

## Karen coaching Otis 1 transcript

Coach (00:03): Okay. Otis, are you there?

Client (00:04): Yes.

Coach (00:05): Great, perfect. Excellent. So, first of all, um, Otis, I want to thank you for being on the call today and supporting us in this endeavor of teaching and helping other coaches to learn, you know, the ICF core competencies and the skills that we're looking to help others develop. So, I wanted to thank you for that. And just as a reminder, again, also Otis that these calls are going to be confidential, um, in a way that other people will be listening to them for learning purposes, but they won't be downloadable to anybody's computer. But if you have something during the call that may be too delicate, or maybe you want to, um, not mention your company name or something like that, just be aware that other people, other coaches will be listening to this. So, I invite you to sort of gauge for yourself how much you want to share, and what you don't want to share.

Client (01:03): Okay.

Coach (01:04): Okay, great. Perfect. So, then let's, let's sort of dive in and, um, what do you have, what are you bringing to the call today that I can support you with Otis?

Client (01:16): Well, there's a, there is a, I'm going to call it a concept, and I think that the easiest way for me to explain it is in to use the analogy of weight loss. But I think you understand where I'm going, what I'm kind of struggling with. But when I use the analogy, I like to use analogy of weight loss because I always call myself like a yo-yo dieter, [coach giggle] I'm always either losing or gaining but I'm never leveling off. And, and I also see that same kind of tendency in other areas of my life. So, I'd say one of the questions that have been coming up in my mind lately is how do you maintain a high level? Or, when it comes to weight loss, okay, how do you keep it off? I know how to get rid of it. Definitely know how to get it. But I don't know how to live in that long-term, kind of keep it off, the idea of the long-term keeping it off, you understand what I'm saying?

Coach (02:17): Absolutely, absolutely. So, first of all, I love your analogy about the weight loss and the yo-yo dieting, um, and your connection to seeing that how it plays out in other, in other areas of your life is really interesting. So, my question is, is there a particular area in your life where you see this showing up right now?

Client (02:39): Well, I kind of see it showing up sometimes in my finances, and I don't know, you know, with two teenage daughters and getting ready to go to college, that just may be how it is. You know, I don't, I don't know but I see it showing up in finances. Sometimes at work, sometimes at work, you know, we can, we can do good for a while, and then we start to drift and then have to, to use the phrase "crack the whip," you know, instead of just maintaining this day-to-day, high-level standard.

Coach (03:15): So, you've mentioned finances and work. Which of these two areas are more sort of pressing right now, where you see it impacting you most?

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Client (03:28): Actually weight, but [laugh]

Coach (03:31): Weight. [laugh] Okay, so let's add weight to the list.

Client (03:36): Well, you know, the only reason why I say, the only reason I say it, and I laugh but it is true, last year Stan wanted to do like a Biggest Loser for the fifth-floor managers, right?

Coach (03:45): [crosstalk] Yes, I remember that.

Client (03:46): I was 100 percent on board, you know, I did the best I could, actually lost quite a bit of weight, but the day literally, the day after the contest was over, it was like a switch flipped in my mind, and everything that I had did just, I just stopped doing. And I knew that I stopped doing it but I could do anything to stop it. You understand what I'm saying?

Coach (04:18): Yeah, I [crosstalk]

Client (04:19): I knew that I was doing everything, I had thought to do everything to undo, I started doing things to undo what I had just done, and I couldn't do anything to stop it. I was like a alcoholic, [coach laugh] you know that the drinking is killing him, but he can't stop drinking.

Coach (04:41): Yeah, yeah, yeah, yeah, uh-huh.

Client (04:42): And that's in, you know, that's, that's, that's concerning to me. I'm not an alcoholic, but I do have an eating [laugh]

Coach (04:52): An eating, an eating, eat-aholic.

Client (04:54): There you go. And then, and then it even shows up with me sometimes in spending, you know, I can, I can go a long time, saving and not spending, then it just goes into this like binge-type stuff, you know? [Right] Yeah, it's just, it's just wow, you know? And it's not knowledge because I know.

Coach (05:15): Yes.

Client (05:16): I wish the problem was ignorance, but the problem is me.

Coach (05:22): [interjected] Would be easier.

Client (05:24): Yeah, it would be easier to correct if it was ignorance. [crosstalk]. But it's how to perform what I already know to do?

Coach (05:33): Yes.

Client (05:34): Yeah.

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Coach (05:34): So, let me, so let me check, for the session today you know we will have about 30 or 40 minutes depending on how the session goes.

Client (05:42): Okay.

Coach (05:43): Um, let me check with you, I mean, we, are you, am I hearing you say that you'd like to work on this weight issue? Um, this yo-yo up and down that's going, because it transpires into other areas your life, or is it something else?

Client (05:57): No, I think the larger question is just generally speaking, if we could generalize it, how do you maintain a standard that you set for yourself? In other words, see I can, I can reach a goal. But it's like after I climb a mountain, I don't live on the mountain. I come right back down [client laugh] to where I started.

Coach (06:20): Yeah.

Client (06:21): Yeah. How do you main-, how do you maintain? You know, how can I win day after day after day? Not win, lose, win, lose, win, lose?

Coach (06:31): Yeah. So, you know, if we look at that, that topic generally, that is a really, really big topic, right? And it can include many, many things that would come in. What I'm wondering is, you know, if we take it down to a specific situation, just for the purpose of this call, to identify what the pattern is in that situation, that it may help us to identify how the pattern shows up in other areas of your life.

Client (06:59): Okay, well, well, the biggest, the biggest problem is, is probably the biggest challenge. Not probably, the biggest challenge is probably with the, with the weight, Number 1. And then the occasional breakdown in spending is Number 2, personal spending is Number 2. And I think it shows up a little less at work, because I do have five managers, you know, that, that report directly to me. So, if I have a bad day here or there, I can recover before it really filters out into the, you understand what I'm saying?

Coach (07:35): Yes absolutely.

Client (07:36): There's a little, you know, it's not exactly the same. I never check out for weeks at a time. I'm not that bad. I'm not that bad.

Coach (07:46): Yes. So, so around this issue of, of, you know, maybe your challenge with your weight, or the breakdown in personal spending, which really, as you said in general is a, is a sort of a, it's more of how do you maintain those types of standards that you set for yourself for long-term? So, what would be, around that, what would be a good outcome for you today, given all you know about yourself so far?

Client (08:16): Probably some insights into maybe kind of deeper, understanding the problem a little deeper. Because I think one of the things that really confound, confounds me more than

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anything is that I know what I'm doing is self-defeating. And let's just stay with the, the, the weight, just because it's easier for me to explain [Okay]) using that analogy. You know, okay, when I go to lunch, and I order this slice of cheesecake, I order it knowing that it's going to set me back. And I order it knowing that I should not order it. But I order it anyway, and I eat it anyway. But then after I finish eating it, then I have to wrestle with the guilt that I ate something that I knew I shouldn't have eaten, but I couldn't stop myself from doing it. Right?

Coach (09:14): Right, yeah.

Client (09:15): And this, it almost sounds like lunacy, like I'm a crazy person, but [laughing],

Coach (09:22): Or a hungry person. [laughing]

Client (09:27): No, I'm going to stick with crazy.

Coach (09:30): You're going to stick with crazy?

Client (09:31): Yeah, because I had, you know, ordered an entrée before, so hungry is not even a problem. You know, and I can come, in that moment, honestly, in that moment, I can come up with 1,000 reasons why I should just go ahead and do it. Knowing that the moment that I've finished it, that I'm going to have this guilt that just rise in me for a few hours.

Coach (09:57): So, it sounds like you need some different reasons.

Client (10:03): If you have some new ones, my suggestion box is wide open. [laughing]

Coach (10:08): Well, you said that you wanted to get some, you know, what would be a good outcome for you today in our session would be to have some insights into understanding the problem.

Client (10:16): Right.

Coach (10:17): So, let me just check with, if that is, if, if we focus on that, excuse me, that that would be of value for you?

Client (10:24): Yeah. No, that would be, that'd be great, great value.

Coach (10:28): Great.

Client (10:29): Because maybe there's something larger at work here that I'm missing.

Coach (10:31): Hmm.

Client (10:32): And, if you have some insights, I would really appreciate it.

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Coach (10:38): Well, I'm hoping to draw the insights out of you, because you live in your body, right?

Client (10:43): Right, 90 percent of the time.

Coach (10:46): If I were, if I were there, I would just, you know, crack the whip, um, you know, like you do with your managers. So, but since I'm not there, we're going to have to find you know, what, what, what is it within you? Um, so, let's explore that, explore that a little bit.

Client (11:01): Okay.

Coach (11:02): So, um, you know, you said that you, you felt that you had, you know, when you sit down and you order that cheesecake that you have thousands of reasons to, to do it. Um, so tell me, and I as a, you know, sort of interjected and said, well, maybe you need to find different reasons. Um, the other thing that came up for me is when you were telling the story about when Stan, early in the conversation, did the Biggest Loser challenge, um, and that, you know, you, you did it until the very last day and then that last day you just gave up. What came to me and I want to check with you is that it was like, "Oh, well, that's because there was an external motivation." It didn't seem to be, and maybe not as much of an internal motivation, I and want to check with you if that resonates?

Client (11:46): Yeah. I think the external, I think the competition was enough to tip the, tip the scales to get me to do what I really wanted to do anyway.

Coach (11:59): Hmm. Okay. And you love to win, I know that about you. So, that's that, that essence of a competition that sort of gives you, gave you that motivation it sounds like?

Client (12:12): Yeah, it was a, yeah because that was, you know, kind of, kind of going, I remember, if I can dial back even a little further, when my brother came down a few years ago and, and, you know, we got on the subject of losing weight and, you know, he was doing really well, and he's gotten down to his ideal weight, you know, so now that was some motivation for me and I kicked it in, and I started doing well, then I fell off. Fell off, stopped, got complacent, whatever we want to call it, and then, then Stan comes with his competition. Okay, now I'm all excited again, right? And we take it out to the, like to the last day, we get on the scale, takes the picture, send it to Stan, the whole nine yards. And then the next day, it's like I want to, I want to keep going, but I didn't feel that there was a point to keep going. There was no reason to keep,

Coach (13:07): [interrupted] Tell me more about that. Tell me why you felt there wasn't a point to carry on?

Client (13:13): I don't, you know, I don't, I don't know. I don't know if I'm just telling myself that because I, I mean, I don't know. I just, I just know that in that moment, I was like, you know, the competition, it's like when the game's over, you see in boxing, I'm a real, I'm a real ultimate fighter competition, you know, or in boxing. And when they're getting ready to sell the match,

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they're yapping back and forth, you know, calling each other names, talking about how bad they're going to be. And then they go in and they fight and it's a good match, and then after the match is over, they shake hands, they hug and they're not beefing, you know, they're not going back and forth anymore. So, it's like, okay, it's over now. You see what I'm saying? So, there's no reason for me to keep insulting you or calling you names because the matches is over. The win had been decided and life goes on type of deal.

Coach (14:14): Yeah. So,

Client (14:17): But I can't live going from contest to contest. [Laughing]

Coach (14:22): Right. Right. And the other sort of question that popped up for me, you know, you said that there's really no point and if you look at it from, from a game perspective, you're correct, a game always comes to an end at some point.

Client (14:34): Right.

Coach (14:35): Right? So, so maybe the analogy of the game is part of what's perhaps keeping you blocked from, you know, using that as the reason to just not carry on and I'm wondering, what would be the point for you? What is the point for you outside of the game to lose weight?

Client (14:55): Probably the doctor telling me that I'm going to die in six months if I don't.

Coach (15:00): Did he really say that?

Client (15:02): No, he didn't say that, [Okay] but I'm just saying, it was probably, it will probably take, it just seems from my pattern, especially when it comes to the way that, you know, it always takes some external stimulus to get me to do what I want to do internally, that inside I really want to do as well. What's going, my, my internal desires are not enough to move the wheel.

Coach (15:29): Okay. So, if that's true, right, and let's just, let's just say [Well it seems to be true right now]. Because that's, right, because that's what's happening. So, for now, that is true. So, what I heard is when it's a competition, right, you can, you can bring up the internal motivation, because you like to win.

Client (15:54): Right.

Coach (15:56): And my, I'm wondering what if you took, what would it look like if you took that same mindset and applied it to continuous um weight loss? In other words, if you, if you could set up a competition for yourself that could sustain you for a longer period of time?

Client (16:20): You know, I don't know, I don't know if I had, if I have tried, I don't think I have tried it, and I don't know what that would really look like. Um, I know that if you say, "Otis, I bet you \$50 that you can't lose 10 pounds in, you know, X number of days or months, I know that

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from the moment I say "Okay," that area, matter of fact just me saying that to you right now creates in my mind this "Okay, yeah, I'm not going to lose this." [laughing] But to just say "Otis, can you lose 10 pounds by X amount," it doesn't awaken the same drive in me, or creates the same drive in me.

Coach (17:11): So, so what I, I just want to put something out there, what I'm hearing is that you'll do for other people what you won't do for yourself.

Client (17:25): Let me think about that for a second. Would it be for other people or a competition with other people? Or, is that the same thing?

Coach (17:35): [no space] That's an interesting question. Which is it for you?

Client (17:41): Because I can just say if someone, if someone, it may be what's at stake. For example, if the, if, and the doctor didn't say this, but if the doctor said, "If you don't," well, that's, he hangs a, you know, there's a stake out there, there's a prize. Even though it's not monetary, there's, you know, there's a if I could do this then it increases the chances for, you know, XYZ to happen or not to happen. There's still kind of a goal or motivation. But just for me to say myself, "Man, I would like to lose 10 pounds, you know, probably by the summertime," you know, and it's just not, you know, I've tried all those things and it just, I can't sustain it because, I just can't sustain it. Once it's reached, the switch goes off and life goes back to normal. It's like after the, you know, the game is over, they turn the stadium lights off, everybody just goes back home. And it just,

Coach (18:59): [interrupted] And at the same time, I'm hearing that that's not satisfactory for you either.

Client (19:04): It's not, which makes it even more insane. Or creates even more internal conflict, I'll put it that way. Yeah.

Coach (19:14): Tell me a little bit about the internal conflict. What, what does, what occurs for you?

Client (19:20): A lot of a lot of guilt, a lot of guilt. Like say I know that, you know, I know that I shouldn't be eating this because I know what I really want my weight to be. But I eat it anyway, and then I'm dealing with the guilt of, you know, doing something that I know that I shouldn't have done, and even I didn't want to do. You know, it's taken me back further from where I really want to be but, you know, then I, in that moment, I'll make a commitment, "You know what? I'll just have to start working a little harder, and working a little harder," and it doesn't quite materialize. It's always the promise of going to. It's always the promise of, when there is no competition or nothing to win. It seems to be no, you know, I can always say I'm going to start tomorrow, I'm going to start tomorrow, I'm going to start tomorrow, here's yo-yo dieting, I'm going to start tomorrow. [laughing]

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Coach (20:25): Right. Right, right, which you've experienced and hasn't, hasn't been satisfactory or successful.

Client (20:30): Right.

Coach (20:31): Right.

Client (20:32): Right.

Coach (20:33): So, given that, given what you know about yourself, right, and it sounds to me like you're pretty clear, um, about how you operate internally, and at the same time, you, you know, you have this goal of wanting to lose weight. Um, the question is there, how can you leverage what you know about yourself, in order to reach the goal that you want?

Client (21:07): Well, what I know about myself is that if there was a competition that will cause me to focus. But as soon as the competition is over, historically the focus has always gone away. So,

Coach (21:24): [interrupted] Sounds like you need a life competition. Competition for life.

Client (21:31): [laughing] Yeah. This is what it sounds like. But, you know, you know, I don't, I don't know, I don't think I, well I don't have, I don't have a gambling problem, it's just, I just like the, you know, it just seems like you become a little more alive when there's a competition.

Coach (21:53): Mm-hmm, right.

Client (21:54): You now, and it's always easier to do it at work, or the problem doesn't show up as much at work, because, you know, there's, you know, there are your goals that you have to set, the, you know, there are incentives attached to those so, you know, always striving for the maximum incentive, you know, so from year to year there is always so to speak a competition at work. So, it's a little easier to stay on track here, than, you know, with this part, than outside of it, because at home, there is no competition.

Coach (22:34): So,

Client (22:35): I don't want to say it [crosstalk]

Coach (22:36): So, what would it take for you to create the competition for yourself?

Client (22:45): I don't, I don't, you know, I've thought about, you know, saying, you know, maybe I should find a, you know, like a 3K that I want to run in and say, "You know what? Let me get in shape for this, to run this 3K," and then after that, you know, "Let me find a half-marathon." I've thought about trying to do that. But my body hasn't been up, I'm getting old now, I just had a birthday. My body is not holding up like it used to. I'm getting little aches and pains in places that I usually didn't get. [laughing]



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Coach (23:22): [interrupted] So, could that be one of your reasons of why this is happening? That you start and stop?

Client (23:33): What do you mean? Reason for?

Coach (23:35): Well, you know, we always have a, um, whenever we want to do something or don't do something, we always have a reason. You mentioned earlier that you have lots of reasons of why you do things. And so, my question is, could this be one of those unconscious reasons that is stopping you from actually doing what you want to do? Is that possible?

Client (23:57): Now, that, that is possible because, because the, the, the physical discomfort I feel, like because I've always enjoyed lifting weights, you know but lifting weights don't really make you lose weight, right? [laughing] I always enjoy lifting weights, but, but now, you know, the shoulder is not sore, it's pain, and I, you know, I've been lifting weight long enough to understand the difference between the two. So, if I keep lifting weights with the shoulder like this, it just, I may end up in the hospital somewhere. And so, I always say I'm too old to be in a hospital with a bum shoulder, you know, so I'm not going to do that, but, you know, there's some, aging, aging is creeping up on me.

Coach (24:44): Mm-hmm. Okay, so, age is a, is a, it's not, it's actually a fact with, you know, a factor within this, within this problem because there's certain things and what I'm hearing you say that you could do but you just physically are unable to do now.

Client (24:59): Yeah. Or, I can't do it at the level that I can say I'm accustomed to doing it. And it is starting to. So, so, but that should not affect the eating part. As a matter of fact, the fact that I can't lift like I used to should really undermine that my eating has to get better.

Coach (25:25): Right.

Client (26:27): Because I, there was a point where I could cover up a lot of things. Exercise could hide a lot of other deficiencies, or activity, you know what I mean? I'm always out playing basketball, you know, that kind of stuff it. It could, it could hide a lot of bad habits. [laugh] But the fewer, the less I exercise and the fewer miles I run, these, my eating is going to expose the bad habit-eating.

Coach (25:54): Yeah.

Client (25:55): The, you know what I mean. It brings that more of a focus. So, now I feel that the pressure is even greater now to eat correctly, because I can't exercise at the same level. But, you know, I'm not as, I'm active but in different ways. You know, golf doesn't burn as many calories as basketball. It just doesn't.

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Coach (26:17): It's just as fun, but it doesn't burn as many calories as basketball. So, I'm out and I'm doing things, but I'm not doing the things that burn the same amount of calories that it used to.

Coach (26:28): So, I'm just, I'm thinking, at the beginning of the call you said, you know, what you want to get out of this was some insights into understanding the problem. So, I just want to check at this point, where we are on that, are we moving in the right direction? Um, tell me where you are right now.

Client (26:49): No, I think we're, I think we're moving in the right direction. You know, you know, I've always, I've thought about, you know, especially now, getting older, that - we'll save that for another call - but, you know, with the, you know, can't run as much, you know, as I could, can't lift as much as I could, you know, I know that has a, you know, that has an impact on, on motivation. But it just seems like that should motivate me even more to make sure that I'm eating correctly.

Coach (27:25): So, you know, I asked you a question earlier um, sort of like what would it take for you to create a competition within yourself, right? So, we look at that related to eating.

Client (27:37): Well, what would that, I don't, I can't imagine what that would look like.

Coach (27:41): Hmm, okay.

Client (27:44): I can't imagine, because I could say to, you know, I could say to myself, you know, "Do this for X amount of weeks." And, and, you know, hope, but there's no, there's nobody, what's that, I'm a, I'm a, I'm a poor loser, but even a worse winner. There's no-one to gloat to, to say, you know, in your face, you know. Do you understand what I'm saying? That's, that's all part of the drive, you know, to win.

Coach (28:20): Yeah.

Client (28:21): To be able to, you know, to be a poor loser or be a poor winner.

Coach (28:27): You know, what I'm hearing Otis overall is, um, one, obviously the strong desire that you're able to motivate yourself for a time being when there's an external motivation.

Client (28:42): Right.

Coach (28:43): And at the same time, um, I'm also hearing that there's a struggle for you, that when you don't have that in-, that external, um, motivation, you don't know or you're not aware of how to create enough internal motivation to sustain it.

Client (29:06): Correct.

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Coach (29:07): So, I'm wondering what, what thoughts come up for you? What is your thought process that keeps you from having that internal motivation? What is it that you think about yourself?

Client (29:28): Well, no, I just, I just, I just find myself making excuses to do what I know I probably shouldn't do, or let's just say to eat what I know I probably shouldn't eat, and then feel bad afterwards, and then promise to commit myself to doing better, moving forward. And it's like a cycle. It's just like, like that's the, that's the thought. You know, "Man, I really would like, that's, that's good, right there, I really would like this, and I know I shouldn't have it." But, you know what, I just have to, you know, focus and get it together. "Waitress, can I have one of those please?" And then after, and here's, and I'm not, this is absolutely true. There are a lot of times that I eat it, and won't get the satisfaction from it that I imagined that I would get from it. You understand what I'm saying? [Yes] So, that's extra, that can be at times extra disappointing, you're like, "Man, I ate this thing, and it didn't even taste as good as I imagined it would be." It's like I tell my daughter sometimes, sometimes the thought of something is actually better than the thing itself.

Coach (30:50): Yes, exactly. Yes. Yes.

Client (30:53): You know, and, and it just happens, you know?

Coach (30:57): Uh-huh.

Client (30:58): And then I feel real because that's like a lose-lose.

Coach (31:03): So, so let me ask you, so one, on one, on one hand, you have the story of having the excuse, Ah well, you know, I'm going to, you know, eat it and it doesn't really matter, and you know, I want it," and, you know, you have all kinds of excuses. So, that's one story that you engage in and it prompts you to, to eat. So, the other story is what you told your daughter, right, I love that, that the thought is better than the thing itself.

Client (31:30): Right.

Coach (31:31): Right? So, in a way, my, my question to you is, how can you, how can you leverage the things that you, that you say to your daughter, or you, or you know to be true, to leverage for yourself?

Client (31:56): It seems like I would always have to say that every, you know, even before I pick up the menu, I'd have to say, you know, "Don't, don't eat that because it's not going to taste as good as you think it is." Or "Don't order that because, you know, it looked good on the menu but that's a professional photographer taking a picture of something to make it more appealing," you know what I mean? And almost be like, I have to go through that kind of exercise [And]. Or just stop eating out so much. [laughing]

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Coach (32:36): [interrupted] Knowing yourself, having this insight now that, you know, perhaps before you get the menu just saying to yourself, you know, “the thought is better than the thing itself,” um, what do you think would get in the way of that?

Client (32:53): What would get in the way? Impulse. That's one thing I've been trying to work on is impulse control. Impulse, not to be so impulsive. You know, the old story of the supermarket, they put the Captain Crunch on the lower shelves because the kids are short.

Coach (33:18): Yes.

Client (33:19): Yeah. It's, some of it is impulsive too.

Coach (33:25): So, looking at moving forward, it sounds to me like you've identified sort of the, you know, the fact that you make the excuses, you, you want to work on your impulse control, you've joked about not eating at all. What would be the action for you moving forward, given that you've, we've had this conversation, that you've had some insights about this?

Client (33:51): Um, probably, probably one thing is to make sure that I understand what's on the “do not” list.

Coach (34:01): Say more about that.

Client (34:03): You know, the desert. Right, you know, you're 47 now, you, you can't have an appetizer, an entree and dessert. You just can't do it. You don't even, you wouldn't even run enough in a week to burn off that one meal. So, I probably have to, you know, go back and really get a good understanding of what, I'll just say my caloric intake should be, on a daily basis.

Coach (34:41): Okay. Okay. So that would, that would be a start, right?

Client (34:45): Yeah, that would be a start.

Coach (34:46): Okay.

Client (34:47): Because it lets you, you know, it will, it will allow me to, well, I know what the range is. We got to know what the range is. We've got to know what the goal is, before we, you know, before we can start to say “thou shalt, thou shalt not.” We got to know what we want. So, if I, if I really understood for my age, you know, and where I want to get, what the, what the daily calories would be, that would probably be the start.

Coach (35:14): Okay, great. So, by, so that's the one thing. And then the other thing that I sort of heard when you said, you know, “I need to, you know, um, decide on, you know um, what's on the do not eat list, like appetizer, entree and dessert,” sounds like choice to me, making a conscious choice about what you're going to eat, whether it be appetizer and dessert or entrée and appetizer, or maybe there's just the entrée.

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Client (35:45): Just one, not three. Not even two. [laughing]

Coach (35:47): Yeah, exactly. One, not three, okay.

Client (35:53): But, let's say, part of it, there's something that, and, but there's a few, sometimes it gets more complicated than that. And what I mean is, let's say if I'm out with a group, right? And, I don't know, let's say if sometimes that could be a different variable, because I don't want to say pressure, I don't think it's pressure, it's more, or no, that's actually better than, this is a better example. If you invite me over to your house for dinner and I feel that is rude if I go "Oh, I don't eat that, I don't eat that." You know what I mean that's? So, in my desire not to be rude or to appear as rude, sometimes I will, I don't even know if I want to use the word "compromise" if that the right word. But I don't want to be rude.

Coach (36:48): Okay. So, I'm hearing that, you know, this conversation could go down a whole nother road.

Client (36:56): It could.

Coach (36:57): Yeah. And so, I think, I think it's an important one though, because I think there's something in there. So, let's, let's look at if we want to shelve that for another coaching session. But um I think it's an important one, because I think it has something to do, you know, with your thinking. So, to, just to conclude this session, um, what I, tell me what are, you already said that one of the, one of the action steps that you are going to take was, is to, you know, determine your caloric intake per day, and then make some choices around what you're going to eat based on that. Is that correct? Did I hear that correctly?

Client (37:40): That's correct. And then I know another thing that I would have to do is, there has to be, there has to be an absolutely "Do Not Eat List," because [Okay] like potato chips. You can't eat just one, right?

Coach (37:52): Right. [crosstalk]

Client (37:53): So, I need a, I need a absolutely do not touch these because once you start there is no stopping.

Coach (37:59): There's no stopping. Yes. Yes, yes. Yes.

Client (38:02): I know that sounds sad, but hey, it just, I'm 47 now, I've accepted that. [laughing]

Coach (38:12): Okay, great. So, who, who is, who is in your life, Otis? I mean, going on this journey now, at least making the first step, who do you have in your life that can support you in this, and hold you accountable for making the list and at least, um, determining the caloric intake?

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Client (38:31): You know, I would, I would, believe it or not, I would probably like to do it with my daughter.

Coach (38:38): Hmm, okay.

Client (38:39): Because, you know, they're, they're actually in really good shape. I know my youngest is actually very athletic. And right now, they're still wide open to a lot of things, you know, they're teenagers, but, you know, we have a really great relationship where we can, you know, talk about those kinds of things. No one takes it personally.

Coach (38:58): Great.

Client (38:59): So, I think if I sat down with them and said, "You know what? This is what your father wants to do, and if you see me, you know, XYZ." Because I, you know, I take them out a lot, you know, we'll go out a lot and those kinds of things. So, I could probably learn from my youngest, because she'll just order an appetizer and that'll be her meal, you know.

Coach (39:17): And that'll be it.

Client (39:18): She's not under the pressure to have the whole left side of the menu.

Coach (39:24): It sounds like you have great role models right in your house.

Client (39:28): No, actually I do. I do.

Coach (39:31): Yes. Yes.

Client (39:32): I do. So, I don't know, they even got on me the other day because I almost ran past a school bus. Almost. "Stop! You can't do that!" You know? I say "You know what? You are right. I can't do that. I should know better." So,

Coach (39:49): [interrupted] Kids hold us accountable, don't they?

Client (39:52): Yes, they do.

Coach (39:54): They do. Okay, great. So, Otis, you know, coming to the conclusion of this call, tell me a little bit what you're taking away today that's of value to you?

Client (40:07): Well, probably, probably try to figure out a way to create an internal competition in myself, or to at least explore that idea more. Because, you know, I know I've thought about it, but sometimes when you're talking out loud about it is, it's really that external competition that just creates a drive in me that it seems like I can't get any other way. I can't, so, maybe the idea of how to create the internal competition within myself. I should explore that a little more.

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Coach (40:44): Okay, great. Excellent. Good. Well, I want to, is there anything else that we, that's sort of on your mind before we, you know, complete the session? I want to make sure that there's nothing else you want to share.

Client (41:00): No, just that how do I, how can I maintain what I worked very hard to attain? I really worked hard to get to 235 pounds. And, you know, now I've crept back up to 250. And it just, the idea of going backwards, you know, really wears me out, you know, really takes a toll on me emotionally. But it seems like it's very difficult to stop it. Like you see the plane going down, but you, no matter how hard you pull on the yoke to try to pull out of it, it just won't, it won't turn. You know, it just won't pull out and it just, it just makes it life frustrating.

Coach (41:47): Yeah. And we'll continue to explore this, um, in our, in our upcoming sessions. So, we'll have some more opportunity and I look forward to, you know, finding out in our next discussion how you did, and so we'll, we'll definitely do that, we'll follow up on that.

Client (42:06): Okay.

Coach (42:07): Alright, so I'm going to just stop the recording now and then just, but stay on the line, okay?

Client (42:11): Okay.

Coach (42:12): Okay.