, and he never did. And then when he did text me, he was, you know, how do I, like, why am I hanging on to that? Like.

Coach (33:14): You mentioned that when it happens, you go into your rational mind. And so, like right now, what would happen if you went into the emotional, quote/unquote mind, the emotional body?

Client (33:33): I'd be like "Fuck you!" you know? "Fuck you!" It would, it would just be like, I mean I would let it out. And I think, and then I'd be scared that he'll never talk to me again about Eric, because, you know, he'll just, and he'll tell his whole family like "Oh, god Mary Pat went off on me. She is really nuts." Like, I feel like I'm in this game with him that I have to appear like I have my shit more together than he does and I win.

Coach (34:41): What are you learning from this conversation so far, Mary Pat?

Client (34:17): That there's no formula, there's no magic wand. Like I have to. There's nobody who can get in my head and just make it right, like it's my process. That's kind of what I'm thinking.

Coach (34:49): Is it in your head or is it somewhere else?

Client (34:57): I feel my heart is broken. But I keep throwing it back into my head, you know, as best I can.

Coach (35:18): So, you said you feel like you're kind of dipping your toes. If you went a little bit further, what would you need to do?

Client (35:32): Hang on to the railing [laugh]...control.

Debbie coaching Mary Pat transcript

Coach (35:44): And what that, what would that help you do?

Client (35:48): Just feel like I have a, I don't want to like let go. I don't want to let go like what I did with my mom. You know, that was no thought, just blegh.

Coach (36:08): So, what I'm sensing Mary Pat is that, um, you really do want to feel your anger. Yet what I'm getting is that you're afraid you'll do it wrong.

Client (36:22): Yep. Yeah. I'm afraid I'll do everything wrong. I'm afraid all my decisions will be wrong. Was I wrong to get divorced? Was I wrong to send Eric to care? Am I wrong to want to give up my lease on this condo? Yeah, yeah. Terrible fear of, fear of making a mistake.

Coach (36:47): And when you're feeling, when you're dealing with that wrongness, what are the feelings happening inside of you?

Client (36:57): Oh, like I've screwed it up. You know, um, I just think, "Oh, my gosh, am I going back to when I was a kid at school?" you know, and you didn't want to make a mistake, because then people would laugh or the teacher would call you out on it, or, sure you don't want to make a mistake, because all the praise goes to the kids who, you know, don't make mistakes. I don't want to get in trouble, you know, that whole feeling. Um, yeah, there's a lot of emotion around being a good girl. I mean, I pretty much banked on that through school, you know?

Client (37:45): Yeah, I mean, I'm so devoted to not making a mistake that I even spend so much time, so when I went out for my walk today, really thinking about what am I going to wear because I don't want to be cold. I don't want to, you know, I didn't say I don't want to make a mistake. But it's like, I just always want to be prepared, I want to always do it right. Maybe it's just my lack of pickleball coming out, I haven't. For a few months I'll be hitting the ball really hard, and that really does take out some aggression.

Coach (38:23): Hmm. So, the Mary Pat that, um, afraid of doing a mistake, how old is she?

Client (38:32): Oh, she's like eight. Yeah. Yeah. That's funny. Yeah. And the Mary Pat who would be like, you know, I've gotten my best information, I'm going to just go with it, you know, that's a, that's an adult. And even if you do all your research, and you make a mistake, you're an adult. You can send the order back to Amazon. You can get a new condo in a year. You can. you know what I mean? There's no reward, no risk, no reward. Hmm.

Client (39:48): As much as I can say I'm mad at my ex, it's like I'm mad at myself, Debbie. I'm mad at myself. He didn't hold a gun to my head. Like what a moron; Me, you know. All the writing, in looking back, all the writing was on the wall, like even before we got married, well before we got married, that he was the type of person that wasn't going to treat me with respect, that he cared more about his own needs than mine. And then he would throw me a little bone here and there, and we'd have fun and then, I just thought, "Oh, he'll grow up," or. Like oh now look, my son is dead, my daughter lives in California, my, my codependency or my willingness to bend for my husband has impacted my children. I mean, I suppose we all, I mean,

Debbie coaching Mary Pat transcript

obviously, all of us impact our children, our decisions and stuff. It just seems like it'd be easier to look back and go, like, I've made mistakes in my life, but I married the best man possible. And I'm so proud of him, and I'm so glad that he was the father to my children.

Coach (40:58): Wow, what does that feel like saying that?

Client (41:01): Foreign, I've never said that. I can give, he was a good dad when my kids were little. But wow, like I'm so proud of my husband. I couldn't have picked a better man. No, that's not my reality.

Coach (41:25): What if that's okay?

Client (41:28): You know, if it was just me, it hurts me that that's my kid's reality, too. But, you know, there's always something, every kid has their, you know, they don't have money or whatever.

Coach (41:53): How are your toes feeling right now in the water?

Client (41:59): Wet.

Coach (42:07): What would it take to step in a little bit further?

Client (42:14): Okay, so it would mean that my story that I've been telling myself is that the divorce was like Dave's fault, and blah, blah, blah. And I've only started to see how my passivity. I would have to make our divorce more as much my fault as his fault, in that, I, I like allowed it, do you know what I mean? I went kicking and screaming. And I mean, I have said, you know, if I were healthier, we wouldn't have even been married. Because a healthy person who would have been in a relationship with him would have said, "Nah." But you know what kills me, I broke up with him like at least once or twice in college. So, my radar was good. I knew that something was off. But then he like gaslighted me, you know, like "Well, let's just go out as friends and then eehh."

Coach (43:25): So, how might that new perspective of your marriage support you with feeling your anger?

Client (43:40): I mean, I guess I have to think that it's not useful to ruminate over the past, that I just know, "Oh, yeah. This is what you were like when you were 20. And now you've grown. And now you have the chance for a different dynamic because you can forgive yourself for how you were as a 20-year-old," and yet with no need to change him. Now, he is who he is, he keeps showing you who he is.

Coach (44:19): So clearly, you'd be shifting your mindset.

Client (44:23): Yeah.

Debbie coaching Mary Pat transcript

Coach (44:24): How might the adult Mary Pat also access the emotional piece of that?

Client (44:36): That I'm not sure of off the bat. That's what I'm not sure of.

Coach (44:57): What would it take to access it right now, the emotional?

Client (45:05): I mean, I guess I would just be thinking about me at 20. Or, you know, like I was 19, or whatever, when I met my ex, and like you protect your inner child, to now that's a little older inner child, but to look back at 20-year-old Mary Pat and go like, you know, "you were perfect and beautiful and, um, you know, deserving of the best." And so, I can't change my past, but I can change my present, present, and that won't, you know, I'll, I'll, I'll protect you. You know so, like in that text with Dave and stuff like that, how I have to just take care of myself without the accommodation, because that doesn't work.

Coach (46:12): And what emotion would need to be accessed?

Client (46:23): Um, on my part? I think, I mean, that's where the anger part, because I have to, I have to be like, "Fuck you. You're not messing with that girl again, you're not going to mess with that 20-year-old again. You know, she is perfect and beautiful, and onto a big life. And you are not going to fuck with her mind again." You know, Yeah.

Coach (46:51): Wow, I noticed a deep level of emotion when you just shared that.

Client (47:57): Yeah. Yeah.

Coach (46:58): Can you name the emotion right now?

Client (47:02): It's love for my 20-year-old self. Yeah.

Coach (47:13): Hmm. So, where are we now versus when we started?

Client (47:18): Well, it went a little differently than I thought. But that's, that's okay. That's, that's great. I mean, it is, your, what we did is exactly what I needed, Debbie because it reminded me that that anger I feel can be channeled into defending that young Mary Pat, who, who when her buttons were pushed by that text with Dave where I felt insignificant, insecure, unwanted, like that those feelings are optional. Like, I don't have to have those feelings. Because I can take care of myself.

Coach (48:06): Hmm, might you want to say that, again?

Client (48:09): Those feelings are optional, because I can take care of myself.

Coach (48:17): What's possible from that space?

Debbie coaching Mary Pat transcript

Client (48:22): It's like the power to deal and heal from all of my decisions. So, if I make a decision, and I think, "Oh, I really thought I was going to want a townhouse." I don't, now, I can deal with that. I know when the lease is up, you know, I'll move in a year or whatever. It's not life or death, you know. That I can try things and I don't have to have everything figured out ahead of time.

Coach (48:59): I can feel that like, actually I feel it in my chest, that new level of permission that you've just given yourself.

Client (49:09): And I think honestly, Covid is helping that because it's making stay home so much. And so I, whenever I keep thinking like, "Oh, God, this couldn't get worse," and then it does, and I just think, well, look it I am keeping busy here when I want to be and I'm not busy. And I love that I have control, that I live alone and no one's saying, you know, you got to and I'm, I'm doing a lot of things, like it's uncomfortable when you're not wearing that mask, would you please put it on, or like I'm not afraid to like speak my mind. And that is very powerful.

Coach (49:44): I've noticed that through this whole pandemic with you, that lots of things are unfolding.

Client (49:53): Yeah.

Coach (49:54): And it's because of your commitment and willingness to really be vulnerable with yourself Mary Pat.

Client (50:04): Yeah, it's peeled back.

Coach (50:06): Mm-hmm.

Client (50:09): Um, layers, because my life isn't, you know, just the dating and going out to lunch. So, it's making me have to look at deeper parts and, and be with them and sit with them.

Coach (50:29): So, I'm wondering if, um, there's something, some new commitment that will help you pick up that miter saw?

Client (50:39): Yeah.

Coach (50:40): Any idea?

Client (50:46): You know, just, the thing that just jumps out of me is how I said I was going to protect that 20-year-old, I feel like I need to get a picture of me from college and stick it on my refrigerator. Just put it in my bathroom or something.

Coach (51:08): How will that support you through this process of feeling your anger?

Debbie coaching Mary Pat transcript

Client (51:13): Oh, it is, it's like, out of the way, buddy, I am protecting her. Like, she's with me. I mean, I would do that for my daughter, if some tried to mess with my daughter. And then that is, you know what, I have forgotten about that Debbie. That's a great way to make a decision is to think what would you tell your daughter? If I was having the same, if I was having this issue, or if she had this issue and came to me?

Coach (51:52): So, what value would that reflect of yours?

Client (51:57): Well, it's like I'm important as anybody else. I'm, you know how like you would do anything for your child, but would you do anything for yourself? Or would you let people walk all over you or whatever? Fight as hard for yourself as you would for your child and anyone else.

Coach (52:21): Yeah. How ready are you to do that?

Client (52:25): I can do that. I can do that. I'm ready to do that.

Coach (52:34): And how might you use this insight that you've gained today into other areas of your life, into all of your life?

Client (52:46): Oh, I mean, there's so many things that happen to me that I think, oh, I'll just sit here, even though I'm bored with this guy, because there's, you know, not that I'm saying you have to be rude. But, um, there's just many times where I'm just willing to suck it up. I don't, you now, I don't have to do that. Or in conflict, you know, to stick up for myself, whether it's like the guy who's fixing my oil and not doing it correctly, or, you know, anything like that.

Coach (53:30): How will you know, Mary Pat, that you're using your anger in a new way?

Client (53:38): I guess a behavior change. So, like little things I've started doing, and I guess it's not that little, but now in the grocery store if I see somebody with their mask under their nose, I'll say "Oh, excuse me, your mask slipped." And I say it really nice. They're like, "Oh." I went to the naturopath, Debbie, and he had his mask, it was falling off of his face. And I said, "You, you told me that you guys were very, you know, following the rules with Covid." He's like, "Oh, yeah, I'm wearing a mask." And I said, "If it's off of your nose, it's as good as not wearing it." And here I am with this 40-year-old man, and we're having a debate, and he was very kind. And he said, you know, "Do you want to reschedule the appointment, Or?" And I thought, no, no, let's go ahead.

Client (54:38): And that is what I wanted to do, but then I had a choice to go back to his office again. And I've decided, nope, not right now. Because his office has shown me that they don't have the same level of interest in health that I do. So, I felt super empowered, more empowered than I felt bummed because he did help me. And I told him, you know, "If you don't have like, strict Covid regulations, you're going to lose all your clients who do care about Covid." So, and there were like three things that happened in that appointment, you know, even with other people behind the desk and stuff. So, I felt very empowered.

Debbie coaching Mary Pat transcript

Coach (55:09): So, I just have to point out to you that, um, you, you just used the word “empowered,” that’s obviously a feeling word, you said it with such conviction.

Client (55:24): Yeah, yeah.

Coach (55:24): Because you took action.

Client (55:27): And I really didn't doubt myself. And that, that's the thing that happens with my anger. And with Dave, I doubt myself like, oh, am I being too much of a bitch? See, he would call me a bitch. So, I never want to be a bitch. I should have turned my thinking around thought, oh, God, I'm a bitch, I'm doing exactly something right. Because, whenever I stood up for myself, that's, you know, how he would keep me small.

Coach (55:53): Mm-hmm.

Client (55:56): So, that's the difference.

Coach (56:01): So, anything else you feel like you want to commit to doing, or not?

Client (56:09): Well, we're going to, I think right now, I'm, I'm okay and I'm going to be very tested on Friday when it's Eric's anniversary. And I assume before then Dave will. And here's what I assume, but maybe he will call me, maybe he won't. And maybe we'll take a walk, maybe we won't. Or maybe we'll talk on the phone, and maybe we won't. So.

Coach (56:47): Hmm. I'll be thinking of you on that day for sure.

Client (56:53): It's just so fucking weird, Deb. So weird. Because I still think he was just away, you know, And he is.

[silence]

Coach (57:10): Mm, yup. So, what have you learned about yourself?

Client (57:37): You know, I had forgotten about the concept of like protecting my inner child, I was thinking of a child. I think I need to reframe that when I deal with my ex-husband. and I need to put a young woman there, and I need to protect her. I really think that will change how I think.

Coach (58:05): Yeah, 20-year-olds. They're children as well, right?

Client (58:12): But that whole concept of protecting your inner child, I always thought, you know, a two or a four, or a six-year-old. But I may not have been able, you know, I did not know how to protect that young woman. But now as a 61-year-old woman, I do know, I would have said “Honey run for the fucking hills,” you know.

Debbie coaching Mary Pat transcript

Coach (58:35): Yeah. So, when we first began, you said you were at about a five or six, feeling that light.

Client (58:46): And now I'm more like a four. At the top.

Coach (58:50): Oh, one being,

Client (58:51): Back, I was doing this way. One being very light. Three or four. Very much I, it just gives me a place to start from. And you will hear what happens on Friday with my ex.

Coach (59:10): Good. What's the feeling associated with being this light?

Client (59:16): Oh, it's freeing. Yeah, it's freedom. Definite freedom, not being chained down, not being dragged down, not being submersed. Options.

Coach (59:38): And it takes, you know, it takes courage to be doing this work and working through grief. And you've been so committed to doing this and continuing, you know.

Client (59:51): Thank you. And I've had a lot of grief. I mean (Yeah) I've changed in those years, and, you know, that's why I wanted to really pay attention to this because I thought I was on survival mode. And then I kind of like, you know, I was like, wait a minute. Maybe, maybe I missed something here.

Coach (1:00:18): I look forward to hearing how much you enjoy using a miter saw.

Client (1:00:26): When I buy a house, I might need to use it. Thank you, Deb.

Coach (1:00:30): You're so, do you feel complete or is there anything else you'd like to say?

Client (1:00:34): No, I feel good. Very good. I always enjoy talking to you.

Coach (1:00:39): Oh, ditto. I so appreciate you. I'm going to take us off record.

Client (1:00:46): Okay.