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Coach (00:01): Alright, Otis, I think we're, we're here, right? Are you there?

Client (00:06): Yes, I'm here.

Coach (00:08): Perfect. Excellent. Alright, so you've just said that we, we've got a hard stop in 30 minutes because you're taking your daughter to the doctor. So that's, that's good, that's fine with me. I'll keep my eye on the clock here uhm, for you.

Client (00:19): Okay.

Coach (00:21): So, so tell me a little bit, um, how did this week go after our last coaching call? And to sort of catch me up on what's been happening.

Client (00:31): Actually, I think I'm maybe onto something after our last call. Um, when we talked about, you know, the competition and winning and losing and how can I kind of do that on an ongoing method, you know, on a personal basis without having to bring in, you know, always be in competition with another person.

Coach (00:53): Yes.

Client (00:54): I actually thought about that some more, after we talked and I decided to try something for this week, and, you know, since we talked today, and since we, since then, and since we were using the example of weight loss, and that's how I, you know, wanted to use it, I actually lost three pounds. [laughing]

Coach (01:19): [laughing] Fantastic. That's wonderful.

Client (01:21): And what I did was, and it's basically I tried to take your concept and make it practical. So, what I tried to do was look at each meal as a win or lose. In other words, if, you know, and I have to be honest with myself, so you can't get past that. But if I sit down and I eat the portions that I know I should eat and stop when I know I should, then that's a win. If I keep going past that point, that's a loss.

Coach (01:53): Hmm. And so that worked well, for you this week you said.

Client (01:57): That, that worked well, this past week. So, I'm going to try again, and see if it works for another week. [laughing] You know, because sometimes I know it's, you know, it's how you, you just need to put it in a, in a, in a framework that your mind can accept, or, you know, that resonates with you.

Coach (02:20): Yes.

Client (02:21): And for some reason, you know, that resonated with me, this, you know, looking at each meal as a win or lose, or loss.

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Coach (02:31): Yeah, and, you know, last week, you, you also spoke about this whole thing about sustainability, you know, that, um, you're really good as long as it's a competition you can sustain. [Right] And then if it's not so, having, having applied this sort of method to your eating this week, um, I'm curious to know, how do you feel, I mean, how do you really feel about, do you think it's really going to work? Or is it sort of like "well, I don't know if it's going to work."

Client (03:02): Well, this week, it was actually, I think it can work for me because it wasn't anything of, you know, sometimes if you have to jump through hoops to, you know, to make something happen, it's hard to sustain it. But this was, you know, okay, I'm going to eat everyday [laugh] so that's not a challenge. But I think it was a good way to, to have, have me think, "Okay, if you keep going, you're going to lose." And since I hate the idea of losing, it actually gave me that little motivation, that boost I need to just say, "Okay, you know, having, this is enough."

Coach (03:45): Yeah, wow.

Client (03:49): So, and I think it, I think that's going to work for me, or that has the potential to work for me, on a long-term basis.

Coach (03:57): Okay, great.

Client (04:02): To just look at each meal as a win or lose. And I'm not necessarily looking at the, I'm looking at the what I eat, but more, more importantly, I'm looking at the, the portion size.

Coach (04:19): Okay, so, so the portion is the measure of success, is that it?

Client (04:23): Yes.

Coach (04:24): Okay, okay, portion, mm-hmm. Okay. Alright. So good, well, congratulations. And I also hear that your, your, your energy this week is, is a little bit higher than it was last week. It sounds like, you know, because you've had the success, the sort of, um, that feeling of accomplishment and, um, and it went, well and you've seen results of course, the three pounds is terrific. Exactly.

Client (04:53): How about not accomplishment, but a little less guilt.

Coach (04:58): A little less guilt. You know, it's I'm glad you mentioned that word because that word comes up a lot in your, in your language, and um,

Client (05:06): It does, it does, I blame my parents. [laughing]

Coach (05:014): Yeah. So, so let me just ask you, I don't want to, I want to, so the guilt issue, um, just from, from my perspective seems like something that we could explore whenever you want to. But I just want to check in for today's session since we have about 20 to 25 minutes left. What is it that you'd like to walk away from our session today?

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Client (05:39): Well, we were going to talk about, excuse me, we were going to talk about the, you know, the do-not, the do-not-eat list a little bit and, and kind of implications of those and, and also, I think I've wanted to discuss the, the concept of, you know, each meal as a win or lose, and see if there are any, just off the top of your head, were there any shortcomings to that?

Coach (06:10): Okay.

Client (06:11): To that idea of kind of, you know, it's not everyday win or lose, or every week, but it's almost a moment to moment win or lose. And do you see me wearing myself out or, you know, from that, you know, trying, trying that as a strategy? You do see any shortcomings to that as a strategy?

Coach (06:35): Well, let me ask you, do you, I mean I don't live in your body and I'm not you and so I'm curious about do you, since you brought it up, is there some concern that there might be some shortcomings in it for you? Do you see any?

Client (06:48): Well, just initially, initially I don't. Because I, you know, I think as I explained last week, I don't like the idea of, of overeating, or a larger picture is doing things that I know that I shouldn't be doing, which is bigger than just food. You understand what I'm saying.

Coach (07:07): Absolutely.

Client (07:08): But we were just using food as an analogy for, for the larger picture. So, you know, I really don't like doing it. And I think, you know, but what I hate worse than that, probably or equal to that is losing. So, I can kind of see that, just looking at this past week, keeping me honest. You know, I'm, I'm a big Shakespeare guy. And that to their own self be true. You know, really the older I get, the more that resonates with me. [laugh]

Coach (07:43): Yes.

Client (07:44): Yeah so, it's basically helping me to be honest with myself, helping me to, to stay focused on the things that I actually do really want to stay focused on. Because one of the things we talked about last week was, you know, I can know that I shouldn't be doing it and 1,000 reasons why I shouldn't, but for some reason I have to do it anyway.

Coach (08:05): Yes.

Client (08:06): And trying to keep me out of that space. Because then after I do it, then I have all the guilt for doing something that I knew that I shouldn't have done in the first place. So, you know, and it's a crazy cycle. I mean, it is a crazy cycle, and I don't like living in these crazy, living in that crazy cycle.

Coach (08:27): Yes. So, you know, the topic that you've just brought on is really a very large and broad sort of topic of this crazy [right] cycle that goes on. So, looking at that and looking at the

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opportunity to break it down, um, sort of into a manageable piece for today's session, of this topic what would be a home run hit for you today? If at the end of the session, you could walk away with something that was a value to you, what would that look like?

Client (09:02): Oh man. Um, I don't know. Let me, you know, we could actually explore, I mean and it'd be up to you, but we could actually explore a little bit you because you hear me talk about guilt a lot. And I think that I just have accepted that as a motivational tool, if I can use it that way (crosstalk) for myself. I don't, I try not to use it on other people. I do. I'm not afraid to use it with other people. But, you know, in some crazy way I actually like using guilt towards my kids. So, I always say that's the one area that I should be able use it and not feel guilty about it. [laughing]

Coach (09:51): Okay. So, if we explored this whole issue for you around guilt, um, again, for today's session, if you think about ah guilt, what would you like to get out of solving or exploring the skills? What would be a good outcome for you around understanding the skills?

Client (10:14): You know what? I'll tell you, it is learning not to feel guilty about doing things that I like to do. And this is not a right or wrong issue here. This is a, and I'll give you an example, sometimes if I go to a, if I go to a football game, right? And somehow I have to make myself feel guilty because I didn't, let's say, you know, I didn't take my kids with me or, or, you know, my wife had to work but I went to the game, you know? It's just like I have to create a way to make me feel just a little guilty about doing something, and again, we're not even talking about right or wrong. We're just talking about guilt, you know? I'm supposed to feel guilty if I do something wrong. You know, I accept that as a, as life. But the idea of just sometimes trying to force guilt on myself, even when it's not necessary. And then feeling guilty for trying to make myself feel guilty, when it's not necessary. [Right, sounds like] And I don't know why I do that, seriously, I don't know why I do that.

Coach (11:31): Yeah, it sounds like an awful lot of sort of ed, head energy going on, a lot of energy around creating this guilt, for some reason um, [right] and you said that, you know, that you want to sort of learn about how not to feel guilty about the things that you really like to do um. So tell me, so let's take a look at that. Let's first take a look at what are the things are perhaps, and what might be, be driving that? Would that be a good outcome for you today?

Client (12:07): Yeah, yeah. [Hmm, you don't sound] No, no, I was, I was answering and thinking at the same time.

Coach (12:16): Okay. So, what were you thinking?

Client (12:19): Well, no, I was, I was thinking about what you were saying and answering at the same time.

Coach (12:24): Okay.

Client (12:26): So, no, I actually think that that would be, that would be good to explore.

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Coach (12:31): Mm-mm, and what would be good for you about that to explore? Why would that be good?

Client (12:40): Because, well, let me, let me give you the, the counter-long version. Right now, in my position, and tomorrow, you know, things can change, I understand that, but right now I get an opportunity, I get invited to a lot of things that a long time ago I didn't get invited to, and I'm talking golf outings, golf tournaments, football games, baseball games, you know, I just get invited to a lot of things. And I can't always bring my family along with me. [Hmm-mm] And sometimes, probably more times than not, I tend to have a little, I tend to have some guilt about that. It's like I'm out enjoying myself. Now don't get me wrong, it's not like they're at home singing "Nobody Knows" because their fathers not here. [laugh] But, because my daughters are both teenagers. So, you know, they live in their own world, their own deal, and that's fine. But I still sometimes feel a little guilty that I'm not bringing them, that I don't, they don't, they don't get to come along all the time. They get to come along sometimes, but not, not all the time.

Coach (13:58): Yeah, so these outings, these golf outings and baseball, are they business related?

Client (14:04): Yeah, for the most part they are.

Coach (14:06): For the most part, okay. So, some are, and some aren't. Yeah, so what I'm hearing is that there's a sort of business obligation that you have based on the position that you're in right now that, you know, on occasions or maybe on more occasions you get invited to things that are business-related and sometimes you can take your family and sometimes you can't.

Client (14:26): Right.

Coach (14:28): So, on, on the ones that you, you. So, so what is it that, because I'm curious actually, so what is it about the ones where, that are business-related and you can't take them because it's business? Tell me a little bit about why that makes you feel guilty.

Client (14:47): Well, I guess it's the idea of, you know, I'm out quote/unquote having fun, and my wife, it's like in the, in the late afternoons, and my wife is home with the kids. I think it's just the idea of that. You know, it's almost not, not right for me to enjoy myself if they're not enjoying themselves.

Coach (15:16): Hmm. And, and do you know for sure that they're not enjoying themselves when you are not home?

Client (15:23): No, because sometimes when I get home it seems like they don't even miss me, so. . . No, I'm serious, I'm not playing, I'm serious, it's like, "I'm home!" "Okay." And, you know, so, like I said they're not, they're not, you know, locked in a dungeon, it's not even that, you

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know, by any stretch of the imagination. But it just, again, that's why I think it's more self-induced than real.

Coach (15:54): Yeah, something came up for me and I just want to throw it out there and check. I'm wondering is it possible that the guilt is about poten-, is about you wanting to maybe spend more time with your family and you're not? Or is it more the guilt around being out having fun and them not?

Client (16:17): Probably, probably more of the, of the first one.

Coach (16:23): The first one.

Client (16:25): Yeah, of spending more, more time. I mean we spend time together but probably not as near the amount. Well, or let me put it this way, they probably spend two or three times more time with my wife than they do with me. And, and part of it is because, you know, she only works seasonal you know, the, she works H&R Block, so she only works from January through April, and then the rest of the year, you know, is, she's home and, [Hmm, how wonderful] you know, and I'm out and that. I don't travel a lot, but I travel moderately. You know, and, and I guess we're just not set up for me to spend as much time with them as she does. [coach attempting to interrupt] And, and, you know, I try not to say that too loud, because then that's the assumption that they want to spend, they really want to spend all day, all day with me, you know, and I don't want to live in that dream world either, you know? So, you could actually hear the torture coming out of me right now.

Coach (17:33): I'm sorry, say that again.

Client (17:35): I said you can hear me torturing myself right now, I mean, (crosstalk) I don't know. I don't know.

Coach (17:43): Yeah, you know Otis, what I'm hearing is, um, and I think we've had this sort of talk before and it's shown up in your work as well, about that you that you have a tendency to make assumptions about things without checking your assumptions.

Client (17:58): Right.

Coach (17:59): And that the assumption and the story that you tell yourself is causing the guilt. And yet you haven't checked that story and that assumption to, to verify whether or not the guilt is, um, not accurate, that's why I'm looking for a different word, but is valid or not?

Client (18:21): But, you know, if I ask, if I ask my kids, did they miss me and they tell me they didn't, that would probably be worse.

Coach (18:29): Hmm, okay.

Client (18:31): That would probably be worse than actually [laughing]

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Coach (18:36): [no space] Yeah, absolutely. Absolutely. Yeah, so there's a fear there that your story might be true.

Client (18:45): Right, right.

Coach (18:47): Okay.

Client (18:49): So, I don't, I don't know. And again, like I said, they're teenagers and trust me, I know that they, they live in their own world and even when I'm here with them, I'm more of a, I'm more of a taxi driver now. [Hmm-mm] You know, I'm just shuttling them from one event to another or one meeting to another or one, you know, this to another, that type of deal. So, they have their own, their own lives, so to speak, I'm just trying to find the right way to say that. But you understand what I'm saying, they have their own, their own lives and their own priorities, how about, I think that's a better word. They have their own priority list now. And so, probably off-base by doing that, but for some reason I keep doing it.

Coach (19:37): Okay, so let me ask you then, how can you check whether or not, or how can you get some clarification about whether you're off-base or not?

Client (19:46): Well, I could just sit down and talk to them. I mean, that's the easiest thing to do.

Coach (19:50): Mm-hmm.

Client (19:52): I can just sit down and talk to them and ask them those questions. I mean, we talk, but ask them those question specifically.

Coach (20:00): Hmm. Have you ever expressed to them how, how you feel perhaps, um?

Client (20:07): No, because I'm a man and I cannot be vulnerable to my kids.

Coach (20:11): Okay, gotcha, alright.

Client (20:13): That's a whole 'nother deal. We don't even want to go there. [laughing]

Coach (20:15): [no space] So, there's another belief system, right, that's stuck in there.

Client (20:20): Yeah, yeah.

Coach (20:21): Yeah, that has an impact on [Yeah] how you may be communicating with your kids. Okay. As you said that could be a whole different coaching session. But as we sort of nearing the end of this coaching session, you said at the beginning that you wanted to sort of explore and learn a little bit about uh, you know, not feeling guilty about the things that you, that you like to do. So, I want to come back to this conversation that we're having right now about you, having the assumption that your kids, or having the assumption that you should be

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spending more time with your kids, or you feel guilty about your kids, not being with your wife, and at the same time, not having had that conversation with them.

Client (21:08): Right.

Coach (21:09): Where, so given that insights that you've gained, where can, what's the next step? Where can you go from there? How can you use that to your advantage?

Client (21:21): Well, I could follow, probably the easiest thing to do, well, let me give you a quick example then, and then let me answer your question. As I go out on Saturday, I really like, I really like going out to play golf, and, you know, golf is a four- to five-hour, sometimes a six-hour event, just depends. And, but I know on Saturdays, you know, they're not driving right now. So, if my wife is working, and I'm out playing golf, they're literally at home. I mean, they can't do anything else. And so, I should probably ask them, you know, "If I go out and play golf, and you guys have to be home for, you know, the first part of the mornings, does that bother you, or would you prefer me not to play golf so that, you know, we can all go out to the mall," or whatever, whatever it is that that they would like to do.

Client (22:14) And then just, just, base you know, whatever I do off of their, their response, because, you know, golf is, is, I like playing it, but it's not the end of the world if I don't go out and play. You know, so I kind of, I don't want that on any level to take priority over, over them. And I don't think it does, I don't think it does, but I probably should just ask, ask them. And the answer I would get is probably, you know, on Saturday mornings we really like to sleep in, because they have to get up, you know, very early for school every day. And that would probably be the answer but I just not smart enough to sit down and talk to them about stuff like that. [laugh]

Coach (23:00): Oh, I think you are smart enough, I think it's just part of, part of, you know, how you operate right now, that, um, that's sort of your habit of operation.

Coach (23:10) And you, you know, in the past when we've had conversations where you've done this at work, and you've actually, you know, gone out and had those conversations, you know that the impact has been positive hasn't it, so? Um, then, you know, how can, again, how can you apply that learning to this situation, right?

Client (23:21): Right. Well, I don't know, I just, I just really feel, you know, this guilt, man, this guilt is just a big part of, you know, sometimes I find myself trying to use it, I call it a tool in my toolbox when I'm managing others, or parenting. I use it as a tool, you know, just one of, you know, 10 approaches that I could take.

Coach (24:00): Right.

Client (24:01): But to myself it's more of a self-torturous-type deal.

Coach (24:09): Yeah.

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Client (24:10): Yeah.

Coach (24:11): [no space] And I definitely think that there's, there's something underneath that that, you know, I mean, I'm not a therapist, so, you know, that's an area of, you know, your childhood and your mother and your father and all that. That's not an area that I can go to [right], you know, in the coaching sessions. But, you know, it certainly might be an opportunity at some point to see whether or not there might be a therapeutic issue underneath that, that you might be better served with, you know, a different practitioner, um. It's something we certainly can explore because I see, I really sense and see how this, the self-torturing and this guilt, um, is really impacting many, many areas of your life.

Client (25:00): Yeah, you know, it just, it just is, and maybe one day I'll get old enough that I don't have to deal with it. [laughing] I think that's why I'm looking forward to turning 60 now, so they say when you get a certain age, you don't even have to worry about stuff anymore. [laughing]

Coach (25:17): Yeah, well, unfortunate-, well, maybe that's true, I don't know. Um, you tell me okay, when you've done it tell me, because I'd like, I'm about 10 years behind you, Otis, so you know, I'd love to know that.

Coach (25:30) So then, let's take, for today's session, um, just to wrap up, we're coming to the end of time and I want to be conscious that you [Okay] take your daughter to, to the, to the doctor. Um, what are, what are some of the, what, what are you taking away from the session and what are you committing to?

Client (25:51): Well, the committing to, I want to try the idea of a, the win-loss for another week or so. The concept [right], not the, the concept, I want to try that again, try that for another week to see if it's something that I can, something that's sustainable, [Hmm-mm] that I can, that I can carry out. And then probably what I'm taking away from this conversation is, is that I need to explore, you know, the whole guilt aspect. And even take the time out to just ask the question, let's take for example to my family versus plan a scenario out in my mind that I think is what's happening, just ask to find out what is happening. In other words, do they, do they feel like I think they feel, or is it just a non-issue.

Coach (26:45): Exactly.

Client (26:46): With them. Yeah.

Coach (26:47): Great, perfect.

Client (26:49): Which I know I'm driving you crazy, but if it turned out to be a non- issue, then I'm going to feel guilty that I didn't ask them. [laughing] See, I'm doing it again. [laughing]

Coach (27:00): Wow, you are really good at this Otis, my goodness.

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Client (27:02): I am, I'm a pro. [laughing]

Coach (27:06): [no space] No, you are not a problem, you are perfect the way you are, believe me, believe me. And the fact that you're willing to look at this and wrestle with it and, and, and recognize it and be open to exploring it, um, you know, that, that's in itself, you know, tremendously, um, valuable.

Client (27:30): Okay.

Coach (27:32): Great. Alright, so is there anything else before we close related to this session that you feel you need to, you want to share or to come to conclusion on?

Client (27:42): Well, one of the things that I would like to do as a result of this session before we talk again, I think we're going to talk one more time?

Coach (27:50): Yes. Actually, two more times.

Client (27:53): Two more times. Okay. What I would like to do before we talk again is actually have that conversation with my, with my daughters.

Coach (28:03): Great.

Client (28:05): Yeah. [Fantastic] And, and, and I can already, I can already feel some anxiety welling up in me just to, just to even say that to you. So, I don't think it's going to be as simple as it sounds. I may end up waiting until the last moment before I have to call you again and have that conversation. [laughing]

Coach (28:25): Okay, so, so just know, I just want to leave you with this Otis, that the anxiety that you're feeling is, think of yourself in the stretch zone, right? [okay] You're taking time out of your comfort zone of your normal way of operating and your normal way of being and you're stretching, and any time you're stretching, it's uncomfortable and we feel anxiety. So, that feeling is normal. And without it [okay, you can't grow. So, think about your muscles in the gym, you know, as you're pumping them, that you're strengthening the fibers. That's what you doing internally for yourself in having this conversation.

Client (29:05): Okay.

Coach (29:06): Okay?

Client (29:07): So, and that's going to be enough to just one, I can't do two assignments, since it's going to be, going to be huge, yeah.

Coach (29:15): Great. So, that's the most, the high-priority one.

Client (29:19): Yeah, yeah.

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Coach (29:20): Great, alright, wonderful. Um, and let me just quickly stop the recording.

Client (29:26): Okay.